

## UKSCA's Early Career Development Grant Overview and application form

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### Why

The UKSCA is keen to support clubs and organisations who are developing the skills of S&C coaches in their early years (eg internships), enabling coaches to become fully accredited members with the expertise required for employment within the industry.

### What

The UKSCA is offering grants of up to £1250 to be spent on UKSCA 2-day workshops and provide support to organisations in the development of S&C professionals ie

- Foundation workshop in Strength and Conditioning workshop (£250)
- Applied Coaching Science workshop (£250)
- Weight Lifting workshop (£250)
- Plyometrics, Agility and Speed workshop (£250)
- Planning Effective programmes workshop (£250)

### Who

Clubs/organisations can apply to support coaches who are looking to specialise in S&C and who are, or will be, engaged on a full or part-time basis for the duration of up to a year. Their development must be supported by a UKSCA Accredited coach and this is primarily aimed at those engaged in internships, although staff in their first two years of employment are also eligible.

### What is involved

The applying club/organisation must show a commitment to staff development and that it will follow a structured programme to support the identified S&C coach.

This will include providing evidence of:

- Letter of support from the head coach and /or senior management within the organisation
- Job description
- Work programme, including induction process, interim review and exit or employment interview
- Personal development plan structure (linked to UKSCA workshop attendance and learning) including regular reviews

The grant application form indicates which information is to be submitted as part of the application and which sections are part of the ongoing monitoring

The UKSCA will also make available template documents to support organisations in meeting these requirements. Organisations can also use their own documentation provided it contains the required evidence.

The applicant organisation must have:

- An Accredited UKSCA member who will be responsible for supporting the development of the identified S&C coach.
- A coach developer who will meet with the coach at least 3 times within the year and take responsibility for ensuring the coach's personal development plan is met (this may also be the Accredited UKSCA member)
- The coach developer must be willing to attend a UKSCA run, 1 day workshop on supporting coach development which will take place between Mar-Jun 2019.

### What we hope to achieve

Based on best practice from within sport and other professions, a more structured approach to the support of S&C coaches in their early careers. This aims to generate more valuable experiences for both the organisations and the developing coaches, as well as raising standards across the profession.

### What the UKSCA will provide

- A grant of up to £1250 to be spent on UKSCA workshops
- Coach developer workshop to upskill coach developers

### Timeline

Closing date for applications	- 1 Mar 2019
Applicants notified	- 5 Apr 2019
Interim monitoring information	- 26 Jul 2019

## UKSCA's Early Years Career Development Grant Application form

This application is split into 2 parts:

- Part 1 of this form serves as the application for a grant – deadline for submission 1 Mar 2019
- Part 2 is a list of the documentation required by UKSCA through the course of the programme, to enable continued support. Interim evidence is required no later than 26 Jul 2019

Applicants should complete all of Part 1 plus any additional detail requested in Part 2 that may currently be available.

Please submit by email, by 1 Mar 2019: [grants@uksca.org.uk](mailto:grants@uksca.org.uk)

### Part 1A – Organisation details

	Name of organisation.	
	Lead contact name for this application.	
	Lead contact email.	
	Name of UKSCA Accredited member who will be the coach developer, or mentor on this programme, if different from above.	
	Coach developer email.	
	Coach developer's CV attached <i>State attachment file name.</i>	

### Part 1B – Internship/coach development programme details

	Programme name/job title.	
	Job description/advertisement or summary of role. <i>State attachment file name if additional detail is included.</i>	
	Programme timescales, please include key stages and start & end dates.	

<p>Please attach any supporting documentation that further describes the programme. <i>State attachment file name.</i></p>	
<p>S&amp;C coach's name, if known.</p>	
<p>S&amp;C coach's CV. <i>State attachment file name.</i></p>	
<p>Have you run this or similar programmes before? Please state the start and end(s) and any further information for consideration.</p>	
<p>Please outline the grant required ie UKSCA workshops, in order of priority.</p>	
<p>Please give details of any other 'formal' 3<sup>rd</sup> party or in-house training &amp; education planned into the programme for the S&amp;C coach.</p>	
<p>Please provide a letter of support from the head coach or other member of the senior management team. <i>State attachment file name.</i></p>	

## Part 1C – Impact statement

<p>Please state (250 words) how this grant will impact the success of the programme for your organisation, athlete and/or the developing S&amp;C coach.</p>	
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## Part 2 – Ongoing monitoring

For successful applications, the information below will be required to be evidenced either:

- at an agreed 'interim' point in the programme, no later than by 26 Jul 2019
- at the end of the work programme.

**\*\*If any of the information requested below is currently available, please include in this application\*\***

Information required	Submission time	Attachment File name
Job description.	Updated from initial application if necessary	
Detailed work programme.	Interim	
Induction process document.	Interim	
Initial meeting and interim review documents.	Interim	
Personal development plan structure, including reflections.	Interim	
Identified workshop attendance 1	Interim	
Identified workshop attendance 2	Interim	
Identified workshop attendance 3	Interim or end	
Identified workshop attendance 4	Interim or end	
Exit or employment interview template.	End	
Reflection on the programme from both the organisation and S&C coach.	End	
Review of the UKSCA grant /support process.	End	
UKSCA led interview with S&C coach and key staff for wider dissemination eg via UKSCA website.	Interim or end	