



## ACTSPORT SPORTS LEADERS PROGRAM

Dear Principal/Sport Coordinator,

ACTSPORT is pleased to invite your school to participate in the Sports Leadership Program, to be held during Term 1 of 2008. The Sports Leadership Program is committed to providing sport and recreation leadership opportunities and skills for upper primary school students (Years 5/6). ACTSPORT has run this program for a number of years and believes it to be an extremely valuable and worthwhile program. Following is a basic outline of the Sports Leaders Program.

### The Sports Leaders Program

- Phase 1** Students participate in a training day at the Uni of Canberra in Bruce. This day involves a rotation of sport and games sessions conducted by Sport Development Officers (SDO). Following each session, class teachers lead a discussion, which focuses on the performance of the SDO in order to identify coaching/teaching techniques such as group management and maximising participation. The training day begins at 9.45 am and finishes at around 2.30 pm.
- Phase 2** Under the guidance of the sport coordinator or teacher, the students continue to develop their leadership skills in their school environment.
- Phase 3** Students are given the opportunity to practice their coaching/teaching skills by taking on leadership roles within their school or community. This may involve assisting with sports carnivals, sports lessons with junior students, or taking on peer support roles with junior students.

### Benefits of the Program

- Development of skills such as leadership, planning, decision making, organisation, innovation and problem solving
- Enhancement of personal and social skills such as self esteem, communication, confidence, commitment, friendship, cooperation, teamwork and goal setting
- Encouragement of positive attitudes towards volunteerism and community service
- Opportunity to impart sporting knowledge to younger children
- Development of new skills and enhancement of existing physical skills in both familiar and unfamiliar activities
- Valuable experience and addition to students' curriculum vitae
- Opportunity for broad involvement in sport (other than as a participant)

### Cost of the Program for Schools and Students

Due to lack of funding again this year, there will be a cost involved for each student participating in the program. Each student will be required to pay a registration fee of \$15 (Including GST). This fee will cover the significant expenses associated with the program

and will also allow for all participating students and teachers to receive a certificate, whistle and a leadership manual (for continuing development after the training day). Please note transport arrangements to and from the training day are the responsibility of the school.

## **Participants**

Our aim is to provide a quality program for the future leaders in the sport and recreation industry and we attempt to give all schools in the Canberra region the opportunity to participate in the program. Therefore a maximum of **20 students from each school** are invited to participate in the Program. Attached is a document that may help you select the students from your school.

## **Teachers**

Whilst this program requires a considerable commitment from the students, it also asks a lot of the teachers. The supervising teachers are involved in all phases of the program. Their participation in the training day through supervising the students, participating in activities and leading the debrief discussions at the end of each session is imperative. After the training day, the teachers are responsible for coordinating the second and third phases of the program.

## **Sport Safety Policy**

ACTSPORT aims to provide a safe and positive environment for students to strengthen their leadership skills. A 'Sport Safety Policy' has been developed by ACTSPORT for the Sports Leaders Program. The policy includes sections on injury prevention/management, SunSmart, child protection against sex offenders and maximum participants on any one day. A copy of the Sport Safety Policy is available on request.

## **How to Register**

If you require further information prior to registering, ACTSPORT invites you to arrange a time to meet and discuss the Sports Leaders Program and how it can be of benefit to the students and teachers within your school.

**To register, please complete the attached Sports Leaders Program Registration Form and fax to ACTSPORT on 6257 3018. The form must be returned by Monday 9<sup>th</sup> of February.**

For further information or to arrange a time to meet, please contact Andrew Crawford on 6247 0260 or via email [Andrew@actsport.com.au](mailto:Andrew@actsport.com.au)

Yours sincerely

Andrew Crawford

# Choosing Your Sports Leaders

## **Some considerations for the Sports Leaders Program:**

- Keep in mind that, while it would be easier to take a whole class, not all students are able to handle such a program and these students can inadvertently undermine the lessons for potential leaders.
- To take part in the program, students will miss some class work. Students need to be aware of this and be prepared to make up the work missed in their own time. Some students may not be willing to sacrifice their own time for the program.
- Students should recognise the value of being chosen for this program. It is not a day off from school. Being chosen for this program entails responsibilities beyond those of normal senior primary school students.
- The commitment for the program goes beyond the training day. When students and teachers register for the program, they are committing themselves to the entire program.

## **How to choose your Sports Leaders:**

- Choose your House Captains, Vice Captains or Sports Team Captains
- Have the students write an essay or make a speech on what they believe are the qualities of a good leader and how they have displayed those qualities previously. Have a panel review the applicants and select the students based on their essays and or speeches
- Choose your Peer Support Leaders
- Choose the students who have displayed leadership qualities but have yet been given the opportunity to develop these skills

# Sports Leaders Program

## Expression of Interest- Registration Form

**To be completed and faxed to ACTSPORT on 6257 3018**

School: \_\_\_\_\_

Teacher/s Attending \_\_\_\_\_

Organiser's Contacts: Name \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

How many students will be attending the training day: \_\_\_\_\_

Training days will be held at the University of Canberra, Lyneham (9.45 am - 2.30 pm)  
Please rank (using numbers 1-12) your preferred days for the training day. Every effort will be made to ensure you attend on your preferred days, however priority will be given to those who return their forms first.

WEEK ONE		WEEK TWO		WEEK THREE		WEEK FOUR
Tue 3 March		Tues 10 March		Tue 17 March		Tue 24 March
Thur 5 March		Thur 12 March		Thur 19 March		Thur 26 March
Fri 6 March		Fri 13 March		Fri 20 March		Fri 27 March

**In registering for the Sports Leaders Program on behalf of the above Primary School I agree to:**

Read all information provided to me by ACTSPORT in regards to the Sports Leaders Program. In particular, I will:

1. Notify ACTSPORT prior to the Training Day or before 9.30 am of the Training Day if I or any of my students have a medical condition that may impact on my or the student's ability to participate in the Training Day (this includes ongoing conditions such as diabetes, asthma and disabilities).
2. Ensure that I, or any student with a medical condition, seeks suitable medical advice before participating in the Sports Leaders Program.
3. Ensure that the students attending from my school are dressed appropriately for physical activity outdoors. (All students should wear runners, shorts, t-shirt, hat, sunscreen and have their own drink bottle and lunch).
4. Ensure that my students are adequately briefed prior to the Training Day.
5. Ensure that my school arrives before 9.45 am of the Training Day.
6. Select students to attend this program who have displayed Leadership Skills or have been identified as potential Leaders.
7. Be responsible for the behaviour and welfare of my students at the Training Day.
8. Participate in the Training Day, including physical activities and leading the debrief discussion at the end of each sport session.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Registrations Close : Monday 9<sup>th</sup> of February 2009**

(A registration pack will be sent to your school shortly after close of registration).

For further information please contact Andrew at ACTSPORT by phoning 6247 0260 or email [andrew@actsport.com.au](mailto:andrew@actsport.com.au).

Please note: A Cancellation Policy will apply (details in registration pack)