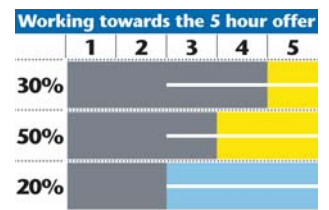


Step into Sport

Programme information sheet



WHAT IS IT?

Sport relies on 1.5 million volunteer officials, coaches, administrators and managers and the Youth Sport Trust plays a major role in supporting their development.

The purpose of the Step into Sport programme is to increase the quantity, quality and diversity of young people engaged in volunteering and leadership. It is a tool which enables schools and community settings to grow young people as leaders and deploy them as active volunteers both within the school and community settings.

STEP ON: The first step onto the Step into Sport pathway is Sport Education, a student-centred curriculum model, within which students learn to plan, manage and run their own sports season as part of their PE programme. Students take on different roles to accomplish this and in doing so students are given the chance to experience being a leader and grow their leadership skills.

“ It’s about providing more guidance for the students and less didactic teaching. Giving the students the tools to move forward and be responsible for their own development so that the students are thinking more for themselves. ”

Director of Sport

STEP IN: TOP Link focuses on how schools can utilise key stage four (14-16 year olds) young leaders in school-based volunteering; giving the young people the chance to take their first step into active volunteering. The young people will be supported with information and knowledge on how they can engage in areas of school sport including inter-school competition, extending activities such as Multi-skill Clubs and Sainsbury’s TOP Activity and how to plan, manage and deliver festivals of sport and dance.



“ It has made me learn more about how to work in a group and co-operate with people I have not met before. ”

Year 10 TOP Link student

STEP OUT: This aspect of Step into Sport is based on the movement of young people from school-based volunteering to community-based volunteering through the provision of placements in high quality community clubs. Young people are supported by their school mentor and county sport partnership (CSP) to source a volunteer placement.

“ I really enjoyed working with children and that’s what I’m doing now as a career. It showed me just how diverse children were and I really enjoyed it, especially working with the disabled children. It was amazing and something that I would like to get into in my teaching. ”

Community Volunteer

Step into Sport On-line Volunteer Passport

The Step into Sport Volunteer passport is the online portfolio for the Step IN and Step OUT elements of Step into Sport. The system allows every young volunteer to log and manage their volunteering online. Access to the site is via the Youth Sport Trust website at www.youthsporttrust.org

Leadership Academies

Leadership Academies provide localised support for young leaders within school sport partnerships. Managed by the school sport partnership, a leadership academy may take on various forms but the outcomes remain the same:

- Provide mentoring support to young leaders on a group and individual basis.
- Signpost young leaders on to appropriate qualifications and awards.
- Provide the opportunity for young leaders to learn from their peers.
- Support young leaders to source appropriate placements and volunteering experiences.

Step into Sport Residential Camp

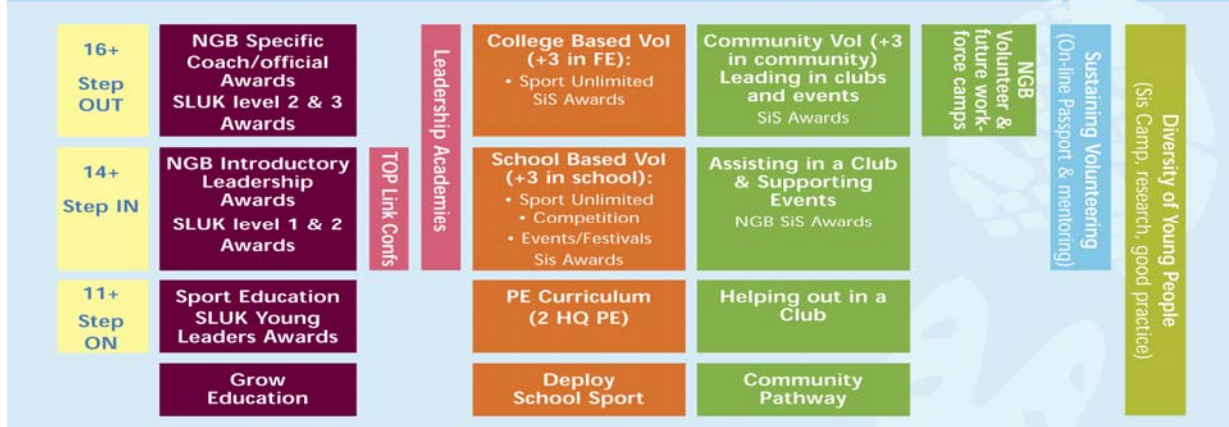
Every year a 4-day residential camp is held at Loughborough University for approximately 300 young people aged 16-19 years. Young people are selected by their school sport partnership to attend the event which focuses on growing and deploying young leaders, by supporting them to learn more about themselves as people in understanding where their strengths and weaknesses lie.

Between 2008 and 2011, every school sport partnership will be invited to select two young people to attend one of the three camps.



Step into Sport Pathway 2008-11

Pathways into careers and lifelong volunteering as a:
Coach, Official, Event Volunteer, Team Manager, Sports Admin, IT and Media



WHAT DIFFERENCE DOES IT MAKE?

“ As part of my action plan I am determined to make a difference in my community and leave a legacy with huge opportunities for future generations. ”

Step into Sport 2008 Camp attendee

Since its launch, Step into Sport has:

- Trained 90,000 young people in leadership awards.
- Helped stage 6,000 Top Link sports festivals involving 42,000 young people aged 14 to 16 and 300,000 primary school children.
- Hosted five residential camps for almost 2000 young volunteers.
- Trained and recruited 4,000 mentor and volunteer co-ordinators.
- Engaged more than 16,000 young people in community volunteering who have given over 1,600,000 hours to community sport.
- Supported 16 national governing bodies of sport in developing volunteer strategies.

“ I think it is very important for young people to see and have young people as role models. I hope that the work I do makes me a role model for other young people. I am to be a role model so that more and more young people will get involved with volunteering and leadership and change other young people's lives forever. ”

Young Volunteer

An evaluation of the 2008 residential camp found that participants commented positively on the impact of the camp in developing key personal development skills:

- 94 per cent of attendees reported increased confidence.
- 91 per cent of attendees reported increased communication skills.
- 92 per cent of attendees stated that the camp had helped them to become a positive role model to children.

The majority of respondents (90 per cent) to a postal survey following their attendance at the camp stated that the camp had increased their intentions towards volunteering in sport.

HOW TO GET INVOLVED

Information on nominating young people to attend the Step into Sport Camp is available online in November.

Registration of young people to attend the camp closes in January, and the 2009 Step into Sport Camp will be held in early April.

For further information on the Step into Sport programme please contact Liz Suffolk, Leadership & Volunteering Project Officer on:

- Telephone: 01509 226610
- Email: liz.suffolk@youthsporttrust.org