



TRINITY SPORT YOUTH COACHING ACADEMY ★ FAQ ★

What is it?

Trinity Sport Youth Coaching Academy is an initiative to provide 16-18 year old budding coaches, youth leaders and sports professionals with the tools to start their journey in sport. The initial week long camp/course will be made up of workshops, training and interactive learning sessions to give the young people a sound base of knowledge to build on through our volunteer scheme. We have partnered with Swim Ireland, Sport Ireland and internal training facilitators to create a fun, educational and exciting week which will help to build confidence, increase knowledge and work on leadership skills.

What age do you have to be?

This programme is aimed at 16-18 year olds who are starting out their journey in coaching and leadership. With some of the qualifications on offer we believe this is the ideal age group to complete the course.

What will the course consist of?

The week long camp/course will include but is not limited to the following:

- ★ Fundamentals of movement
- ★ Leadership & coaching skills workshop
- ★ Water safety (Facilitated by Swim Ireland)
- ★ Safeguarding and protecting children (Facilitated by Swim Ireland and Sport Ireland)
- ★ Coaching Children Workshop (Facilitated by Sport Ireland)
- ★ Performance coaching (Led by Trinity Sports High performance team)
- ★ Team building exercises
- ★ Peer to peer review of mini coaching sessions
- ★ Fun activities to encourage discussion amongst peers

How much does the camp/course cost?

The week long camp/course is €100.00 for non members and €80.00 for members, this includes lunch/refreshments on the Friday of each week.





What are the dates?

- ✦ 1st November - 4th November (Halloween Break)

What are the times?

- ✦ 09.30-16.30 Tuesday - Friday

What do attendees need to bring?

Attendees will need the following:

- ✦ A packed lunch/water/snacks
- ✦ Sports wear/clothing to complete practical parts of the course
- ✦ Swimwear, swim hat, goggles (if required) for completing the water safety element
- ✦ Stationary for taking notes
- ✦ Enthusiasm and a willingness to learn

How many spaces are there?

There is a limited amount of spaces available on the Youth Coaching Academy. We have capped spaces at 20 per week to allow for a better learning environment and ensure that each attendee gets the most out of the week. In total across the two weeks we will have 40 young people in attendance.

How to apply?

Attendees apply by completing the application (this can be found on our website) and returning it to: digbybrn@tcd.ie We will also have an informal interview with those applying via zoom as part of the course. This is to help with interview skills and give the young people a more rounded experience and some real life skills that will be transferrable as they move on with their education/career.

What next?

On completion of the course there will then be a two weeks volunteering opportunity for coaches to apply the skills in a live setting. Our youth coaches will be paired up with experienced sports leaders and work alongside them at the Trinity Sport Summer Camp. There will be an opportunity to lead on sports sessions, work with the children across a week of camp and feedback their experiences on completion. At this point we will be able to assess next steps for participants and there will be an opportunity for paid casual work. There will also be the chance to add further training and course across the 2022/2023 academic year with partner national governing bodies providing level 1 courses to enhance our future coaching stars CV's.

If you have any further questions please email digbybrn@tcd.ie or carrold6@tcd.ie