

# CAWL

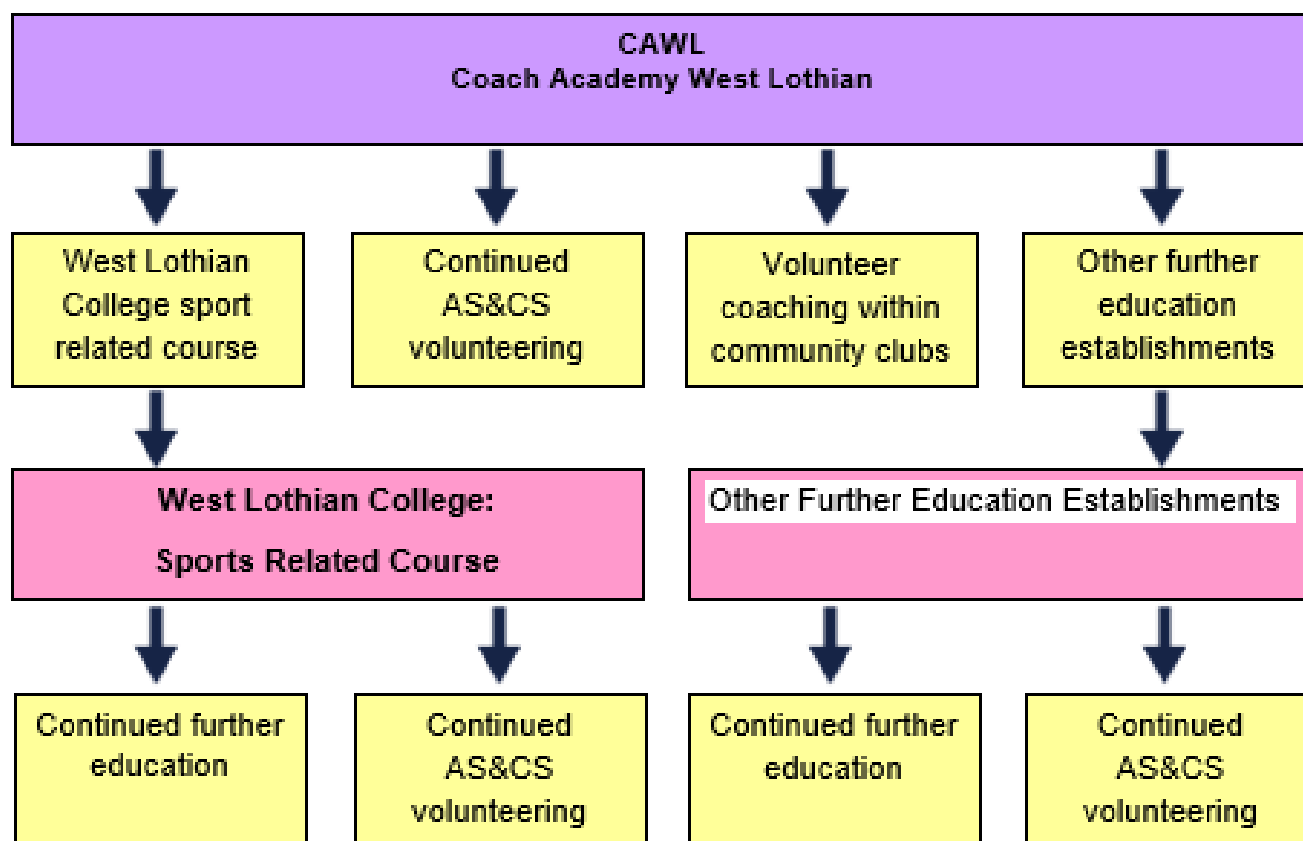
Coach Academy West Lothian

## Pupil and Parent Information Pack

2021-22

## Aims & Background

Coach Academy West Lothian is a programme designed to develop young people as sports coaches through support and training opportunities. The programme will endeavour to create a pathway for young people who are interested in choosing a sports coaching related profession once leaving school, by providing a valuable experience that can help lead on to further education opportunities or casual employment as a sports coach. The programme is organised and delivered by the Active Schools and Community Sport team within West Lothian Council.



## What you will gain from being a part of CAWL

- An introduction to sports coaching and training opportunities to support your development;
- Opportunities to put new skills and knowledge into practice;
- Valuable leadership experience that will support future college/university/job applications;
- Guidance and support from your Active Schools Coordinator throughout the programme; and
- The chance to meet like-minded people and make new friends.

## Selection Process

The Coach Academy West Lothian (CAWL) is open to S5 pupils across all West Lothian secondary schools. The first stage of the selection process requires pupils to complete an application form by **Monday 31<sup>st</sup> May 2021**. Application forms will then be reviewed by the Active Schools Coordinator and school staff from each school staff to identify the 6 pupils they feel will benefit most from being involved in the programme. These 6 pupils will be invited to take part in some basic training sessions prior to the school summer holidays, these dates will be Friday 11<sup>th</sup> and 18<sup>th</sup> June and pupils will only be required to attend 1 date. At the basic training days applicants will be assessed on their commitment, teamwork and interaction with other pupils, this will then be used to make a final decision along with their application to determine if they will be offered a place on the Coach Academy.

Applicants progressing to the basic training days will be notified if they have been selected to be involved in the full Coach Academy prior to the schools returning from the summer holidays. A maximum of 2 successful applicants will be selected from any 1 West Lothian secondary school.

To apply for this year's CAWL programme pupils should complete an application form online using the following link, or QR code

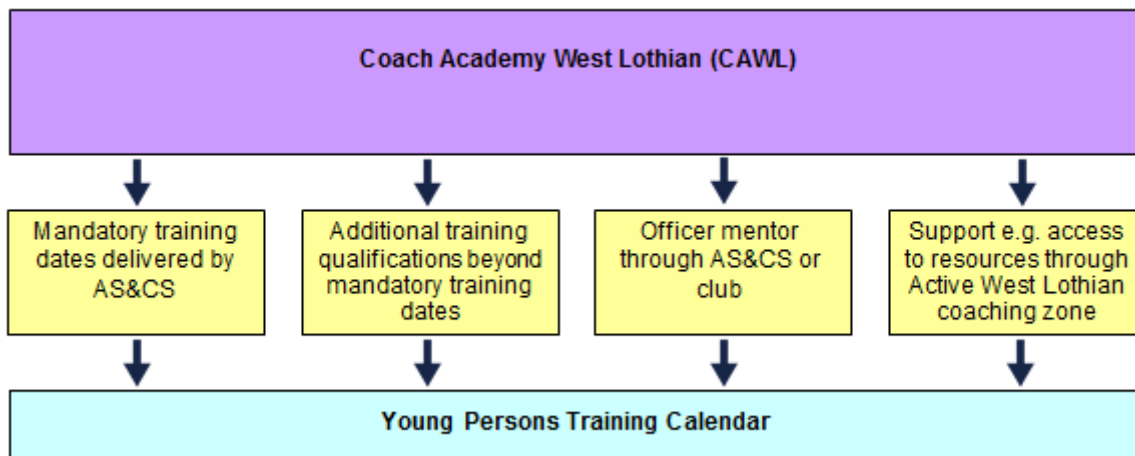
<https://forms.office.com/r/aGdfxgUsw9>



## Employability

It is anticipated that by engaging in the programme, pupils that have an interest in a career in sport and physical activity will be in a stronger position to assess the pathways open to them when they prepare to leave secondary education and are considering their further education or employment options.

CAWL pupils will receive a variety of training opportunities as part of the programme, some of which are mandatory and some of which will be in addition to the core programme. The diagram below outlines the Training Support Framework, followed by further information on the mandatory and additional training opportunities:



# Training

## Mandatory Training Dates

Following selection dates on 11<sup>th</sup> and 18<sup>th</sup> June, those selected to take part in CAWL will be required to attend various training dates across a number of school holiday periods and on Friday afternoons throughout the year, with the provisional dates as follows:

- Tuesday 10<sup>th</sup> August (Teambuilding Day)
- Tuesday 20<sup>th</sup> September
- Monday 18<sup>th</sup> October
- Friday 26<sup>th</sup> November
- Friday 3<sup>rd</sup> December
- Tuesday 15<sup>th</sup> February

In addition to the mandatory training dates, each CAWL pupil and a parent / guardian will be required to attend a launch evening at a date and time to be confirmed. There will also be a graduation event held towards the end of the academic year. Members of PE staff and school SMT will also be invited to the launch and graduation evenings.

**\*Please note that with the on-going COVID-19 situation the delivery of courses will be dependent on national guidance, as a result, some courses may take the form of online sessions in place of face to face gatherings. Some courses may be cancelled if they cannot be delivered online.\***

## Additional Training

CAWL pupils will also have the opportunity to go on additional courses such as Emergency First Aid, Child Wellbeing and Protection in Sport, West Lothian College Modules and UKCC level 1 courses. Information on such opportunities will be sent out to CAWL pupils via email along with information on the booking process to register for these opportunities. Additional opportunities will be dependent on funding to cover course costs.

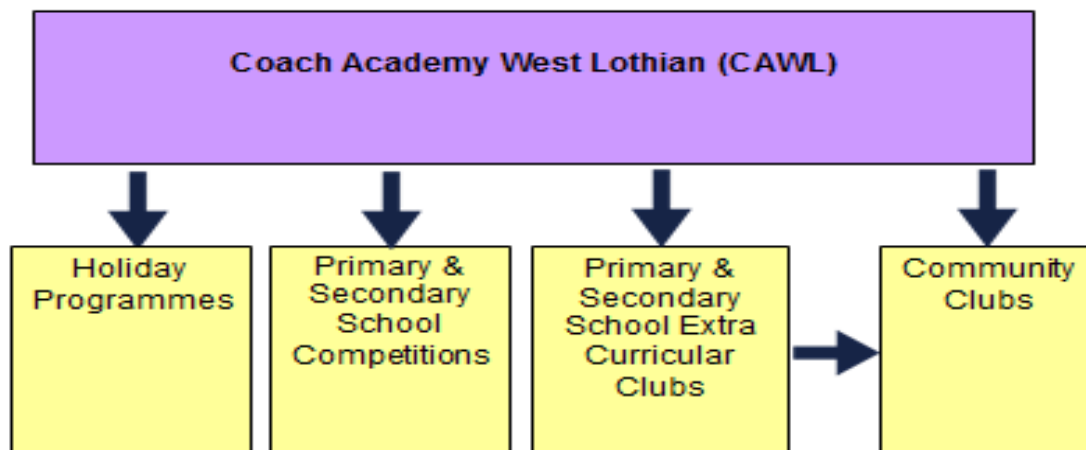
## Mandatory Volunteer Placement

CAWL pupils will be required to complete a placement in a local setting which will involve volunteering a minimum of 15 hours of coaching time. Each pupil will receive support and guidance in order to arrange and secure a placement that lies in an area of interest to them, with placements likely to be within a primary / secondary school setting or local club environment. The placement should be discussed in the first instance with the relevant Active Schools Coordinator who will advise the CAWL pupil of the opportunities and avenues available to them, with placements expected to be in place by the October holidays. Pupils should be aware that they will be supported in this process, however, they will be expected to make contact with any recommended partner agencies in order to agree their placements.

**\*Please note that due to the current restrictions in place due to COVID-19, the completion of a volunteer placement may not be possible. It may also be the case that the number of hours is reduced, this will all be dependent on the easing of current lockdown restrictions.**

## Additional Volunteering Opportunities

There will also be opportunities to support activities coordinated by the Active Schools team. After school clubs, school festivals and competitions across the primary and secondary sectors, as well as holiday programmes, are held throughout the year where volunteers are required to help support and run these programmes.



## Mentoring and Support

Once CAWL pupils reach the end of their first year in the programme they will be invited to remain involved during their S6 year where they will act as mentors to the new CAWL pupils in 2022/23, and they will also have the opportunity to help with the delivery of training programmes as assistant tutors. Mentoring will involve supporting new CAWL pupils as their assistant coach at sessions, with the expectation that S6 CAWL pupils share ideas and good practice picked up during their time on the programme. Those pupils who choose to stay involved as mentors will also still receive access to additional training opportunities to ensure that they can continue to upskill themselves. Pupils who want to be involved in the delivery of training programmes will work with tutors to learn the content they need to help deliver.

## CAWL Lead Officer

Graeme Young is the lead coordinator for CAWL. Graeme can be contacted at the following email address: [graeme.young@westlothian.org.uk](mailto:graeme.young@westlothian.org.uk) or on mobile number 07920 534 283 should you wish to discuss any aspect of the programme.

An Active Schools Coordinator is based in each of the secondary schools and will provide support and guidance for their relevant CAWL pupils. Pupils can contact their relevant coordinator at any time using the contact details listed below:

### Active Schools Coordinator email contacts:

Armadale Academy – Kelly Keogh & Karen Brodie, [ArmadaleActiveSchools@westlothian.gov.uk](mailto:ArmadaleActiveSchools@westlothian.gov.uk)

Bathgate Academy – Graeme Young, [graeme.young@westlothian.org.uk](mailto:graeme.young@westlothian.org.uk)

Broxburn Academy – Ross Logan & Libby Harris, [ross.logan@westlothian.gov.uk](mailto:ross.logan@westlothian.gov.uk) / [libby.harris@westlothian.gov.uk](mailto:libby.harris@westlothian.gov.uk)

Deans Community High School – Angela Coulter, [angela.coulter@westlothian.org.uk](mailto:angela.coulter@westlothian.org.uk)

Inveralmond Community High School – Stewart Livingston, [stewart.livingston@westlothian.gov.uk](mailto:stewart.livingston@westlothian.gov.uk)

James Young High School – Kim O'Connor, [kim.oconnor@westlothian.org.uk](mailto:kim.oconnor@westlothian.org.uk)

Linlithgow Academy – Laura Livingstone, [laura.livingstone@westlothian.org.uk](mailto:laura.livingstone@westlothian.org.uk)

St Kentigern's Academy – Sheree Benassi, [sheree.benassi@westlothian.org.uk](mailto:sheree.benassi@westlothian.org.uk)

St Margaret's Academy – Ally Donaldson, [alistair.donaldson@westlothian.org.uk](mailto:alistair.donaldson@westlothian.org.uk)

West Calder High School – Kat Stark, [katriona.stark@westlothian.org.uk](mailto:katriona.stark@westlothian.org.uk)

Whitburn Academy – Ben Boatman, [ben.boatman@westlothian.gov.uk](mailto:ben.boatman@westlothian.gov.uk)