



## Growing Coaches Programme Grows Leadership Skills for Waitara Teens

**Thursday 8 June 2017**

Growing Coaches is a Sport New Zealand programme that is designed to support the development of student coaches. It is a leadership enhancing programme for secondary school students who want to coach sport at schools and/or clubs.

Sport Taranaki is currently working alongside seven schools in the Taranaki region with over 150 student coaches. The programme is flexible and can be delivered in a number of different ways to suit the school's needs and the student's interests.

Waitara High School was one of the schools taking part this year, with the students having just completed the seventh lesson out of eight.

The seventh lesson was about communication, adapting to changing situations and leadership skills. Guy Honor, the Coaching and Workforce Manager from Sport Taranaki, was a familiar face to the Waitara students and they were very at ease with him, getting straight into the lesson.

In three groups the students were tasked to design a warm up activity for their potential sports team. The session starts off noisy and there was definitely a caged animal feel about the teenagers in this class. The three groups came up with loose plans and headed out into the sunshine.

On a quiet field at the back of the school, the future coaches burst onto the open green space in an explosion of noise and movement. This is where they came into their own. They were outside in the fresh air with an abundance of enthusiastic energy as they gather up the sports equipment needed for their planned activity.



The soccer group went first. They explained the warm up to the class and started off with a basic passing in two teams with an aim of scoring a goal. Five minutes into the game they stopped and changed the game to include a new or different skill. They took away the goals and changed the

rules, there was a bit of confusion and lots of loud banter. Five minutes later they are stopped again and shifted into a five on one tackle game. The noise levels went up even further, and their natural competitiveness kicked in.

The warm up over, they meet up together in a circle and go over the initial objectives of the game, how the team introduced the warm up, rating their communication skills and how they moved through the different variations. There's lots of feedback and it is all received well and taken on board.



Rugby and Netball warm ups followed with similar levels of positive energy that really reflected the student's passions.

At the heart of the programme is the underlying belief that through coaching experiences young people will develop skills that can transfer into life skills and giving a service selflessly to others.

They were doing what they loved doing and teaching others about it. They hardly realised that they are giving back to others through the coaching programme.

Once they have finished the Growing Coaches programme they will be teamed up with a sports team at the nearby Manukorihi Intermediate School. They will have to put into practice all that they have learnt and more.

