



Walk and Talk is a less ambitious approach to exercise that was initially established in 1999 to attract a wider user group into the National Sport Centre.

Through a sustainable concept, that focuses on progression, social integration, safety and fun, Walk and Talk has developed into an Island wide programme. Six popular sessions now take place on a weekly basis in Peel, Ramsey, Castletown and the NSC representing all regions of the Island.

In 2007, a Walk and Talk session was set up in Jurby primarily for the residents of the Village and surrounding area. It has been established through research, that accessing exercise activities in the North of the Island has proven to be a barrier to participation, also provision in the area in terms of exercise programmes is low. This



A busy NSC track hosting a Walk and Talk session

Since Walk and Talk started in July 1999, a staggering 119,084 miles have been covered, this equates to walking the circumference of the world nearly five times!



The Active in Mann Logo, the DHSS/ Health Promotion Department kindly supports the Walk and Talk programme.



A group of ladies enjoying Walk and Talk

Some Interesting Facts about Walk and Talk

- In 2007 the biggest ever weekly attendance figure was achieved – 316 walkers.
- During 2007 a total of 28,000 miles were covered during all Walk and Talk sessions.
- During 2007, 10,500 participants took part in Walk and Talk.
- 15 walkers individually have completed more than 1000 miles.
- 2 walkers individually have completed more than 2000 miles.

Walk and Talk is making a Real Difference!

- 98% attend Walk and Talk to maintain a healthy lifestyle.
- 25% attend Walk and Talk to aid recovery from illness.
- 87% indicated that Walk and Talk had significantly improved their general health and well being.
- 25% of walkers have indicated that they visit their GP less since they embarked on Walk and Talk.
- 37% of walkers have highlighted that since attending Walk and Talk they have more enthusiasm and confidence to get involved in other activities



Mona Completes 2000 miles

In January 2008 Mona Lowe completed 2000 miles. Mona and her husband Albert, who is also nearing the 2000 mile mark are two of the longest serving members of the Walk and Talk programme. Mona's fantastic achievement equates to a staggering 8000 laps of the NSC

Athletic track or Lands Ends to John O Groats and back !



Ronnie strides out of pain

Ronnie Crowe is a walking testament to the benefits of Walk and Talk. Since joining the Ramsey session in March 2007 Ronnie an osteoarthritis sufferer, has lost two stone in weight and stopped taking pain killers

Green Walk and Talk

In 2007 an off road Walk and Talk programme was launched with the support and guidance of Graeme Watson Department of Agriculture, Fisheries and Forestry Access and Recreation Officer.

Using Silverdale Glen and the Wild Life Park walkers enjoyed two enjoyable short circuits. Between June and August 188 walkers took part in the Green Walk and Talk initiative.

Following the success of the programme in 2007, it is hoped to expand the Green Walk and Talk sessions to three venues and from 10 to a 16 week programme during 2008.

Ladies Sports Mornings

In 2007 the SDU introduced a new ladies only activity aimed at attracting this target group back into sport in a very informal but social and fun environment. The sports included are badminton, squash and table tennis, a coach is on hand to teach the basic skills of each respective activity.



Two ladies enjoying a game of badminton

Key Performance Indicator 16:

To increase the attendances of participants taking part in the Ladies Sports Mornings

Target for 2007: 280

Actual for 2007: 299

KPI for 2008/09: 400

THE FUTURE

Regular analysis through questionnaires takes place on a yearly basis to specifically measure the impact Walk and Talk is having on individuals and specific groups. The areas below remain a key focus

- Identify if walkers visit their GP less.
- Positive effect on specific health problems.
- Identify if Walk and Talk can also have a positive effect on psychological problems.

Walk and Talk GP Exercise Prescription

With the support of the DHSS Health Promotion Department in 2008 Walk and Talk will be available on prescription.

GP can use Walk and Talk for patients who might benefit from a gentle exercise programme.

Through consultation with GP Group Managers, feedback has been positive, subsequently, it is hoped many GP's will take advantage of the Walk and Talk initiative.

It is hoped that Walk and Talk on prescription will be launched in the Summer of 2008.

A group of walkers embark on a Green Walk and Talk route around Silverdale Glen.



The Sports Development Unit has used the Walk and Talk programme to assist adults with learning difficulties and additional needs. Walk and Talk has been instrumental in helping their general health as well as improving their social skills. Groups from resource centres such as Eastcliffe and Greenfields now attend the NSC sessions on a weekly basis. More than thirty walkers have covered over 1000miles in 2007/08.



A group of walkers with disabilities enjoy a break on the Walk and Talk programme

During 2007/08 the Sports Development Unit has effectively worked in partnership with the Isle of Man Sports Council to progress the Community Key Sports Initiative.

The first sports specific Development Officer was appointed during 2006 for Badminton and Hockey, following a partnership arrangement with IOM Sports Council, IOM Hockey Association, IOM Badminton Association and Heritage Homes who have helped fund the project.

Key Performance Indicator 17:

To assist the IOM Sports Council with the Key Sports Initiative and increase the number of Sport Specific Development Officers

Target for 2007: 2

Actual for 2007: 2

KPI for 2008/09: 1



Two Sports Specific Development Officers were appointed. A full time Rugby Development Officer, and a full time Girls / Womens Football Development Officer.

Badminton



ISLE OF MAN SPORTS COUNCIL



heritage
homes



Key Performance Indicator 18:

To increase the attendances of participants involved in new Badminton initiatives on the Island

Target for 2007: 500

Actual for 2007: 542

KPI for 2008/09: 550

During the last 12 months 3 new Junior Badminton Clubs have been established around the Island following School – Club Development work. New Clubs in the East, South and North of the Island have attracted 542 attendances from junior players on the Island.

A partnership initiative involving the Isle of Man Badminton Association and Manx Sport and Recreation (Disability Sports Development), has seen the formation of a new Badminton Club for people with disabilities. 38 players have now attended as a result of this new club.



Increasing the number of volunteers involved in Badminton is a key objective of the IOM Badminton Association Development Plan. During 2007/08 six new tutors have been identified and trained to deliver a Junior Badminton Helpers Award. As a result of this, 25 new juniors (13 – 18 year olds) have passed the award, which aims to improve and enhance leadership, organisational, communication and planning skills.

Key Performance Indicator 19:
Increase the number of Junior helpers involved with badminton on the Island

Target for 2007: 25

Actual for 2007: 25

KPI for 2008/09: 35

The Fencibles Club have also run a helpers award for their junior players, seeing a further 24 junior helpers now qualified under this award.



Volunteers link closely with coaches and are essential for coaching sessions to run, especially when there are a lot of youngsters present. They are also vital for running tournaments and competitions and many of the events organised by MSR and the badminton association could not have been carried out without them. One of the most notable events of 2007, made possible by the cooperation of volunteers, was the Southern Primary Schools badminton tournament.

Key Performance Indicator 20:
To Increase the number of attendances by volunteers involved in Badminton on the Island

Target for 2007: 50

Actual for 2007: 77

KPI for 2008/09: 75



A training workshop was held for teachers and parent helpers to enable them to begin after school clubs with their pupils. After a training period of 6 weeks a tournament was held for all the schools and saw over 50 children taking part, many of them now involved in the new community clubs that have been established.

Other training workshops held for Prison staff, parent helpers and teachers in other regions of the Island has seen 77 volunteers actively involved in clubs, workshops and events organised by the Badminton Development Officer in 2007/08.

Key Performance Indicator 21:

Increase the number of coaches involved in badminton on the Island

Target for 2007: 10 new coaches
25 coaches actively involved

Actual for 2007: 14 new coaches
62 actively involved

KPI for 2008/09: 20 new coaches
60 actively involved



As well as making sure that coaches become or remain active on the Island, the IOM Badminton Association have also begun a basic mentoring system in 2007 where more experienced coaches have run workshops and skills updates for newer or younger coaches to attend and further their knowledge.

This has seen 62 coaches either begin or further their involvement with coaching badminton on the Island.

Club accreditation is another area most sports are adopting and is the mark of a high quality, safe and well run club. With increasing focus on child protection, safety and equity, this is an award which every club should be working towards. During 2007, Fencibles Badminton Club put in a lot of hard work towards gaining this status, which in Badminton is known as Premier Club status.

The Club were rewarded by having it's portfolio approved in December 2007. Vicky Foster, the Senior North West Regional Development Manager, visited the Island to present Fencibles with 2 certificates; one from Sport England and one from Badminton England. Fencibles now have access to exclusive benefits such as £75 worth of shuttles, free places on coach education workshops, reduced costs for CRB checks, a £15 voucher for Badminton England's online shop and many other discounts! A great achievement and inspiration to other clubs on the Island.



Dominic Hobdell (Badminton Development Officer) with Roberta Cannell and Neil Brew (Fencibles Badminton Club) and Vicky Foster, Badminton Regional Development Manager

Key Performance Indicator 22: To increase the number of accredited badminton clubs on the Island

Target for 2007: 1

Actual for 2007: 1

KPI for 2008/09: 1



Children from Fencibles Badminton Club with Joe McLoughlin (Heritage Homes) and Jim Travers (IOM Sports Council)

Hockey



ISLE OF MAN SPORTS COUNCIL



heritage homes



Manx Hockey has gone from strength to strength during 2007/08. The junior leagues came to an extremely successful conclusion, involving 168 children between the ages of 8 – 13 years! Their efforts were rewarded with an end of season prize evening, held at the Masonic Hall.

The evening was a huge success and almost 200 players, parents and their family members came along.

The leagues are now in their second season and tournaments took place during February 2008. The winning teams will go on to represent the Isle of Man in the north regional round of England Hockey's mini hockey championships in April!



These initiatives, coupled with the juniors leagues have seen 1805 junior attendances

It is not just playing where Juniors have excelled! The Manx Hockey Association Development Plan recognises the importance and value of volunteers to support the development of Hockey on the Island. In 2007 the Island ran the first Young Leaders course, aimed at 13 – 18 year olds - which provides workshops on leading, managing, coaching and umpiring!

This first course was run by 2 on-Island tutors, who were approved by England Hockey. 15 candidates attended, all of whom passed and many now officiate at the junior leagues, help out at junior club sessions or the HSBC Manx Youth Games and will help on the day itself! Some are also now moving onto level 1 coaching and umpiring awards having gained the confidence from their learning and experience since undertaking the leader's course.



Key Performance Indicator 23:

To increase the attendances of children participating in hockey

Target for 2007: 1,500

Actual for 2007: 1,805

KPI for 2008/09: 1,800

2 new junior hockey sessions / clubs have commenced during 2007/08. Saracens have established a new junior club as an exit route for the pupils involved in the Southern primary schools Hockey initiative (School – Club Link Programme). In addition, Harlequins Hockey Club have worked in partnership with Manx Sport and Recreation, and now facilitate new term time (after school) hockey sessions for 5-7 year olds.

Key Performance Indicator 24:

To increase the number of young leaders involved in hockey on the Island

Target for 2007: 10 new young leaders
100 actively involved

Actual for 2007: 15 new young leaders
127 actively involved

KPI for 2008/09: 15 new young leaders
130 actively involved

All 15 junior volunteers have been active within one of these roles during 2007, seeing a total attendance figure of 127 for junior volunteers involved with hockey on the Island.

During 2008/09, further courses are planned. This will add to the batch of Young Volunteers and will be delivered by a 3rd tutor who has also been approved by England Hockey.

Key Performance Indicator 25:

To increase the number of attendances of volunteers involved in hockey on the Island

Target for 2007: 100

Actual for 2007: 153

KPI for 2008/09: 150

established during 2007/08 and involves representative attendance from all the junior hockey clubs on the Island. It has proved a fantastic tool for disseminating information and communicating with the clubs, as well as providing a valuable time for clubs to provide feedback on the development of Hockey on the Island.

153 volunteers have been actively involved in hockey on the Island, either practical assistance at training sessions or attendance at the junior meetings.



Key Performance Indicator 26:

To increase the number of coaches involved in hockey on the Island

Target for 2007: 15 new coaches
50 coaches actively involved

Actual for 2007: 28 new coaches
67 actively involved

KPI for 2008/09: 30 new coaches
75 actively involved

17 Coaches have also attended and passed a Level 1 course during 2007/08, providing more assistants for the newly qualified level 2 lead coaches!

The Manx Hockey Association Development Plan recognises the importance of continued professional development for existing Hockey Coaches - who have been given other opportunities over the last year to further develop their knowledge and skills.

Jane Powell, the National Coaching Development Manager for England Hockey visited the Island in December 2007 to run a core skills update workshop. This provided coaches with the latest information on techniques and tactics, giving those that attended new ideas for training sessions.

Ex-England and Great Britain goalkeeper Simon Mason also ran a workshop for coaches and young players over the summer and passed on a great deal of information and enthusiasm on coaching and involving goalkeepers in training.

Coach Education has been another area of success for hockey during the last 12months. 11 coaches attended the 1st UKCC level 2 course held on the Island, 7 of whom went onto pass their practical assessments. They must now submit a portfolio to England Hockey for final approval before becoming qualified. The portfolio details session plans and also evidences other qualifications and other work the candidates have done.



Key Performance Indicator 27:

To increase the number of accredited hockey clubs on the Island

Target for 2007: 1

Actual for 2007: 0

KPI for 2008/09: 1

Club accreditation has been the most challenging area for hockey over the last year. This is due to England Hockey re-branding the club accreditation scheme (known as Clubs 1st). However, the launch of the new-look scheme is due during 2008 and 5 hockey clubs are already working through their portfolio paperwork to get a head start! During 2008, the junior club meetings will include a Clubs 1st support and networking session for clubs to help each other progress through the portfolio criteria.

Rugby



ISLE OF MAN SPORTS COUNCIL

The Sports Development Unit, in accordance with the Isle of Man Sport and Recreation Strategy, has seen the size of its work force increase with the introduction of a Rugby Development Officer. This post has once again only been attainable thanks to the financial assistance of the Isle of Man Sports Council, Heritage Homes, Manx Rugby Football Union (MRFU) and The Rugby Football Union (RFU).

Ian Williams was appointed in June 2007, with the remit of increasing participation and developing the work of clubs, coaches, volunteers and other key partners throughout the Island to deliver a 3 year Development Plan which had been agreed by the MRFU and RFU.

Tag Rugby

An early development has been the introduction of Tag Rugby into all Primary Schools on the Isle of Man. This has been done on a regional basis, and has involved the Schools in the South, West and East of the Island during 2007/08. A Tag Rugby Coaching Course is then followed by a 6-8 week period of After School clubs sessions and then a regional Tournament, which is linked into the local Community Rugby Club in the area.



heritage homes



St. Frithen:
Left to right: Geoff Kanan, Executive Chairman (IM Sports Council), Ian Williams (RFU), Joe McLaughlin, Managing Director, Heritage Homes.



During 2007/08, 28 teachers and parent helpers have been trained, 24 after school clubs established, with 2,000 children participating, in Rugby Festivals. A National Play Off Final has been planned for early 2008/09.

Targets for 2008/09 include involving 70% of the Primary Schools playing Tag Rugby with 2500 children training and playing in the Festivals from the North, South, East and West. An Isle of Man National Final will be facilitated with the top two Schools from each region involved. The winner of this Inter Primary School Festival will be invited to the National Tag Rugby Finals in England to be held at Rugby School, the Birth place of rugby as a game.

Key Performance Indicator 28:

To Increase the attendances of children involved in training and playing Tag Rugby.

KPI for 2008/09
2,500 children participating.



Seal of Approval



Ian Williams (RDO), Joe McLoughlin (Heritage Homes), Chris Till (MRFU), Mr Quintin Gill MHK, (DTL) and Andy Varnon (Head of Sport and Recreation)



Representatives from Rugby Clubs receive the Seal of Approval award from Joe McLoughlin (Heritage Homes) and Mr. Quintin Gill MHK

A key Objective for Rugby during 2007/08 was to develop clubs on the Island, with the aim of achieving Club accreditation. The Seal of Approval award is given by the RFU for Rugby clubs who achieve against a set of criteria, and recognises the positive and committed work a club does to enhance the provision of that sport in their local community, and in particular for children and young people.

Accreditation process

During 2007/08 three Rugby Clubs on the Island, Vagabonds RUFC, Castletown RUFC and Ramsey RUFC, have been awarded the Seal of Approval Club accreditation award from the Rugby Football Union. The work programme of the Rugby Development Officer has been pivotal in helping to achieve this aim. Coach Education, School - Club Link programmes, Safeguarding and Protecting Children, welfare training, and club development planning are all areas in which progress has been made during the last year.

Key Performance Indicator 29:
To increase the number of clubs attaining the
Seal of Approval. Award

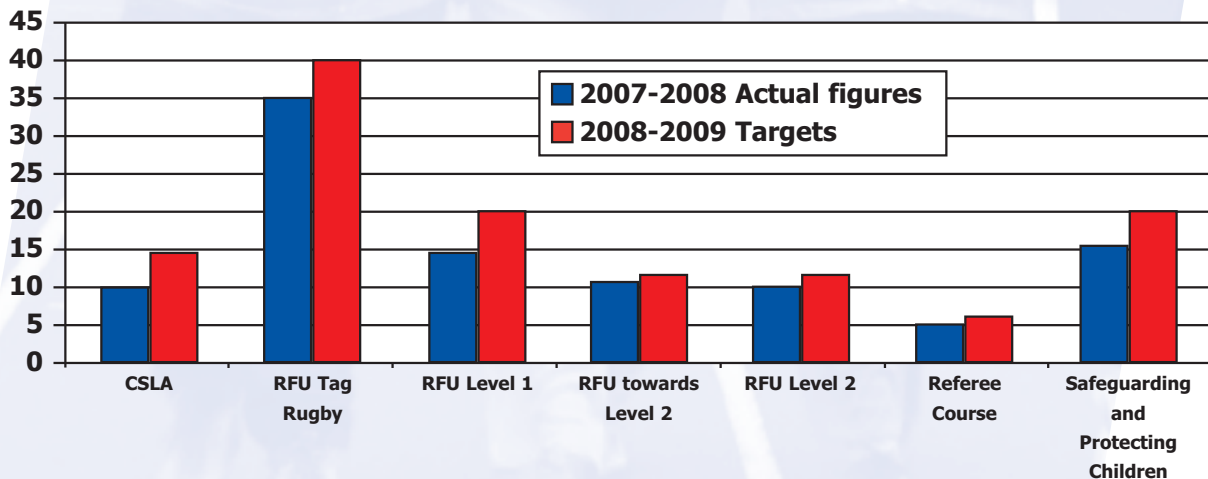
KPI for 2008/09. 5 clubs gaining or
maintaining Seal of Approval.



Heritage Homes Presenting the Clubs with Rugby Balls, as part of the drive to encourage clubs to achieve Seal of Approval.

Coach Education

As previously stated – a key part of the MRFU Development Plan is to increase the numbers of players in the Sport of Rugby. In order to achieve this, Coach Education has played a fundamental role in meeting this objective during 2007/08. With an increase in the Quality and Quantity of coaches on the Island.



Ian Williams, RDO delivers a Tag Rugby course to teachers

Key Performance Indicator 30:
Increase the number of people on
Rugby coaching courses.

KPI for 2008/09:
80 people attending RFU award courses.

Junior Participation



The development of players and the player pathway through coaching is fundamental to the development of Rugby on the Island. During 2007/08, 193 children have taken part in Rugby Coaching and activity programmes organised by the Sports Development Unit, with a further 600 children being developed through the MRFU Youth structure and junior league in partnership with the Clubs.

Key Performance Indicator 31:

Increase the number of children taking part in SDU Rugby activities

KPI for 2008/09: 220

Coaches from Sale Sharks also visited the Island during 2007, to facilitate a coaching camp. As well as mentoring local coaches, 64 children attended the Camp and learnt about all aspects of the Game.

Girls Rugby

A key target group in the MRFU Development Plan is to enhance and increase the number of females taking part in Rugby. Through the 2007 Tag Rugby Primary School Initiative, many young girls have had the opportunity to take part in the sport, and in addition working in partnership with a local Secondary School, over 200 girls have taken part in Rugby in their PE and Games lessons.

Rugby in the 2008 HSBC Manx Youth Games is for Girls only, this is an action to help develop the Ladies game on the Island and to introduce rugby as a participation sport for women. This is being introduced to Girls by playing Tag Rugby in two age groups, Under 15's and Under 12's. The aim for 2008/09 is to facilitate each region with a team in each age group playing at the HSBC MYG.

During 2009/10 the plan is to continue this venture and to introduce the girls to the clubs, playing in tournaments on a regular basis.



Key Performance Indicator 32:

Increase the number of Tag Tournaments held by the clubs for girls.

KPI for 2008/09:
2 Tournaments for girls held by the clubs.

The Football Association in partnership with the IOM Sports Council and Heritage Homes appointed a full time Women / Girls Football Development Officer. During the last 12 months the Football Development Team have worked closely and in partnership with the Sports Development Unit to deliver a wide range of football opportunities to Coaches, Schools and young people.



Jack Walton, Football Development Officer with Margaret Brown (Sports Council), Joe McLoughlin, Heritage Homes and Tony Jones and Mark Hardcastle (Football Association)



During 2008/09, the Key Sports Initiative has continued to expand and develop – achieving the aims stated in the IOM Sport and Recreation Strategy (Agenda for Action 7.1). During 2007/08, The IOM Sports Council has recognised both Tennis and Cricket as Key Sports. The Sports Development Unit have worked in partnership with each of these Governing Bodies to formulate work programmes for “Development Coaches”, who are now employed by the IOM Lawn Tennis Association and IOM Cricket Association. Their remit for 2008/09 will be to deliver the agreed objectives set out in the Development Plan.



Department of Education

During 2007/08, the Sports Development Unit has worked in close partnership with the Department of Education. A key area of development over the last 12 months has been the launch of the Healthy Futures Programme in Schools. Each Head Teacher now has at their disposal a resource document which aims to improve the quality and quantity of P.E and Sport Provision. The Sports Development Unit have designed a list of criteria and descriptors which Schools can measure and benchmark the provision of sport and physical activity against. Where areas for improvement have been identified the Sports Development Unit aim to assist the School by improving policy, planning, education and delivery. Further information regarding the scheme can be found at www.healthyfutures.gov.im



DEPARTMENT OF EDUCATION
Rheynn Ynsee

In addition to this the Sports Development Unit has assisted the Department of Education with the training and mentoring of teachers. More than 150 teachers have undertaken training organised and facilitated by the Sports Development Unit.

The partnership work with the Department of Education, and in particular the Primary Schools is set to continue in 2008/09. Further developments are planned with the Schools, by establishing Regional P.E network groups to develop an action plan for sport across all Schools on the Island. A key driver in this initiative will be the on-going research into activity levels of children in school, which is providing key evidence to assist target resources.



Public Health

During 2007/08, the Sports Development Unit has been working in partnership with the Health Promotion Unit to pilot a scheme aimed at improving the activity levels, eating habits and confidence of young people. The 12 week programme focused on weight management and encouraged young people and their families to exercise and diet, thus improving self esteem.

The main focus of the Programme was based on the Carnegie Club weight loss model devised by Leeds Metropolitan University, to use behaviour alteration strategies to effect overall change.

Feedback from the first programme has been positive, with 75% of participants indicating that the programme met their expectations. Feedback from one parent was particularly encouraging:

"Our child often comments now on wanting to walk, choose healthy options for meals and he is now eating vegetables! It has changed his mindset." Another of the participants commented "It makes you stop and think about what you are doing to your body"

Following the success of the first programme, a second programme has just come to an end, with plans in place to extend the scheme and run a third programme during 2008/09.

Department of Health and Social Security

During 2007/08, the Sports Development Unit has worked in partnership with the DHSS on an initiative to subsidise the cost of sports activities to families who are in receipt of an income related benefit.

All families on the Island who receive an income related benefit from the DHSS were asked to complete a questionnaire to identify the need. Following the analysis of this data, it has been found that 75% of children, whose family receive an income related benefit are not accessing the SDU School Holiday Sports Activity Programme. 90% of those suggested that they would be keen to take part if the cost was reduced.

During 2008/09, the SDU plan to address this issue and introduce subsidised prices to those families who the DHSS recognise as receiving an income related benefit.

Safeguarding and Protecting Children

During 2007/08 the Sports Development Unit has continued to work in partnership with a number of organisations to ensure that children continue to experience a safe and positive experience through sport. This has been achieved by "rolling out" the SDU Safeguarding of Children, Young People, Vulnerable Adults and Good Practice in Sport Policy to a number of key partners. The IOM Commonwealth Games Association has adopted this Policy, in addition to numerous Governing Bodies of Sport on the Island.

The SDU facilitate a number of workshops which provide coaches and volunteers with training and awareness in safeguarding and protecting children. The National Society for the Prevention of Cruelty to Children (NSPCC), the Department of Health and Social Security (DHSS) and the Island Child Protection Committee (ICPC) have all been involved with the on-going development of this policy.



Cruelty to children must stop. FULL STOP  **NSPCC**

Department of Agriculture, Fisheries and Forestry (DAFF)

During 2007/08, the Sports Development Unit have worked in partnership with DAFF on two initiatives aimed at improving the health and well being of both the old and young on the Island.



As part of the School Holiday Sports Programme, the SDU use South Barrule Plantation to facilitate Mountain Biking activities. Subsequently the IOM Cycling Association has now extended it's events and organise a Junior Mountain Biking event programme.



Sports Coach UK

During 2007/08 the Sports Development Unit has worked in close partnership with Sports Coach UK to develop Coach Education, and Continued Professional Development of Coaches on the Island. Members of the Sports Development Team have undergone specific SCUUK Tutor training and are now able to deliver a wide range of SCUUK Workshops which aim to improve the skills, knowledge and safety of the sports sessions that they deliver.



As a result of this partnership arrangement, SCUUK have been a key player in the establishment of the MSR Coaches Association. The SDU on the Isle of Man are now a "model of best practice" for such Coaches Associations, with SCUUK adopting much of the philosophy and concept of the MSR Coaches Association as a benchmark.

Isle of Man Children's Centre

Over the last 12 months the Sports Development Unit has worked in partnership with the IOM Children's Centre to assist in the provision of Sport and Physical Activity in Jurby and Ballasalla. Representatives from the SDU make up the steering groups (Ballasalla Partnership and Jurby Partnership), which assist with the development of activities for people who reside in these targeted communities.



St. Christopher's

A key aim of the Sports Development Unit is to enhance and increase the provision of sports activities for Children in Care.

The Commission of Inquiry into the Care of Young People on the Island Report, states in recommendation 86:

"The Inquiry recommends that a named Sports Development Officer should be allocated to looked after children in residential care and foster homes."

The SDU have been extremely successful in achieving this aim over the last 12 months having worked in partnership with St.Christopher's. In addition to numerous children now accessing SDU activities and programmes (both inclusive and exclusive), training and education for Coaches on how to manage disruptive behaviour has been organised by St.Christopher's to Coaches deployed by the SDU.



The Sports Development Unit are committed to ensuring that coaches on the Island have accessible opportunities to broaden their coaching knowledge and skills. To this end, the Sports Development Unit in conjunction with Sports Coach UK have a 18 month Coach Education Plan, which will be updated in April 2008 to include workshops for 2008/2009.

The following workshops have taken place in 2007/2008

- 6 **Safeguarding and Protecting Children** workshops
- 3 **Equity in Your Coaching** workshops
- 4 **Emergency First Aid** courses

The workshops listed above attracted over 225 attendees made up of coaches, volunteer, officials and parents.

TUTORS

In 2007, 3 members of the SDU successfully went through the Sports Coach UK tutor training scheme. The respective members of staff can now tutor Safeguarding and Protecting Children and Equity in Your Coaching workshops

The 2008/2009 Coach Education Programme will include additional Sports Coach UK workshops including How to Coach Children in Sport, How to Coach Sports Effectively and Coaching Methods and Communication.

Sports Coach UK, the Nationally recognised body for coaches on the Island, is a key partner in the delivery of coaching related workshops which are currently supporting the Islands coaching fraternity.



Above: A group of children listen enthusiastically to a coach.

The SDU are currently looking into the feasibility of expanding the range of workshops that could be offered. e.g. Long Term Athlete Development (LTAD) and Managing Behaviour in Sport. Sports Coach UK is currently reviewing it's tutor training, subsequently, these workshops will not be available on the Island until 2009.

Other Examples of Coaching and Volunteering in 2007

Southern Schools Sports Coordinator Training Programme – No. of participants who attended the following courses:-

- - Kwick Cricket - 15
- - Tag Rugby - 15
- - Badminton - 6
- - Hockey - 10
- - Athletics – 24

National Governing Body Coaching Courses – No's attended.

- - RFU Tag Rugby – 35
- - RFU Level 1 – 15
- - RFU towards Level 2 - 11
- - RFU Level 2 – 10
- - RFU Referee course – 5
- - Badminton Level 1 – 9
- - Badminton Level 2 – 6
- - Hockey Level 1 - 17
- - Hockey Level 2 - 8

Community Sports Leaders Award (CSLA) – 25 students



Key Performance Indicator 33:

To increase the attendances of coaches/volunteers that take part in SDU training and education courses

Target for 2007: 560

Actual for 2007: 620

KPI for 2008 / 2009: 650

It is with caution that this KPI has been set at 650. Many coaches and volunteers have attended such training workshops over the last 18 months, and thus it will be a challenge to continue this upward trend. However the SDU has numerous plans to expand the on-going training and education of its coaches over the forthcoming year.



Above: Training being delivered to a group of coaches



Area	2008/2009 Target
Sports Coach UK	250
National Governing Body	100
Sports Development Unit Coaches	200
Dept Education	100
TOTAL: 650	



Left: More than 30 SDU Coaches attended the first "CPD event" aimed at improving the service delivery of the School Holiday Sports Programmes.

Coaches were asked to come up with new ideas for schemes and contribute their ideas on management issues in relation to the activities.

Three more CPD events are planned for 2008/09.

In July 2007 the MSR Coaches Association was launched. The need for a National body for coaches was recognised in the 2002/2012 Isle of Man Sport and Recreation Strategy. Following a review of the Strategy in 2006 new recommendations were made:-

- Establish a data base
- Profile coaches on the Island
- Develop existing coaches through a formal coach education programme

Developed through Manx Sport and Recreation (MSR), the Association will offer the Island's coaches the opportunity to belong to a recognised coaching body as well as enabling them to share examples of good practice. It will provide a support mechanism for those coaches keen to expand and develop their coaching skills and gain further qualifications with recognised National Governing Bodies of Sport.

Mark Gannon Head of Communications for Sport Coach UK, who was on the Island to launch the Association, said 'Coaches play a crucial role in the sporting community. Through the development of a single coaches association the scheme will ensure that highly skilled coaches deliver



sports to children, players and athletes across the Island. The MSR Coaches Association will provide the tools needed for this to happen. The Isle of Man is setting a great example to sporting agencies across the UK and is leading the way for future developments in the area'.



Mark Gannon Head of Communications for Sports Coach UK launches the MSR Coaches Association

Key Performance Indicator 34:

To increase the number of Coaches who register with the IOM Coaches Association

Actual for 2007: 24

KPI for 2008 / 2009: 50

AIMS

MSR aim is to build a support system that makes it easier and more convenient for coaches on the Island to develop their knowledge and skills, both through making training courses more accessible, improving communication and sharing knowledge in the coaching community.

In the long term the Association will help improve the level of coaching, creating a safer and better environment for young competitors to learn and develop skills.

All coaches who deliver SDU activities must be members by April 1st 2008,

In addition to assisting coaches in developing their skills, the Association has a number of minimum requirements designed to improve the overall quality and coaching on the Island.

Criteria to join the MSR Coaches Association

- Minimum of a Level 1 National Governing Body qualification
- Emergency First Aid Qualification
- A successful police check or CRB check
- Attended a Sports Coach UK Safeguarding and Protecting Children workshop
- Attended a SCUK Equity in your coaching Workshop



Above: Two SDU Coaches engaging a group of children



The Hon. Adrian Earnshaw MHK, Minister for Tourism and Leisure formally announced that the Isle of Man would host the 2011 Commonwealth Youth Games (CYG) in February 2008. The event will take place between 7 – 13 September 2011 with the National Sports Centre in Douglas being used as the main venue for the Games.

The 2011 CYG will attract many Nations from around the Commonwealth to compete in one of 7 Sports, these being:



Rugby 7's



Boxing



Athletics



Cycling



Gymnastics



Swimming



Badminton

Although the 2011 CYG is still some time away, the Sports Development Unit have been involved in a Road Show around all the Islands High Schools to promote the Games and inform the young people on the Island of this fantastic opportunity to be involved in the most prestigious international multi sport event the Isle of Man has ever staged. A large event is planned for the Islands Primary Schools during 2008, which will be themed at seeing each school adopt a country of the Commonwealth. Children would not only learn about the value of sport, but also about the culture of the country.

The event itself will attract the top competitors, under the age of 18 years, from around the Commonwealth for 3 days of competition on 9, 10 and 11 September 2011. On 8 September an Opening Ceremony will take place and the competitors will also have a practice / training day in preparation for the competition. A Cultural Day and Closing Ceremony is planned for 12 September at Castletown, before the competitors leave the Island and return home.

There will be several venues used to host the competition:

Rugby 7's

The Bowl Stadium, Douglas

Boxing

The Villa Marina, Douglas

Gymnastics

*The Ellan Vannin Gymnastics Club and
Ian Bradshaw Unified Sports Centre*

Cycling

Various routes around the Island

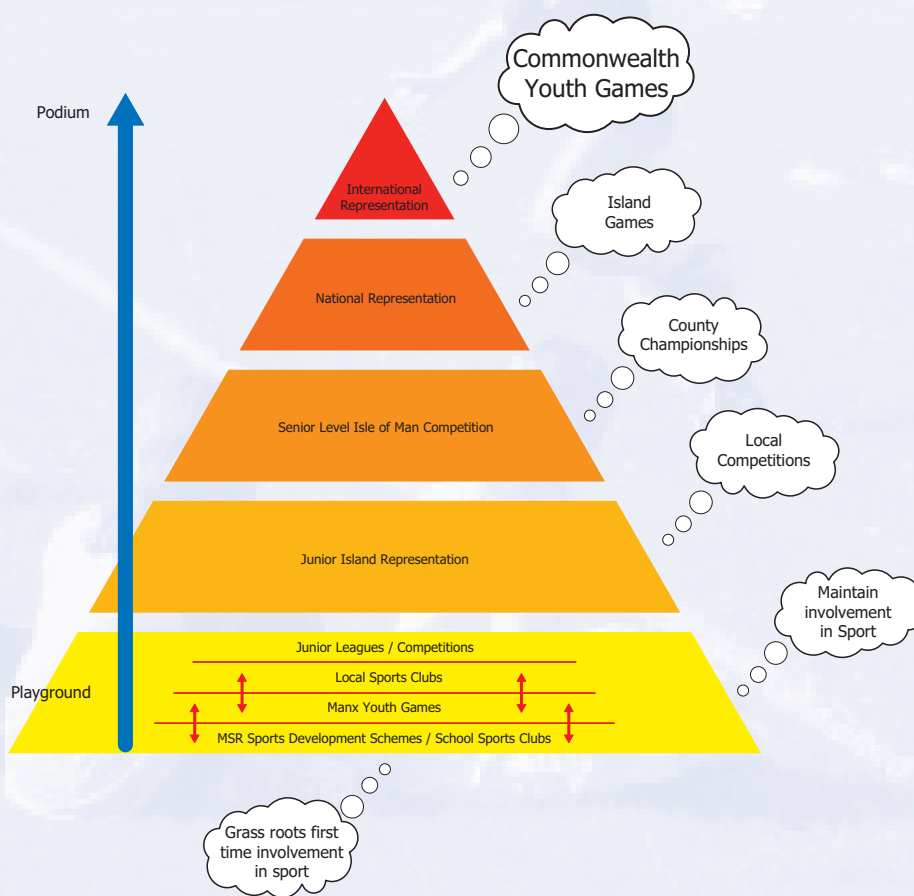
Athletics, Swimming and Badminton

National Sports Centre

A key aim of the Sports Development Unit is to increase the levels of participation in sport, and in doing so help young people on the pathway to competing in a sport that they find fun and challenging. The SDU works in partnership with many Governing Bodies and other agencies on the Island to ensure that children can achieve their goals through Sport. Programmes and initiatives such as the HSBC Manx Youth Games and the School Holiday and Term Time Sports schemes in addition to the variety of junior leagues that exist on the Island make it possible for a child to develop through a structure that provides them with an opportunity to compete at the highest level in the future.

From the Playground to the Podium

The Sports Development Unit - Helping the Stars of the future



The Sports Development Unit will also play a pivotal role in providing a legacy on the Island from the Games. There will be an Education and Volunteer Programme, supported by Britannia International, in a bid to attract up to 1,500 volunteers who will assist the organising committee to facilitate the event. Leadership, communication, event organisation and safety training will be key to the smooth running of the event. Harnessing such skills after the event has finished will be a major objective of the legacy programme.

Britannia
International

For further information about the Commonwealth Youth Games – visit www.cyg2011.com



Isle of Man
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