

Girls Camp Residential March 2018

The Girls Can Coach residential opportunity is built on the success of the Youth Sport Trust [Girls Active](#) and the [County Young Coach Academies](#) to combine a national and local approach to increasing the number of girls taking on coaching/activator roles within their school. Ultimately aiming to inspire other girls to increase their physical activity levels.

The opportunity will provide girls aged 16-18 (must be in full time education, not at university) who are currently taking on coaching/activator roles that will be recruited and provided with a national residential training experience as well as local support. Following attendance at the residential alongside 100 others, the girls will be tasked with delivering 10 weeks of activity to girls in their school who are not engaged by the traditional school sport offer. The residential content will focus the girls on understanding the needs of their peers, the key skills of someone who activates and facilitates an active lifestyle, and on activities where there is evidence of latent demand

The 10 weeks of activity should be designed and developed by the school and the coaches/activators and be targeted at girls currently not meeting the minimum requirements for physical activity. The coaches/activators should act as role models and work with the Girls Active group (if applicable) to market the 10 weeks of activity effectively.

Details for National Residential Camp

Venue:

- Loughborough University

Date:

- Friday 23rd to Sunday 25th March 2018

Target Audience:

- Girls aged 16-18 to attend the residential as coaches/activators
- The girls will either be actively coaching, or have a desire to coach sessions for other girls who are not currently active/engaged.
- Must be committed to delivering 10 weeks of activity sessions providing an offer which is not otherwise accessible through the traditional school sport.

What are the expectations for delivery?

As part of the programme, the school and young people would be expected to deliver on the following:

- Demonstrate support to the Girls Active programme and approach
- Provide support to the young coaches/activators to recruit and deliver activity to a group of 20 girls in year 7-9 for 10 weeks.
- Provide mentoring support to the girls
- Report to the YST data collection window in June 2018, this will include information relating to:
 - o Number of girls involved (coaches/activators)
 - o Number of participants involved (in girls sessions)
 - o Types of activities running

- Insight into the experience relating to strengths and challenges

It's acknowledged that the NGB would not take on the delivery aspect of this programme, the YST would be able to offer support where required to help schools to engage and provide a platform for the girls to complete delivery back in school.

Outcome for Girls

- Girls increase their confidence to influence other girls
- Girls develop aspirations to create and influence change in their school
- Support Girls to understand themselves and unpick the motivations of other to engage in physical activity
- Girls access leadership training from an NGB or activity provider to support delivery of non-traditional school sport activity
- Girls are inspired and prepared to deliver 10 weeks of sessions to 20 girls in year 7-9 when returning to school
- Girls develop their coaching skills to explore further working with the target audience