

### WHAT IS IT?

changingLIVES is an athlete role model scheme which brings world class sports performers into schools across the country to motivate and engage young people. With a host of Olympic, Paralympic, World and Commonwealth medals between them, the athlete role models bring the excitement of their sporting successes to the classroom. Each athlete mentor has been selected for their ability to engage with young people through their own contrasting stories of success and struggle. They highlight the challenges they had to overcome including bullying, dyslexia, exclusion and living with a disability.

The largest programme currently supported by changingLIVES athlete mentors is the Sky Sports Living For Sport programme. All schools running Sky Sports Living For Sport are offered the opportunity to have an athlete mentor to support the programme. The athlete mentors parallel the British Athletes' Commissions "Six Keys to Success" with young people by instilling the values of belief, determination, hard-work, belonging, people skills and time management.

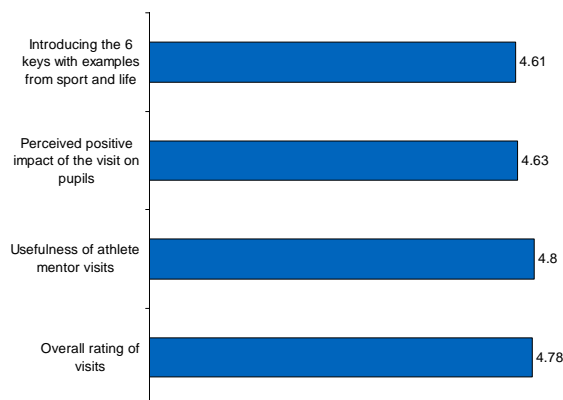
#### The Athlete Mentor Team

Athlete Mentor	Achievement
Karen Cromie	Paralympian, Rowing
Tom Davis	Member of GB judo team
Gail Emms	Olympic Silver medallist, Badminton
Joe Glanfield	Olympic Silver medallist, Sailing
Craig Heap	Commonwealth Gold medallist, Gymnast
Rachael Mackenzie	World number 1 Thai Boxer
Nicola Minichiello	World Championship Silver medallist, Bobsleigh
Mike Mullen	World Champion BMX
Tim Prendergast	Paralympic Gold Medallist, Athletics; T13 800m and 1500m
Helene Raynsford	Paralympic Gold Medallist, Rowing
Michelle Robinson	Olympic Triple Jumper
Kevin Simpson	Paralympian, Wheelchair Tennis
Adam Whitehead	European and Commonwealth Gold medallist swimmer
Kerry Williams	England Hockey

### WHAT DIFFERENCE DOES IT MAKE?

A recent evaluation of the changingLIVES visits conducted as part of the Sky Sports Living For Sport programme found that teachers rated the athlete mentor visits very positively as illustrated in figure 1.

Figure 1 Teachers mean\* rating of athlete mentor visits



\* Calculated from a scale of 1 for the most negative/unsuccessful and 5 for the most positive/very successful

“ Motivating and inspiring, giving pupils something to aspire to, pupils talk about the mentors all the time! ”

“ Pupils on the project had a fantastic opportunity to meet a top British athlete. This has given our pupils a role model and has increased their self-confidence and self-esteem. ”

Teacher comments on the impact of the athlete mentor's visit

### HOW TO GET INVOLVED

You can register for Sky Sports Living for Sport at <http://livingforsport.skysports.com>. When you have your group established you can apply for an athlete mentor visit.

For further information on changingLIVES contact Heather Monro: [heather.monro@youthsporttrust.org](mailto:heather.monro@youthsporttrust.org)

