



COACHING ACADEMY BROCHURE



WHAT IS CLUBSZONE COACHING ACADEMY?

CLUBSZONE COACHING ACADEMY HAS BEEN CREATED FOR YOUNG PEOPLE AGED 11-16 YEARS OLD, WHO MAY HAVE OUTGROWN THE CLUBSZONE CAMP. WE COMBINE LEARNING TO COACH A VARIETY OF GAMES AND SPORTS WITH PERSONAL CHARACTER AND CONFIDENCE GROWTH.

EACH CHILD WILL RECEIVE:

A 'COACHING PACK' CONSISTING OF:

- **A DAILY JOURNAL WORKBOOK WITH A DIFFERENT COACHING SKILL TO WORK ON EACH DAY**
- **A HANDBOOK TO GUIDE YOU THROUGH EACH DAY**
- **A NOTEBOOK - YOU WILL BE TAKING NOTES TO LOOK BACK ON WHEN SHADOWING**
- **A WHISTLE - FOR REFEREEING AND CIRCLE GAMES**
- **A CLUBSZONE PEN**

A CLUBSZONE 'JUNIOR LEADER' T-SHIRT



BENEFITS OF COACHING ACADEMY

IMPROVED COMMUNICATION SKILLS

**DEVELOPS KEY LIFE SKILLS SUCH AS CONFIDENCE, TIME
MANAGEMENT AND DECISION MAKING**

DEVELOPS LEADERSHIP SKILLS

GIVES A STRONG SENSE OF PURPOSE

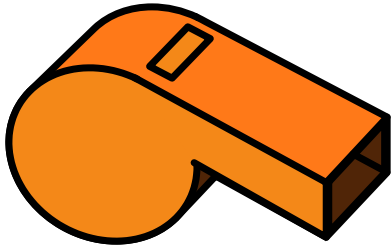
ENCOURAGES EXERCISE

IMPROVED KNOWLEDGE OF NUTRITION

**THE OPPORTUNITY TO MAKE NEW FRIENDS WITH
OTHER YOUNG PEOPLE WHO HAVE SIMILAR INTERESTS**



WHAT WILL I BE DOING?



- EAT BREAKFAST AND CATCH UP WITH THE ACTIVITY LEADERS
- MORNING BRIEFING AND TEAM BUILDING ACTIVITIES
- SETTING YOUR DAILY TARGETS WITH YOUR CAMP MANAGER
- WATCHING, LEARNING AND TAKING NOTES FROM THE ACTIVITY LEADERS
- REFEREEING GAMES AND MOTIVATING YOUNGER CHILDREN THROUGH ACTIVITIES
- LEARNING TO LEAD GAMES WITH A SMALL GROUP OF CHILDREN ALONGSIDE ACTIVITY LEADERS
- BEING A ROLE MODEL ON CAMP
- UPDATING YOUR JOURNAL TO TRACK YOUR PROGRESS
- JOINING IN WITH ACTIVITIES AND HAVING FUN

DAILY JOURNAL

DATE.....

TARGET SKILL:

HOW DID YOU SHOW THIS SKILL?

WHAT WORKED WELL?

WHAT COULD HAVE BEEN BETTER?

COACH FEEDBACK



WHO ARE CLUBSZONE

CLUBSZONE HAVE BEEN AROUND FOR 15 YEARS, WE HAVE 24 HOLIDAYS CLUBS ACROSS THE UK. OUR HOLIDAY CLUBS ARE FOR CHILDREN AGED 5 - 13 YEARS OLD.



Physical Enrichment

Laser Tag, Gymnastics, Archery, Fencing, Raft Challenge & More



Sport

Football, Basketball, Netball, Cricket, Hockey, Tennis, Athletics, Rounders, Badminton, Table Tennis, Dodgeball & Tag Rugby



Creative Enrichment & Confidence Growth

Arts & Crafts, Dance, Drama, Story Writing, Crack the Code, Team Building & More



DID YOU KNOW?

CLUBSZONE HAVE 2 INTERNATIONAL SUMMER CAMPS:

**VERONA, ITALY
MADRID, SPAIN**



COACHING ACADEMY 2023

**WE RAN OUR FIRST COACHING ACADEMY SESSION IN
SUMMER OF 2023.**

**OUR COACHING ACADEMY YOUNG LEADERS HAD A
FANTASTIC SUMMER MAKING FRIENDS AND LEARNING TO
COACH WHILST DEVELOPING THEIR CONFIDENCE AND
COMMUNICATION SKILLS.**



**LFE SUMMER CAMP
FIRST DAY OF THE COACHING
ACADEMY PROGRAMME 2023**



**SYSTON SUMMER CAMP
LAST DAY OF THE COACHING
ACADEMY PROGRAMME 2023**



YOUR REWARD DAY

AT THE END OF SUMMER, ALL COACHING ACADEMY PARTICIPANTS WILL BE INVITED TO A REWARD DAY... THIS WILL BE A FUNDED DAY OUT MEANING THAT THIS WILL BE FREE FOR ATTENDEES.

JUNIOR LEADERS WILL VOTE FOR WHAT THEY WOULD LIKE THE REWARD DAY TO BE AND SOME OPTIONS THEY CAN CHOOSE FROM ARE:

LASER TAG

GO KARTING

OUTDOOR PURSUITS CENTRE

GO APE

MINI GOLF

BELOW ARE PICTURES FROM OUR SUMMER 2023 REWARD DAY AT MEGAZONE LASER QUEST!



TESTIMONIALS

QUESTION: WHAT WAS THE BEST THING ABOUT COACHING ACADEMY?

CHILD A (AGED 12)

“IF I DIDN’T COME HERE, I WOULD JUST BE PLAYING OUT AND I’D BE SO BORED. I GET TO DO MORE HERE THAN JUST GO ON MY SCOOTER IN SYSTON.”

CHILD B (AGED 11)

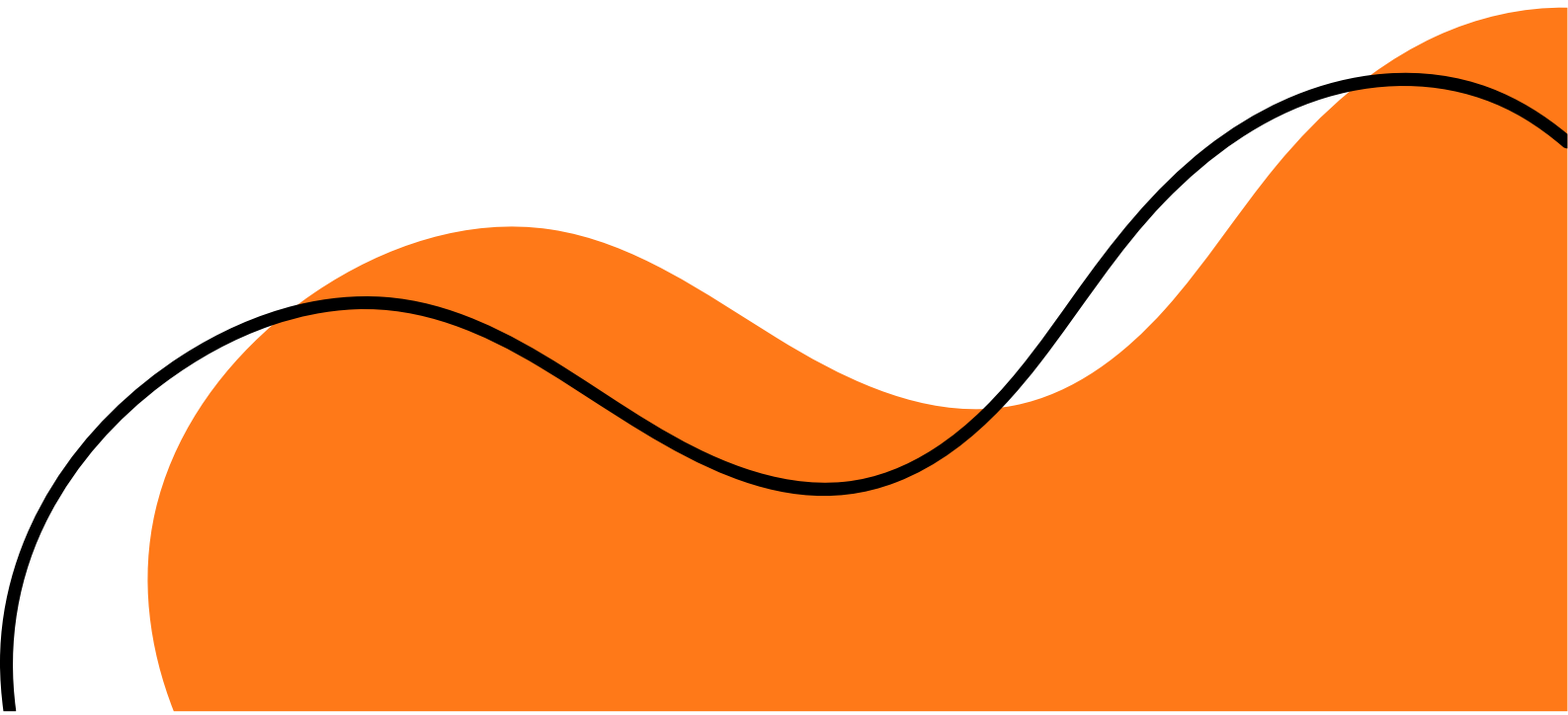
“I’M GETTING MORE CONFIDENT SPEAKING TO LOTS OF PEOPLE AND I CAN SPEAK CLEARER NOW BECAUSE I’VE LEARNT TO SLOW DOWN WHAT I’M SAYING”

CHILD C (AGED 14)

“THE STAFF ARE SO KIND AND DON’T JUDGE ME IF I GET SOMETHING WRONG IF I’M TRYING TO EXPLAIN A CIRCLE GAME. I FEEL LIKE I CAN COME IN AND JUST HAVE A CHAT AS WELL WHEN IT’S NOT GREAT AT HOME”

CHILD D (AGED 13)

“I THOUGHT IT WAS GOING TO BE BORING LIKE SCHOOL BUT IT WAS WELL GOOD”



FAQ'S

FREQUENTLY ASKED QUESTIONS

Do I have to be good at sports?

No, being a good coach does not mean that you need to be good at sports. All you need is a positive can do attitude!

Is it like school?

Not at all. The activities on each Clubzone camp day are decided by the children. The programme is mainly learning by observation and trial and error. We want you to have fun and enjoy the camp days too! Remember this is your school holiday!

Do I get lunch?

Yes, you will receive a light breakfast and a lunch as well as a healthy snack at break time.

Are we left unsupervised?

All Coaching Academy participants will be supervised by staff at all times.

Whats the difference between normal camp and this?

You will be at a regular camp. You will be able to join in with activities with the younger children, but your focus will be on learning different games, learning to motivate children and assisting with demonstrations.

Where can this take me in the future?

You will develop a wide range of different skills such as increased confidence, team work skills and communication skills.

This can be a good head start for a future career within sports or dance, but the skills that you will learn can help with any job that you want to get in the future!

Once you are 16 years old, there is also the opportunity to gain paid work with Clubzone as an Activity Leader (dependant upon vacancies available).

How much does this cost me?

This is free programme as part of the HAF scheme for benefited free school meal children.

Who do I contact to book or find out more?

Email haf@clubzone.co.uk or call 07305 270 565.

