

Students thrive in coaching arena

Jonathan McKeown

Growing up playing sport is part of Kiwi culture and Waimea College students have found a new appreciation for those who make it all possible, the coaches.

Two physical education classes taught by Lisa Book and Katie Alder have adopted the Growing Coaches programme as part of a level 2 NCEA leadership achievement standard. After the theory, coaches, it was on to the drill-taking, whistle-blowing hands-on component as the student coaches were assigned their own youngsters to mentor.

The first part of the programme was a three-hour session at Bridge Valley where coaches of football, rugby, hockey and basketball ran a theory component around the role of the coach. They looked at what made an effective coach, fair play, managing athletes' behaviour, dealing with injuries and skill teaching.

The students then had a two-hour practical session, looking at how to structure trainings, skills and drills while adapting this to game theory. This would become very important as the next step in the programme had them coaching their own students from Henley School and Waimea Intermediate.

Students from Waimea College coached groups from Henley School and Waimea Intermediate over a period of six, one-hour sessions, run over about four weeks, which is due to be completed this week.

Alongside the practical element, the Waimea College students have been completing a Growing Coaches booklet that helps them to establish what kind of coach they want to be and what they value. This is all geared towards helping them come up with a unique coaching philosophy.

Book said Growing Coaches has been a "great experience" for all



Learning skills: Waimea College students Keegan Hollis, right foreground and Corey Dunn who are part of the Growing Coaches programme run by Waimea College and Sport Tassman. Book and Alder both wanted to be involved. "Our students have developed their leadership skills," said Alder. "They have learned that coaching is about being organised, having enthusiasm and using fun activities that actually teach the kids a relevant skill. Their communication skills have also improved. They have to speak clearly and show positive body language to ensure the kids understand and want to be involved." Book and Alder both wanted to thank Julie Price at Sport Tassman for her assistance. They also said they were fortunate to be in an environment where Waimea Intermediate and Henley Primary school can leave their classrooms and "race over" to find their coaches. "This unit is made possible because the teachers at these schools recognise the value in a programme like this," said Alder. "Without them it would not happen, so we are really grateful to them."

"It's been great to have such a great relationship going with our neighbouring schools and a win-win situation as the kids who are being coached have really enjoyed the sessions."
Lisa Book

ment saying her students have "loved" the coaching experience, although she had some challenges to overcome. Alder said the students from Waimea Intermediate responded favourably to being coached by a young person who is skilled in and passionate about their sport. Through the programme Alder said the Waimea College students have realised coaching "is much more than just turning up to play games".

"Our students have developed their leadership skills," said Alder. "They have learned that coaching is about being organised, having enthusiasm and using fun activities that actually teach the kids a relevant skill.

Their communication skills have also improved. They have to speak clearly and show positive body language to ensure the kids understand and want to be involved."

Book and Alder both wanted to thank Julie Price at Sport Tassman for her assistance. They also said they were fortunate to be in an environment where Waimea Intermediate and Henley Primary school can leave their classrooms and "race over" to find their coaches. "This unit is made possible because the teachers at these schools recognise the value in a programme like this," said Alder. "Without them it would not happen, so we are really grateful to them."