



CASE STUDY:

INNOVATIVE WAYS OF INCREASING
PARTICIPATION AND MEMBERSHIP

SQUASH WAIKATO: COACHFORCE



SQUASH
NEW ZEALAND

OVERVIEW

Over the past year club and school coaches in the Squash Waikato District have taken part in a range of learning and development opportunities. Squash Waikato applied for and received CoachForce Investment Funding and support from Squash New Zealand to provide coach development opportunities from the nationally developed, regionally delivered CoachForce programme. CoachForce aims to encourage more people into coaching, grow coaches' knowledge and raise the profile and recognition of coaches. As a result there has been a flurry of activity both on and off the court.

CHALLENGES

Coach Training

In the past, coaches were required to attend a block (one-size-fits-all) course and afterwards there might have not been any opportunities to develop further.

Course Content

Getting the balance between offering theory and practical information to help the coaches upskill in areas that are relevant to their coaching needs.

Resources

Lack of time and money was identified as two major barriers preventing coaches from travelling to and attending coach development opportunities.

SOLUTIONS

Coach Development Framework

It is now recognised that learning needs to be ongoing. 25 modules currently exist as part of the Coach Development Framework. Each allows the coach to upskill themselves in areas that are important to them.

CoachForce

A network of regional CoachForce Officers and Facilitators are now trained to travel to clubs and schools to provide the range of coach learning opportunities.

Investment Funding

The 11 regional District Associations are invited to apply for Investment Funding which can be used to help fund coach development opportunities each year.

RESULTS

16

Modules offered in the Waikato District this year.

122

Coaches attended a module workshop this year.

2

CoachForce facilitating coach development opportunities.

CONCLUSION

2016 saw a number of exciting learning and development opportunities for Squash Waikato coaches and teachers. National Coach Development Framework modules were facilitated throughout the year and as a result 122 coaches have taken part in 16 different module workshops. Complimenting these more formal learning opportunities were coach mentoring support sessions in both Kiwi Squash and SquashStart programmes provided by SportsForce Officer Glenda Knox.

Research constantly shows coaches play a key role in increasing and sustaining participation in sport. This is certainly the case in the Waikato with 200+ new members in clubs over the past 12 months.