



University of Lincoln Students' Union Coaching of Team Sports (COTS)

Purpose

Coaching of Team Sports (COTS) is a voluntary programme that provides opportunities to the University of Lincoln Students' Union Sports Clubs and Sport Coaches who are deemed as current students studying within the School of Sport and Exercise Science at the University of Lincoln on the following courses;

- BSc (Hons) Physical Education and Sport
- BSc (Hons) Health and Exercise Science
- BSc (Hons) Sport Development and Coaching
- BSc (Hons) Strength and Conditioning in Sport
- MSc Sports Therapy

The Process

Working in partnership with the University of Lincoln, a Sports Club will be paired with a Sports Coach throughout the academic year, having weekly sessions to develop the team in certain aspects of their training. This gives the Sports Coach valuable work ready experience within their field.

All University of Lincoln Students' Union Sports Clubs will be eligible to participate in COTS.

The Sports Coach

Only a student currently studying a Postgraduate Sports Course, or are in their 2nd or 3rd year studying an Undergraduate in BA Hons Sports Course are eligible to take part in the programme due to the knowledge and experience required to fulfil the role. Sports Coach Assistant positions will be offered to 1st year Undergraduates studying sports courses should they wish to participate. In special circumstances and dependent upon experiences and qualifications a head coach position will be available to 1st year students.

A student can apply to be a Sports Coach through the University of Lincoln Students' Union website via the volunteering opportunities section of the website by the required time frame as specified.

As a volunteer, the hours of each Sports Coach can be recorded by the University of Lincoln Students' Union and approved by the Activities Manager as well as voluntary hours towards the Lincoln Award.

A Sports Coach will be assigned by the Vice President Activities and the School of Sport and Exercise Science Senior Lecturer / Programme Leader to a Sports Club who will attend training and matches to provide support with skills/drills/fitness.

There will be control measures in place to ensure a high standard of coaching:

It is essential for the coach to have a coaching qualification in order to be eligible for this scheme.

Spot checks will be carried out on the coaches during their sessions to ensure that they are coaching at high standards.

Sessions will be run throughout the year by the Sports Coach for the Sports Club on topics that might include the following to support in improving and developing the performance of the Sports Club.

- Skills
- Performance/video analysis
- Drills
- Fitness
- Communication
- Teamwork

All parties will meet on a monthly basis to discuss the development of the Sports Club, the Coach and the overall development of the programme. Failure to do this could lead to the withdrawal of the Sports Club or the Coach.

Sports Clubs

Sports Clubs will be emailed each year by the Activities Department of the University of Lincoln Students' Union promoting the programme and can participate by showing an expression of interest via an email to sports@lincolnsu.com before 31st October.

Sports Clubs that participate in the programme will be expected to support the Sports Coach with their own research or assignments in return for their volunteering commitment. It is hoped that the relationship between the Sports Club and the Sports Coach will be mutually beneficial.

A monthly meeting will be scheduled with the Coach, the Sports Club, staff from both the University of Lincoln Students' Union and School of Sport and Exercise Science. and the Vice President Activities to discuss and review the development of the coach, the club and the overall programme.

Monitoring of the programme

A COTS agreement form will be completed by both the Sports Club and the assigned Sports Coach agreeing to commit to at least 1 hour a week as part of the programme by both parties (match or training).

Should one party be unable to attend; it is the responsibility of the Sports Club or the Sports Coach to inform the other party of their unavailability as soon as is reasonably possible but a minimum of 24 hours in advance of the planned activity.

Should a Sports Club not turn up to an agreed time, the Sports Coach must report this to the School of Sport and Exercise Science Senior Lecturer / Programme Leader as soon as is convenient.

Should a Sports Coach not turn up to an agreed time then the Sports Club must report this to the University of Lincoln Students' Union Vice President as soon as is convenient.

Upon completion of the programme in term 1, both parties will countersign their COTS Agreement Form 1 week before the end of term to agree that the terms of the agreement have been adhered to. This will occur in term 2 as well.

HC - July 2020