

Students coaching their way to success

Student Coaching workshops were provided by Sport Wellington to college students within the Wellington Region this week. The workshops catered to students, many of whom were trying coaching for the first time.

The workshops provided training on; communication skills, understanding the role of the coach, athlete centered coaching, and how to coach a skill. There was also a session which focused on planning, where students learned how to design a coaching activity or session aiming to get athletes and teams to think, move, and communicate.



Paraparaumu College: Hannah Reynolds (17), Knox Tuinasau (16), Oskar Luli (16)

Paraparaumu student Oskar Luli coaches Paraparaumu College's junior rugby and senior volleyball. He said, "I took this workshop to learn some tips for coaching and to get more people playing volleyball, especially because only one other boy showed up to trials."

Luli went on to note that he learned that constructive coach/player relationships are the key to success "being open with your players is so important," he said.

Fellow student Hannah Reynolds agreed with Luli observing that, "understanding and compassion are important to understand a wide scope of people.

Reynolds, an assistant coach for volleyball said "This coaches' workshop will help me to take more of a forward position – usually I step back."

Touch rugby coach, Matt Harris explained, "this is the first time these kids have actually been coached, it's a different way than they're used to. They're used to tell, tell, tell... now it's "why am I doing this?" "what am I aiming to achieve by that?"

The next workshops take place in May and will cover the following winter sports: Netball, Basketball, Hockey, Football, Rugby, and other sports if there is demand for them. To see the list of dates and venues go to www.sportwellington.org.nz/support-and-development under the Athletes and Coaches tab.

In-school workshops are taking place in the Wellington region, at the following schools; Chilton St James, Newlands College, Onslow College, Queen Margaret College, St Pats Silverstream, St Catherine's College, St Marys College, Wellington Girls College, Upper Hutt College and Heretaunga College these workshops give students the opportunity to participate in these learning experiences at their own schools.

All student coaches receive a branded bag, bottle, and whistle. If you want to get involved, talk to the Sports Coordinator at your school or email Tim Mannix, Sport Wellington Community Coach Advisor, on info@sportwellington.org.nz to register your interest or for more information.

For more information:

Tim Mannix

Community Coach Advisor

Email: info@sportwellington.org.nz

Ph: 04 380 2070

Winter sports workshop dates:

Wednesday, 8 May in Wairarapa (venue TBC)

Monday, 13 May at Te Rauparaha Arena, Porirua

Tuesday, 14 May at ASB Sports Centre, Wellington

Friday, 17 May at Nga Purapura, Otaki

Tuesday, 21 May at Walter Nash Stadium, Lower Hutt