

COUNTY AMBASSADOR PROGRAMME (CAP)

Providing opportunities for young people
to develop skills and gain experiences that
prepare them for the future.

Supported by:



Dear Sir/Madam

Lincolnshire Sport is running a County Ambassador Programme (CAP), which aims to give students the opportunity to get involved with and attend various events, gaining experience and training around developing their personal leadership skills and ability to support and lead sporting delivery within a school and community setting.

CAP can help build on current provision or support the development of a leadership offer. The programme also provides the opportunity to engage in something that can aid in the drive to prepare young people for the future, by providing an environment that can shape their spiritual, moral, social and cultural outlook whilst developing their employability skills.

The programme is also in line with the OFSTED common inspection framework (CIF). It allows the students to track their journey of learning and leadership from the start of Year 7 through to when they leave school, providing the school with evidence of their progression. With ample opportunities to set targets; it enables students of all ages a chance to reflect on their own individual development and the positive impact it has had within the school. This gives the school a platform to create a really positive learning culture students can aspire to.

In each year group there are opportunities for the school and students to get involved;

YEAR	DETAILS	RESOURCE
Year 7	There is a leadership skills development booklet that student's access and complete a number of tasks, aimed at helping them develop transferable skills whilst supporting activity within the school.	Skills Development Booklet
Year 8	The skills development booklet supports students to look at implementing their skills at school, in a community setting or at home to engage parents and carers.	Skills Development Booklet
Year 9	An Information & Training Evening will be available for up to 15 students per school. The focus of the evening will be to disseminate information and participate in practical workshops on sports and activities that can be delivered within school to increase sporting activities, offering support to the school to deliver lunchtime and after-school clubs.	Information & Training Evening
Year 10	An Opportunities Workshop will be hosted by partners who have various opportunities for students to volunteer at events and on programmes. This will be for up to 10 students per school. The School Games competition structure and volunteering opportunities will be promoted and students can sign up to these and gain additional information on the benefits and requirements.	Opportunities Workshop
Year 11	Students can access a number of targeted programmes and additional volunteering opportunities, including the School Games. There will also be opportunities for proactive leaders to help shape and provide advice on county programmes and other youth matters. This will be for up to five students per school.	Opportunities Workshop Youth Forum CAP Champion
Year 12 & Year 13	Up to five students in Year 12 and five students in Year 13 can be identified. Students will be able to apply for additional volunteering and coaching opportunities. The students will be able to support the delivery of the Winter and Summer School Games Festivals, which take place in March and July. Year 12 students will also be able to attend the National Citizen Service programme, which will help build skills for work and life and will contribute towards their CV.	CAP Champion Student Volunteer Alumni School Games Volunteering

From Year 11, individuals can apply to be a CAP Champion to receive additional opportunities acting as an advocate for CAP and supporting local leadership programmes.

For information on which students are suitable and the benefits for each of the opportunities above please refer to the relevant section within this pack. A profile sheet overviews each opportunity and where applicable provides information letters for any events.

All activities and opportunities aim to support local leadership academies and compliments the Youth Sport Trust National Young Ambassador Programme. CAP links with and is being supported by local partners such as, School Sport Partnerships of Lincolnshire, Inspire+ and National Citizen Service. This partnership approach ensures schools receive added value to their local leadership programmes and the opportunities offered to the young people involved are maximised at all levels across the county.

CAP has been designed to allow schools the ability to engage with the activities to provide additional opportunities for their students when running local or school based leadership programmes. This can be through supporting leaders to access CAP or just through identifying the number of students specified and signposting them to this programme.

Students must be identified by their school via the enclosed school engagement form. This details the school contact, along with whether the school will be supporting the identified students, and potential ambassadors that have been selected to be part of CAP.

CAP applications are year round, however, to access the events schools need to complete and return a School Engagement Form by the end of term 1 each year.

For more information email schools@lincolnshiresport.com or call **01522 730 325**.

Thank you for your time and I look forward to your school being involved.



Navaz Sutton

Client Manager (Children & Young People)
Lincolnshire Sport



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for Lincolnshire Sport:

 youtube.com/lincolnshiresport



YEAR 7

For students wanting to start or continue on the leadership pathway there is a skills development booklet that they can use to support their personal development. The workbook includes skills that will support their ability to become outstanding leaders.

During the collation of evidence to complete the workbook students will be able to support delivery within the school and help PE staff with preparing for the sporting provision on offer.

"If you do want to get involved then just go for it, it is so rewarding"

Dominic Mould,
Inspire+ Volunteer

YOUNG PERSON PROFILE

- Committed to leadership
- Able to communicate
- Engages with PE staff
- Some leadership experience & knowledge
- Wants to develop their own personal skills within leadership

OPPORTUNITIES

- Skills development workbook
- Support school sport

BENEFITS TO YOUNG PERSON & SCHOOL

- Higher levels of confidence in and out of school
- Happier & more active school environment
- Participants develop social skills
- Leadership and teamwork skills can be utilised across school
- Communication skills and confidence gained will support participation across school life
- Positive attitudes
- Help increase sport participation in school

"I love sport and as a volunteer leader, I can pass that love on to the people I help."

Katie Knott,
New Age Kurling Leader.



YEAR 8

Students can access a skills development workbook that focuses on their personal development. The workbook will follow on from the year 7 workbook, challenging the students to move forward with utilising the skills they have begun to develop.

Whilst completing the workbook students will be able to support delivery within the school and look for opportunities to put their skills into practice out in the community or at home.

"Through volunteering I have met many different people and made friends too!"

Zoey Wells, School Games Volunteer

YOUNG PERSON PROFILE

- Committed to leadership
- Able to communicate with a range of people
- Engages with PE staff
- Some leadership experience & knowledge
- Wants to develop their own personal skills in sports delivery

BENEFITS TO YOUNG PERSON & SCHOOL

- Higher levels of confidence in and out of school
- Happier & more active school environment
- Participants develop social skills
- Leadership and teamwork skills can be utilised across school
- Communication skills and confidence gained will support participation across school life
- Positive attitudes
- Help increase sport participation in school

OPPORTUNITIES

- Skills development workbook
- Support school sport
- Support local community sport

"Volunteering for something you enjoy is really good fun, I have had a great time."

Sophie Hart, Lincolnshire Sport Volunteer



YEAR 9

Students will be invited to take part in promoting school sports and enrichment activities.

An information and training evening will be provided in central locations in each superzone for students to attend to help them develop leadership and delivery skills.

Students will promote PE and school sports, helping to increase participation in sport within their schools.

"I do make a difference, without volunteers sport would suffer, things wouldn't be able to run!"

Dominic Mould,
Inspire+ Volunteer.

YOUNG PERSON PROFILE

- An outstanding role model
- Able to be an excellent communicator with young people
- Has been an active leader/ volunteers at a sport competition or completed leadership training
- Willing to support sports delivery within school.

OPPORTUNITIES

- Information & Training Evening with practical elements
- Support school sport enrichment activities
- Promote PE and school sport
- Help increase sport participation in school

BENEFITS TO YOUNG PERSON & SCHOOL

- Increased knowledge and confidence in delivering sports in school and the community
- Increased participation in school life both within sports and wider enrichment
- Participants become role models within school and wider community
- Participants can access wider sporting and leaderships networks
- Opportunities to engage ambassadors in wider school developments

"It's the smiles on peoples faces that make it so rewarding."

Gigi Zilyte,
Young Coach and Volunteer.

Dear Sir/Madam

Lincolnshire Sport is running the County Ambassador Programme (CAP), which gives students the opportunity to get involved with and attend a range of activities and events. Students will gain valuable experience and training to help develop leadership and communication skills; as well as learning to both support and lead sporting activities both within and outside of school.

CAP is a multi-year initiative, working with students from year 7 to year 13.

As part of the year 9 package of CAP, Lincolnshire Sport would like to invite your school to identify up to 15 suitable students to participate and support them in attending an Information & Training Evening. This evening is due to run in Term 3 of the Academic Year.

National Governing Bodies (NGBs) of various sports will deliver practical sessions (many linking to School Games Level 1 formats or Intra School Competitions). Students will get the opportunity to participate in activities with the hope they will gain the knowledge needed to be able to go back into school and help deliver session at lunchtimes or after school.

The Information & Training Evening will follow a format similar to this;

TIME	DELIVERY INFORMATION
16:00 – 16:15	Lincolnshire Sport Presentation - Welcome - Event details - Opportunities
16:15 – 17:45	Practical session; - Circuit of sports sessions
17:45 – 18:00	Closing Q&A Session - Next steps

Students must be identified by their school via the School Engagement Form enclosed by the end of term 1 each year to access this event.

If you have any questions please email schools@lincolnshiresport.com or call Lincolnshire Sport on **01522 730 325**



Navaz Sutton
 Client Manager (Children & Young People)
 Lincolnshire Sport



YEAR 10

Students can access volunteering opportunities that focus upon and develop existing leadership and facilitation skills. An Opportunities Workshop will be organised for students to find out about partners that can support them in their leadership pathway.

Through supporting Year 9 leaders, students will act as role models both within school and when representing the school externally at events such as the School Games.

Students can volunteer as part of the events team at the School Games Festivals and get a head start in taking part in the National Citizen Service with Lincolnshire Sport.

YOUNG PERSON PROFILE

- Is a role model for younger students
- Able to communicate with adults and young people effectively
- Assisted at a school competition or completed leadership training
- Proven ability to lead sports delivery with a small number of young people

OPPORTUNITIES

- Opportunities workshop
- Delivery of Sport
- Support other leaders to increase sports participation
- Learn new skills to deliver small activities in the school setting
- Potential volunteering at School Games events

BENEFITS TO YOUNG PERSON & SCHOOL

- Students can support the delivery of sports within school
- Students can lead participation in sports and be a point of contact for other CAP members
- Skills and experience gained through volunteering at School Games Festivals can be brought into activities within the school and provide leadership evidence
- Students will further develop and share their confidence, enthusiasm and leadership skills

“Knowing I have helped people along the way makes it all worth it”

Robyn Beebe, Children and Young People Volunteer and Coach

Dear Sir/Madam

Lincolnshire Sport is running the County Ambassador Programme (CAP), which gives students the opportunity to get involved with and attend a range of activities and events. Students will gain valuable experience and training to help develop leadership and communication skills; as well as learning to both support and lead sporting activities both within and outside of school.

CAP is a multi-year initiative, working with students from year 7 to year 13.

As part of the year 10 package of CAP, Lincolnshire Sport would like to invite your school to identify up to 10 suitable students and support them in attending a local Opportunities Workshop in Term 2. Ideally students will have already participated in some form of leadership or volunteering in or out of school.

Partners such as local School Games Organisers (SGOs), National Citizen Service (NCS), Positive Futures, Lincolnshire FA (Football Futures), Princes Trust, Voluntary Centre Services, along with Lincolnshire Sport and others will be part of the event to offer and promote volunteering opportunities and future development prospects that students can get involved with.

The Information & Training Evening will follow a format similar to this;

TIME	DELIVERY INFORMATION
16:00 – 16:15	Lincolnshire Sport Presentation - Welcome - Event details - Opportunities
16:15 – 17:45	Partner Engagement Stalls - Market stall format with time allocated to each
17:45 – 18:00	Closing Q&A Session - Next steps

Students must be identified by their school via the School Engagement Form enclosed by the end of term 1 each year to access this event.

If you have any questions please email schools@lincolnshiresport.com or call Lincolnshire Sport on **01522 730 325**



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YEAR 11

Students can access volunteering opportunities that focus upon and develop existing leadership and facilitation skills.

Through supporting Year 9 & 10 leaders, students will act as role models both within school and when representing the school at external events such as the School Games.

Students can volunteer and lead activities as part of the School Games initiative and complete the year by taking part in the National Citizen Service with Lincolnshire Sport.

Proactive students can apply for a number of additional opportunities that support their development.

YOUNG PERSON PROFILE

- An outstanding role model
- Excellent communicator
- Has been an active leader/ volunteers at a sport competition
- Proven ability to lead sports delivery
- Desire to gain further coaching qualifications

OPPORTUNITIES

- National Citizen Service
- Delivery of Sport in and out of school
- CAP Champion
- Volunteer at the School Games county festivals
- Opportunities Workshop
- School Sports Council
- LVC Coaching Programme

BENEFITS TO YOUNG PERSON & SCHOOL

- Character building opportunities and employability skills development
- Participants will be able apply early to take part in the National Citizen Service programme in the county
- Access to volunteering opportunities through sport to showcase leadership and delivery skill set
- School will have a group of role models and ambassadors for participation in sport through student's involvement in the County Ambassador Programme

"Volunteering has been a great new challenge for me, I have learnt and gained so much"

Sophie Hart,
Lincolnshire Sport
Volunteer

County Ambassador Programme

Year 11

Information Sheet

National Citizen Service (NCS)

NCS is a once-in-a-lifetime opportunity that helps young people build skills for work and life, while taking on new challenges and meeting new friends.

Visit www.ncsem1.org.uk to sign up.

School Games County Festivals

Lincolnshire Sport organise School Games Festivals in March and July.

Students can apply to volunteer at these events where there is a range of event roles, gaining valuable experience and training.

Please contact Lincolnshire Sport on the email below to get involved.

CAP Champion

Students can apply for CAP Champion via an application through Lincolnshire Sport.

Students will be given promotional materials, in order to encourage other young people to be involved with volunteering opportunities.

LVC Coaching Programme

Leadership, volunteering & coaching opportunities available through a Youth Sport Trust county wide programme.

Bursaries and deployment opportunities available to CAP members looking to get into coaching.

Opportunities Workshop

Lincolnshire Sport will hold opportunity workshops for year 10 CAP students.
Year 11 students are able to attend these workshops upon request.

The workshops will be a chance for young people to get involved with organisations such as NCS, Duke of Edinburgh, Princes Trust, Positive Futures. It is also a chance to meet the School Games Organisers and other partners that have local volunteer opportunities.

For further information contact:

Lincolnshire Sport
schools@lincolnshiresport.com
01522 730 325

See the benefits of volunteering for Lincolnshire Sport:

 youtube.com/lincolnshiresport

County Ambassador Programme

Year 12 & Year 13

Opportunities Sheet

Young Person Profile

These individuals should have leadership experience and be able to demonstrate outstanding leadership qualities.

National Citizen Service (NCS)

NCS is a once-in-a-lifetime opportunity that helps young people build skills for work and life, while taking on new challenges and meeting new friends.

Visit www.ncsem1.org.uk to sign up

Year 12 only; T's & C's apply

School Games County Festivals

Lincolnshire Sport organise School Games Festivals in March and July.

Students can apply to volunteer at these events where there is a range of event roles, gaining valuable experience and training.

Please contact Lincolnshire Sport on the email below to get involved.

Student Volunteer Alumni

Lincolnshire Sport provides volunteering and development opportunities for students.

Students can apply to be part of the Alumni to gain volunteer opportunities to obtain additional experience, leadership skills and training, which will contribute towards your CV.

LVC Coaching Programme

Leadership, volunteering & coaching opportunities available through a Youth Sport Trust county wide programme.

Bursaries and deployment opportunities available to CAP members looking to get into coaching.

Opportunity Applications:

- Student Volunteer Alumni (additional development opportunities)
 - CAP Champion (advocate and leadership support role)
 - County Youth Forum (help shape county wide programmes)
 - School Games Committee (young people representatives)
- Application forms for these opportunities are available from Lincolnshire Sport

For further information contact:

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schools@lincolnshiresport.com
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