

Feedback Form – Branch Case Study

This form is designed to capture details of a project that you have undertaken that has had a significant impact within your branch. Please fill in the answers to the following questions, providing as much detail as possible – there is no limit on how much to write. Thank you.

Your contact details:

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Your case study title:

Coaching Futures – inclusive coaching/teaching

AIMS

What were the aims of the project?

To support retiring Para athletes to transition into teaching and/or coaching

How did you identify the need for the project?

Prompted and encouraged by SDS I became part of the Inclusive Coaching team of mentors. This offered the opportunity to formalise our established local programme.

ACTION

What did you do and how did you do it?

Identified former performance athletes who wanted to coach or teach. Being the Regional Development Manager for Fife I was in the position of knowing well in advance who was planning to retire and of course their sporting expertise.

Over what time period did the project take place?

Sadly Disability Sport Fife lost several leading Para sportsmen and women before and after Rio through retirement. We were determined not to lose their expertise and experience.

Who did it involve and how did you go about getting them involved?

Influenced by the SDS, UK Coach, sportscotland inclusive coach project I identified four Fife Para swimmers who were all retiring around the same time. I arranged meetings with all four and eventually two progressed to the final stages of the project. Along the way I identified their training needs and aspirations.

What were the resources (Financial, human and /or in kind) for your project and how/where did you source the resource(s)?

Having determined aspirations and discussed training needs, supportive learning environments were identified. This involved attendances at appropriate workshops and Scottish Swimming courses. Funding was made available through the inclusive coach project and from within DSF general funds. Mentees were encouraged to volunteer/shadow experienced coaches and teachers, mainly in a swimming environment.

How did you promote your project?

Promotion of the project was minimal. We had too many ideal candidates before we started and selection only was the challenge. We started three but because of university/work challenges one mentee was unable to continue. Had he progressed he also would have made a superb coach/teacher.

RESULTS (If relevant)

What were the project outcomes/results?

Full story about the project success for Stefan Hoggan and Lucy Walkup included with this report. They are both now employed in swimming/leisure.

How did you monitor and evaluate the project?

SDS and sportscotland appointed a project coordinator who monitored my work at local level. I in turn met with and communicated with the two Fife mentees regularly. Reports were prepared.

What went well and what went less well?

All went well for both candidates but at different pace. The only "less well" aspect was losing the third mentees because of work commitments.

What one feature of your project would you highlight as a particular success or unique aspect?

Coaching/teaching is not for everybody and not everybody has the skills to stay the course. Select wisely and ensure your learners have the skills and abilities to progress. Avoid disappointment.

Qualitative feedback about the positive impact of the project

The final report prepared by the Project Lead, Coach UK and SDS was the qualitative feedback on the positive impact of the project. A one day national seminar was held and attended by one Fife mentee.

FUTURE DEVELOPMENT

If you came up against any barriers or problems, how did you overcome them?

No barriers experienced with this project. Would have been delighted to include more members.

Do you have any recommendations for other people running a project like this in future?

Select wisely, identify appropriate learning environments and ensure mentee and mentor can work together. Dynamics are critical. Funding was not an issue for us because we planned well and were able to access grants and other funding sources. Mentees were matched with quality coaches and teachers. Formal and informal development opportunities were encouraged. Building confidence is key to success.

Please provide details of any links made with other individuals or key organisations to develop the project

I worked with key DSF partners the Fife Sports and Leisure Trust and Fife Council where appropriate. SDS, UK Coaching and sportscotland were key to success.

How do you plan to develop the project so that it keeps on working in the future?

By trying to encourage relevant parties to see the value of this programme and the impact it has on the lives of top Para athletes.

ADDITIONAL INFORMATION:

Is there anything else you'd like to tell us about your project?

Thank you SDS for offering DSF the opportunity to be part of such an amazing programme. Stefan is now fully employed and Lucy is earning while studying at the University of Stirling. Both are proud to be teaching and coaching. DSF cannot get enough of the inclusive coaching project.