



Coaching Canterbury

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SPECIAL POINTS OF INTEREST:

- Next Coach Module is Teaching Games For Understanding on 28 January
- First Coach-Force meeting for the year is 29th January at Sports House.
- Are you aware of the One on One funding available for coaching assistance from Halberg?

The Multi Sports Club!

The concept of the Multi Sports Club is being accepted and understood by more and more clubs, both large and small. There are two very well established "multi clubs" in Christchurch at present and a third one is well on the way based at Rawhiti Domain in New Brighton.

Linfield Cultural Recreational Sports Club and Westminster Sports Inc both have a group of 6 or 7 clubs under their umbrella structure and are able to strongly support the club units with administration, funding applications, fee collections and all of those onerous secretary and treasurer chores that seem to be hardest to get volunteers for.

With a group of clubs working together it is a little easier to find the funding to afford a paid executive officer or administrator to do all of those day to day chores for the clubs. It allows the volunteers to do the things that they often enjoy more, like coaching or managing a team, and being a strong active supporter running the BBQ or doing other fundraising, or more satisfying chores!

I think that Christchurch almost lends itself to area groupings that could have very effective multi clubs in the future - Burnside Park, Nunweek Park, Barrington Park, Hornby Domain, Ferryroad / Sumner are some of the settings that have a number of sports centred around them and could look towards this type of club concept.

With larger memberships supporting a complex it is easier to provide food with alcohol and to create a safer "family" atmosphere at after sport gatherings. There is also the easy ability for members to play

across a number of sports within the multi club and to use those other facilities often attached such as gyms or weights rooms and squash courts for training and enjoyment.

Sport Canterbury is always willing to support any viable development in as many ways as possible and if it is in the Club arena there is both set up and Strategic Planning support as well as ClubMark that goes through the requirements of a strong club environment.

This may all seem like an unusual front page comment for a coaching newsletter

But I have to say that I have seen some great opportunities to advantage coaching and coaches in a multi club.

One is certainly that because there is a group of coaches from different sports there is some very good sharing of ideas and use of each others strengths especially in pre-season training. Being able to encourage your athletes to take part easily in an off-season sport within the club not only keeps them together but also generally fitter to start their next season.



Westpac CoachCorp Coach Bev Peterson working with two of her athletes at QEII.

National Coaching Strategy and “The Coach Approach”

www.sportcanterbury.org.nz

Most of our National Sports Organisations (NSO) are at present writing up their new Coach Development Programmes based on SPARC 's Coach Development Framework. There has been some excellent progress made and the programmes that are already up on a number of NSO websites are really good, with great learning and ideas, and also fun to do. The opportunity for coaches to do some self learning is being strongly encouraged, and especially where some self study prior to attending a coaching seminar or course can mean a little more confidence on what to expect on the day. This seems to be helping new coaches and first time parent coaches feel safe about attending courses and learning more.

There are drills and skill learning concepts available for you to use in your practices and even if your sport has not yet reached that point in their development of their coaching website—there are probably some ideas that you can transfer from another sport—like football to hockey, netball to basketball, and so on ... so if you have access to a computer .. have a look.!

As an RSO Coaching Co-ordinator/Development Officer ... are you letting your coaches know about and learn the “NZ Coach Approach”. This is the athlete centred approach to coaching that is being encouraged strongly in NZ and across the world. It allows the athlete of any age much greater opportunity for self analysis, to learn decision making, and general input into how they want to perform and achieve. We encourage coaches to use an open questioning approach when coaching so that the athletes have to come up with more of the answers and discover how to play the game.

Using coaching techniques such as Teaching Games For Understanding is one way that we can assist the athletes to gain more understanding and effective decision making in their on field game play. Since children often don't just play in the backyards as they used too—this can be an essential tool in their learning. Contact Pat pat@sportcanterbury.org.nz for more information or help with this.

National Winner!

Frances Mackay who represented our region at the National Finals of the Watties Volunteer Coach of the Year in November last year was the overall winner in the National Student Category.

She was a worthy winner and since then has successfully coached her Burnside High School cricket team to 3rd place in the national secondary schools championship. She is also a member of the Canterbury Wizzards Cricket team - so is having a busy summer.

Congratulations Frances!

Below: Frances with her Mum at our September regional awards at the Linfield Multi Sports Club.



Halberg Trust Activity Fund!

This fund provides grants to enable young people with a disability to participate with their peers in an inclusive sport and active leisure environment. If you require extra support or equipment to enable this to happen with your team or group then this fund may be able to provide you with what you need. Contact Justin Muschamp at Sport Canterbury (373 5050) or justin@sportcanterbury.org.nz for more information.