



# Women into Coaching

## AIM OF THE SCHEME

“Women Into Coaching” aims to provide females across Bedfordshire and Luton with the skills and training to move or progress into sports leadership and coaching. Research shows us that girls’ participation in sport is much more likely to be sustained if coached by a woman. By increasing the number of qualified female coaches the project will in turn help drive up participation rates amongst girls.

LEAD

MOTIVATE

INSPIRE

## WHAT CAN THE PROGRAMME OFFER?

It doesn’t matter whether you are completely new to sports coaching or whether you are looking to progress in your current role as sports coach, the programme will be tailored to meet the needs of each individual. The scheme includes the following:

- Sports Leadership Awards and Coaching Taster Sessions for those who would like an introduction into sports coaching.
- Coaching bursaries to support candidates through coaching qualifications:
  - Fully funded Level 1 NGB Coaching Qualifications (25 bursaries available)*
  - Fully funded Level 2 NGB Coaching Qualifications (6 bursaries available)*
- Access to coach development opportunities i.e. accredited workshops, mentoring/co-coaching & coach forums

## WHO CAN APPLY TO BE PART OF THE PROGRAMME?

Any female who is 16 years or over and who is seeking to “get into” or develop their skills in sports coaching will be eligible to apply. Candidates must have a desire to support the delivery of sport to girls and young women.

## WHAT IS EXPECTED IN RETURN?

Each applicant will need to complete/ensure the following:

- 10 hours of unpaid/assistant coaching in a local school sports partnership
- A commitment to being fully involved and engaged in the “Women Into Coaching” programme i.e. attending meetings, forums etc (when possible).
- Register with ‘Coaching Bedfordshire and Luton’ at: [www.coachingbedfordshire.org](http://www.coachingbedfordshire.org)



*“FACT: Only 8% of national and Olympic coaches are women”.*