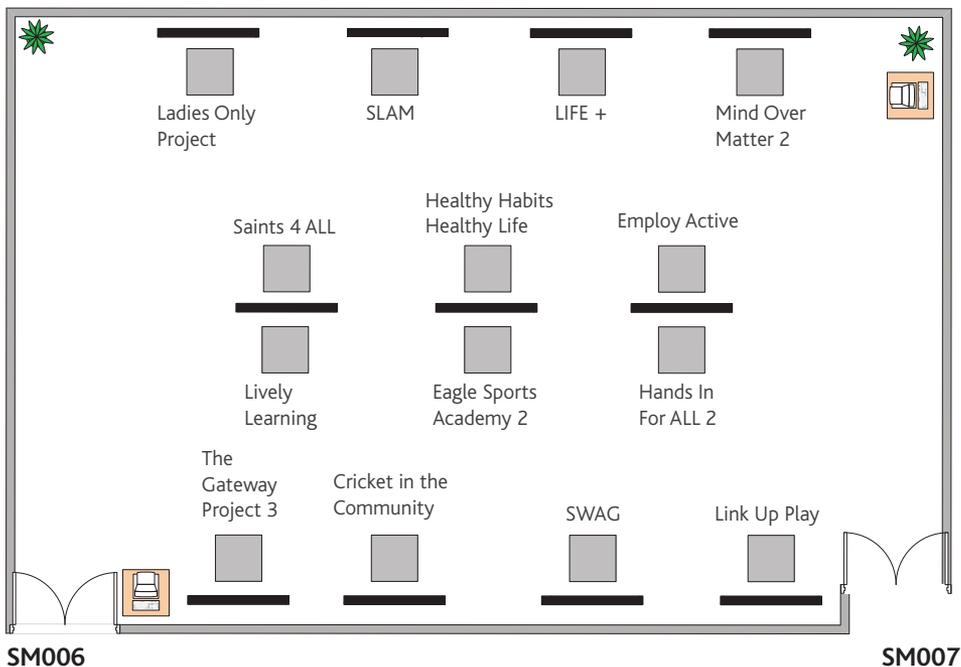




# COACHING INNOVATION SYMPOSIUM 2016

# Floor plan

Avon suite, SM006/007



# A message from the event's organisers

Welcome to the fifth annual Coaching Innovation Symposium, bringing together students, academics and employers to celebrate the achievements of this year's coaching innovation programme (CIP).

## **Thank you for attending.**

Through the CIP, Solent students develop their own innovative project – using sport, coaching or physical activity to engage communities, improve lives and address social issues. To date, our students have already delivered 100+ innovations through the CIP engaging with over 1800 participants, helping local schools, hard-to-reach groups, the elderly population, sports clubs and youth groups.

At tonight's event you'll have the chance to view the latest developments from the next generation of Solent students' innovations which are due to be delivered next year. You'll have the opportunity to meet the students and discuss their projects, catching up with those you know and discovering new and exciting opportunities with those you don't.

Tara Dillion, CEO of Chartered Institute for the Management of Sport and Physical Activity, is our keynote speaker. As CEO, Tara Dillon leads the institute's headline work in professionalising UK sport and leisure and transforming the workforce development opportunities of those who work in the sector.

Whether you're representing a community, team or school, or are simply interested in Southampton and the region, a quick glance through this programme – or around the room – should make it clear that Southampton Solent University's students are playing a significant role in sport and physical activity in the city.

We couldn't do it without your support, so thank you from both the CIP team and our students. We hope you enjoy the symposium, and we look forward to meeting you during the event.

**Kevin Harris, Rhian Jones, Henry Dorling and Tom Dickson**

## Event programme:

4.30pm Refreshment

5pm Welcome speeches

5.15pm Coaching Innovation Symposium begins

### This year's coaching innovation projects

Our students' latest projects, listed below, that will run in 2016:

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## **This Event is supported by CIMSPA.**

CIMSPA is proud to be in partnership with Southampton Solent University. The new Sports Strategy has challenged the sector to think and act differently in order to reach those who don't currently engage in any form of Sport and Physical Activity. Our challenge is to have a workforce that has the correct knowledge, skills and behaviours in order to achieve this, and the work that is undertaken through the Coaching Innovation Programme and other initiatives is ensuring that the next generation of Sport and Physical Activity professionals who graduate from Southampton Solent are able to hit the ground running in this new era. – Tara Dillion, CEO CIMSPA



## **This event was co-organised with Solent Works**



Solent Works is a student-led events management initiative, run by students and graduates from a range of courses and levels of study. Last year was the first year Solent Works had been a part of the Coaching Innovation Symposium, and the team are very pleased to be back working on this fantastic event. We hope to continue to build on the success of last year's event, and deliver an enjoyable evening for you all.

**If you would like to find out more about what Solent Works can offer, or are interested in working with us, contact Sheridan Easton at [sheridan.easton@solent.ac.uk](mailto:sheridan.easton@solent.ac.uk)**

# The CIP timeline

## The planning and delivery stages of students CIP projects.

### Year 2 CIP students

#### October – April

Students are encouraged to go out into the community and engage with local partners and practitioners. During this time students will research the community and conduct various needs assessments to see what needs to be targeted. Once the needs analysis has been conducted, students will start to design their CIP projects with their partners, meeting up on a regular basis.

#### May – June

CIP's will continue to develop their projects before the summer break. CIPs will research into monitoring and evaluation techniques and methods ready to develop after the summer break. This may also involve pilot delivery.

#### April – May

The Coaching Innovation Programme symposium is held in this time. At this time students start to prepare for the symposium, making sure their posters are ready to showcase. The symposium also provides the opportunities for partners to potentially take on a CIP project and become mentors.

### Year 3 CIP students

#### October

Students arrive back from the summer break. CIP's make last-minute preparations ready for delivery.

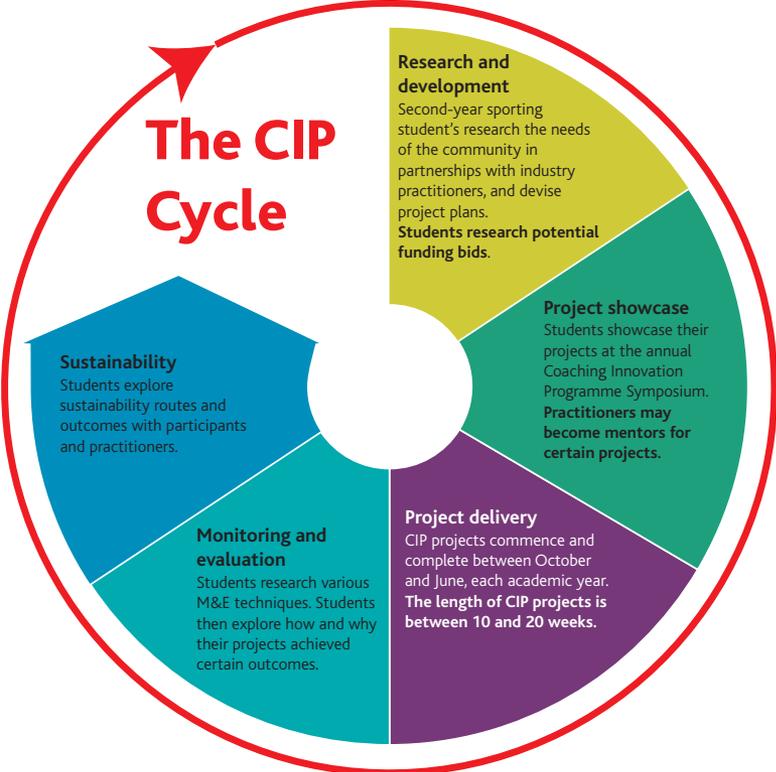
#### October – June

Students will start delivering their eight plus week CIP projects. Monitoring and evaluation will also take place throughout the whole delivery period.

#### June:

When the CIP is complete students will ensure that there is sustainability for the project.

# The CIP Cycle



## Research and development

Second-year sporting student's research the needs of the community in partnerships with industry practitioners, and devise project plans.

**Students research potential funding bids.**

## Project showcase

Students showcase their projects at the annual Coaching Innovation Programme Symposium.

**Practitioners may become mentors for certain projects.**

## Project delivery

CIP projects commence and complete between October and June, each academic year.

**The length of CIP projects is between 10 and 20 weeks.**

## Monitoring and evaluation

Students research various M&E techniques. Students then explore how and why their projects achieved certain outcomes.

## Sustainability

Students explore sustainability routes and outcomes with participants and practitioners.



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## **LADIES ONLY PROJECT**

The Ladies Only Project is a collaboration with an already existing exercise programme for Indian ladies from a lower socio-economic area of Southampton. This project aims to facilitate exercise programmes via a weekly meeting.

Within this meeting, a variety of exercise, health, and well-being programmes will be offered, utilising the time allocated in the form of a 40 minute exercise class comprising of yoga, dance, low intensity interval circuits, health qigong and group activities such as netball, along with a 20 minute wellness clinic which will include sports massage and stretching for injury prevention and nutritional advice.

The aim of the project is to provide a safe, non-intimidating space for the women to experience and enjoy a variety of different forms of exercise and teach a measure of health literacy in the wellness clinic in order to encourage a healthier lifestyle and greater sense of self confidence.



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## **SLAM**

SLAM (Stimulating Literacy through Active Movement) aims to use the power of football to encourage males in the early stages of Key Stage 3 to actively read more and improve their ability to comprehend information from variety of written texts. The project will run within a secondary school targeting children who are currently below the national reading level for their age group.

SLAM will use football as a tool by engaging pupils in a relaxed environment targeting those who have an interest sport, specifically football. Using fictional and non-fictional texts the objectives will alter week by week based upon progression by the students along with feedback from teachers.

A session will typically consist of classroom based learning activities which will cover the basis of reading and writing skills, followed by a skills based football session using games to challenge the individuals and improve their confidence.



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## **LIFE+**

LIFE+ will be delivering sessions to Eastleigh College students with moderate learning difficulties. These sessions will be carried out at Fleming Park Leisure Centre with sessions run in partnership with Eastleigh College and the College Sport Maker. LIFE+ will be delivering sessions focusing on different life skills. Through observation of current sessions with the target group and discussions with deliverers, they have identified four key areas to work on.

LIFE+ aims to deliver sport and physical activity sessions to students in order to improve their confidence, problem solving skills, teamwork and communication. The project will run alongside the Life Skills course students are already studying.

For sustainability, LIFE+ will be looking to provide continued professional development sessions for current 1st year Sport Coaching and Development students, in order to upskill them and offer first-hand experiences of the sessions.



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## **MIND OVER MATTER 2**

Mind Over Matter look to continue the excellent delivery of physical activity from the current group at Eastleigh College, ensuring to not only take over the project but to excel it further.

Mind Over Matter deliver sessions to mentally disabled young people aged 16-19 and these sessions vary from football to gym sessions, taking place once a week for one and a half hours.

As well as the current opportunities to partake in sport, the aim is to encourage more participants to get involved in leadership roles to further the possibility of life-long participation in sport and create possible sporting leaders.



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## **SAINTS 4 ALL**

Saints 4 All plan to carry on the good work of the recent 'Sport for All' CIP at Newtown Youth Centre and link it with the excellent work of the Saints Foundation (Kickz/Connect) programme.

This will involve providing key employability and CV skills such as; professional style of emailing, leadership, team work, communication, and co-ordination to young people aged 14 -16 through ICT combined with sport and physical activity. The project will also consist of providing young people within the project the opportunity to develop coaching experience and competencies.

The aim is to design work workshops to develop our participants in a way that is interactive and fun. Our project will open pathways for our participants to access jobs, which otherwise they would not be aware of.



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## **HEALTHY HABITS, HAPPY LIFE**

Healthy Habits, Happy Life is a project that aims to help children who are coming to an age where they are more vulnerable or susceptible to making the wrong decisions and starting bad habits that could cause harm to them later on in the future.

This includes smoking, drinking, and lack of exercise. The age group focused on is 14 – 16, which means the project will be going into schools, which Solent NHS helped us identify have an issue with these problems.

Drink Aware trust recently did a survey that revealed that half of 11 – 15 year olds have already had an alcoholic beverage with their friends and half of 16 – 17 year olds have a drink at least once a week. It has become socially acceptable for underage drinking and the project plans to tackle this.



EmployActive

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## **EMPLOY ACTIVE**

Employ Active aim to improve the awareness of sixth form and college students of the academic and employment options open to them when they have finished their course at school or college.

Employ Active will provide practical sessions where they can take part in being both a participant and a coach to give them a taste of what is available to them on a Southampton Solent university course. Here at Solent, there are over 15 sport degree or foundation courses and the transition at present from the schools and colleges in the Isle Of Wight to universities is weak. Alternatively, if university is not for that student the project will include C.V. workshops and guest speakers so that individuals can explore other opportunities instead of staying in education.



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## **LIVELY LEARNING**

Lively Learning aim to get more children engaged in exercise and develop their Mathematics or English language ability. This in turn hopes to increase their enthusiasm for Mathematics or English language. They are partnered with EduMove and hope to build enthusiasm by learning through games.

Lively Learning is different from previous projects as the outcome will be to provide Sports Leaders certificates to the college students that run the sessions. This will run for 24 or more weeks, once a week, as a new concept on the Isle of Wight. The participants will be disengaged in Math's or English and the focus is to raise attainment by using kinaesthetic movements.



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## **EAGLE SPORTS ACADEMY 2**

Eagle Sports Academy are trying to address the lack of integration from the Polish community in Southampton. This leads on from an existing CIP that also identified that there are difficulties with integration mainly due to barriers in the English language.

Eagle Sports Academy are providing the opportunity to increase self-esteem to participants up to the age of 16 (who are considered children). All their parents and carers of whatever age can also be involved. The group will deliver these sessions, gaining experience and English qualifications to run these English language courses.

This differs from the predecessors as the new project will focus on basic fundamental, writing, speaking, and listening skills. This project will run for eight or more weeks, once a week on a Saturday in the school. The aim is to award a certificate for the fundamental parts of the English language at the end of the eight weeks.



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## **HANDS IN FOR ALL 2**

Hands in for All 2 want to get cancer patients active, aid with rehab, and help them back into the working world by improving their confidence and providing them with workshops to improve their CV building and employability skills.

The project will run for 12 weeks with two sessions a week; the first session will be the health walk and the second will be the workshop. This will be aimed at individuals aged over 18, who will be partnered with professional mentors from Solent University who can help with the employability skills they want to develop.

This is the second time this project will be run as part of the CIP's continuation from previous third year Coaching and Development students. However, this is very new to Hampshire and other projects being run in the city. The group propose to go on training courses themselves to get qualified as well as employing professionals if their funding bid is accepted.



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## **THE GATEWAY PROJECT 3**

The Gateway Project is a multi-skills session aimed to get people active through learning, and bringing people together through sport; targeting 14-18 years olds.

This project was already run with previous third year students, but this year they are looking to update and expand – mainly due to the success of the previous year. Participants will be 16+ that have entry level college qualifications. The project aims to focus on life skills that will help with day-to-day experiences, by using John Adair’s leadership model that focuses on the individual, team and the environment. By using this model, the hope is to improve their life skills for future education or work preparation.



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## **CRICKET IN THE COMMUNITY**

The Cricket in The Community Project aim to tackle the lack of Black Ethnic Minorities participating in the sport of cricket within Southampton area. With just one professional representing Hampshire County Cricket, they have found this opportunity to introduce cricket in the community as a tool to target the BEM.

The project is open to participants of all ages and the aim of the project is to target families; therefore the range in age of the participants will be varied and the hope is to promote the project to be adopted by future groups. Moreover, if the project runs well, they are hoping for it to be recognised by Hampshire Cricket Board and to be continued through them and potentially through Learning Through Sport Ltd.



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## **SWAG**

Supporting women through activities and games (SWAG) is a coaching innovation project based upon raising awareness of low participation rates amongst 14-16 year old females in the Southampton area. The aim of SWAG is to reach out to the young women who fall into this category and to inspire them to try out new forms of physical activity and sport that interests them and continue this for life.

SWAG will be operating within Sholing Technology College where they will deliver practical coaching sessions in a range of sports chosen by the participants. Partnering with the SSU recruitment team allows the delivery of their aim of inspiring more young women to attend higher education.

SWAG will provide sustainable exit routes for the participants, including links to community clubs in their local area, membership opportunities at local gyms and the possibility of SWAG continuing as a project within the school under the control of a new group of students or through the schools own staff and students.



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## **LINK UP PLAY**

Link Up Play is a project in association with EduMove which intends to use cross-curricular physical activity in order to assist Key Stage 2 pupils with core literacy skills. The specific aim is to increase concentration and confidence within the participants by focusing on syllabus relevant areas, specifically in line with the 2016 curriculum, whilst using football as an enjoyable tool.

Extensive research by the group has highlighted that in 2015 only 79% of Key Stage 2 pupils in Southampton reached the national average level in literacy. Each session will consist of a range of game based activities used as a hook to facilitate the participant's knowledge, understanding and application.

In order to test the planned session structure and content an initial needs assessment will be undertaken in agreement with the school, as well as pilot sessions being used in order to gain positives and areas for improvement that will ensure the high level of standards can be consistently met.



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## **SPORTS 4 ALL**

Sports 4 All aims to target 16-19 years old's to improve their employability skills. They aim to do this by setting various sports activities or participants choosing the sports of each week, and then using these sports along with various skills that will improve the participant's employability levels and including them in games to make the development of their skills more enjoyable.

Sessions will be held at the local YMCA, and they are taking over this project from previous students where they will keep fundamentals the same from the previous project but will also put their own stamp on it.

Sports 4 All spoke to the target audience at the YMCA centre and they said that they didn't really enjoy or see the point of employability skills so that is something that they want to address.



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## **TOUCHDOWN FOOTBALL**

The Touchdown Football Project aims to work within secondary schools to increase participation in sport, this is done by offering an alternative choice of sport (in this case Flag American Football).

They aim to deliver six to eight weeks of Flag American Football sessions for participating schools with qualified coaches culminating in a Flag Football festival in the final week. The sessions will include skill specific drills alongside explanations of rules and dynamics of the sport.

For participants who would like to continue playing the sport beyond the project, links with external clubs have been developed. To address the sustainability of the project they will aim to provide Continued Professional Development workshops for current staff at the schools so they are able to run sessions once the project has finished.



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## **Let's Go Be sporTy**

Let's Go Be sporTy ('LGBT') is a Coaching Innovation Project set up for members of the LGBT Community at Southampton Solent University with a focus on gay and bisexual men to participate in sport and physical activity without a fear factor.

The project aims to decrease social exclusion for lesbian, gay, bisexual, and transsexual participation within sport and physical activity and increase participation of the LGBT community in sport.

To create sustainability 'LGBT' want to create club links either in the community or through the university clubs and also help participants get qualifications so they can take over the project.



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## **CONNECT**

Connect are aiming to ease the transition of sport from school to the outside club links in the local area, in particularly Rugby and Basketball. Connect want to boost the confidence of participants so they can go out into the community and build relationships as this can be daunting for some.

They have partnered with Julia Tucker-Blackford and they plan on engaging local schools to deliver their project, with the sessions lasting from six to eight weeks. Connect are all experienced coaches within the city of Southampton ranging from Primary Schools to RUF. Connect hope to keep the project sustainable by having the school overtake the project.



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## **LIFT NO STEP GO**

The Lift No Step Go Project promotes the benefits of integrating physical activity into your working day. Targeting students and staff of SSU, the project aims to improve physical and mental well-being through health education and increased activity levels.

The project will be eight weeks consisting of one session per week within this time period working alongside Solent Health. The focus on getting people to use the lift over the stairs. The sessions will run for up to an hour and will cover topics such as nutrition, massage, awareness of your health and a guest speaker. They will carry out a pilot session to find out the barriers to using the stairs and what specific intervention we need to address.

Lift No Step Go hope their project will be sustained by second year students, as well as through the health and wellbeing packs that will be given out at the end of the intervention.



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## **SOLENT VOLLEYBALL PROJECT**

The Solent Volleyball Project initiative utilises Volleyball as a tool to engage students, in particular the international student population from Southampton Solent University, to increase their participation in sport and physical activity. This project will link up with the well-known HEVO (Higher Education Volleyball Officer) and is supported by Solent Sport.

The sessions will be delivered by fully qualified volleyball coaches to ensure quality, however the project is focused on the social aspect of participation and integration between the aforementioned populations. They plan to deliver 20 sessions over a 10 week period, after this they have an agreement for Volleyball England to take over the sessions. Partnerships have been established with Volleyball England and Sport Solent.



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## **PEDAL ON**

This initiative encourages active travel for young adults living in the city of Southampton; consistent with contemporary Department of Health, Department for Transport and Department for Culture, Media & Sport policies. Cycling and health education are utilised to improve physical and mental well-being. Whilst this project is primarily targeting students within their first year of university, it is open to all students living within SSU residences. A partnership has already been established with Solent Health Spark.

Gateways

Providing more opportunities  
Engaging inactive people  
Inspiring  
Professional  
High-quality

Increasing knowledge  
Collaboration  
Motivators  
Innovation  
Funding  
Learning  
Student practitioners

Improving self-esteem  
20 CIPs a year  
100 CIPs delivered  
Gaining partnerships

Experienced  
Helps 500 people a year  
Improving lives  
Researching

## Want to find out more?

If you would like to find out more about the ideas that you've seen tonight, please don't hesitate to get in touch with us.

**Kevin Harris**

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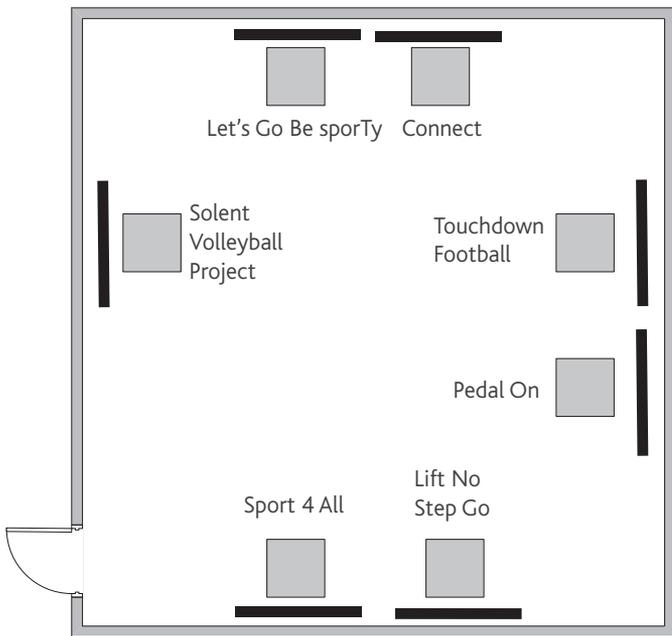
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