

CASE STUDY 1

Student Sport Ireland– Women’s Student Coaching Academy

Name of the programme:

Student Sport Ireland: Women’s Student Coach Academy (WSCA)

Briefly describe the programme:

The WSCA is for female university students who wish to develop as coaches whilst at university. The programme is available across 10 sports, including rowing. The student coaches gain the support of coach education, a mentor, access to a network of student coaches and free equipment and kit.

The programme is being run across 26 universities and colleges in Ireland.

How did you implement it?

The students apply to the programme within their respective sport, and demonstrate they have positive coaching attributes to be accepted on the programme. They don’t need to have coached before. Once accepted on the programme, the students are supported by their university and the national sports body. The student coaches complete their next level coach education course and are assigned a trained mentor from within their sport. The coaches maintain a coaching journal to evaluate their coaching and maximise their learning experience.

What were your aims for the programme?

The aim of the WSCA is to provide the female student coaches with the support system that will enable them to develop and reach their coaching potential. Furthermore, the academy aims to increase the number, and visibility, of female coaches in third level institutions and create female role models for other students to progress into coaching.

Did you achieve them?

The 2021/22 academic year is the first year of the programme. 6 student rowing coaches have been accepted onto the programme and have begun their Level 1 coaching course whilst working alongside the head coach of the university rowing teams.

Any other feedback from the programme:

The students also benefit from working alongside coaches from other sports. The collaborative approach between 10 national sports bodies facilitates a wider network for the student coaches.

Main contact for more details:

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