



Pathways to sport – Success stories

Noosa Yacht and Rowing Club

This document demonstrates the pathways to community sport and physical activity made available through the Australian Government's Active After-school Communities (AASC) program.

Sport: Sailing

Club: Noosa Yacht and Rowing Club (NYRC)

Location: Sunshine Coast North, QLD

Date: 2009-2012

Participants: Approximately 120 students

Transitions: 36

(17 AASC participants to NYRC junior sailing programs and 19 AASC participants to NYRC junior holidays sailing programs).

Summary

Located on Queensland's Sunshine Coast, Noosa Yacht and Rowing Club (NYRC) became involved with the Active After-school Communities (AASC) program in 2009.

Sailing Coordinator Paul Blundell, was the first of many club members and representatives to become qualified in the AASC's Community Coach Training Program (CCTP). Since then, 20 other club members who are part of the NYRC Youthsail program sailing instructor team have become trained coaches. The instructors assist Blundell in providing AASC sailing sessions in schools and out of school hour care services (OSHCS) in the area.

Over its three year involvement, NYRC has delivered AASC programs to five sites in the region resulting in 36 new junior members.

Sailing Coordinator Paul Blundell said, "Rolling out the AASC sailing program to primary school groups on the Sunshine Coast has seen sailing showcased to a younger demographic than

normal. Many of the children have joined the club and continued sailing as an after-school sport in our Funsail program whilst others have returned to take part in the holiday program.”

Planning

In order to successfully attract a large number of new junior members, the NYRC worked closely with AASC staff to implement the following:

- Sailing Coordinator Paul Blundell was trained in CCTP in 2009 and the NYRC became an official provider of the AASC program.
- 20 NYRC club members, mainly teenage club cadets, were trained in CCTP to assist in the delivery of AASC sessions.
- A Special Initiative Grant (SIG) was obtained through the AASC program in late 2009 that would allow the NYRC to purchase equipment for delivery.
- The NYRC was promoted as a AASC deliverer in program newsletters and coach training manuals that were provided to numerous AASC sites in the Sunshine Coast.

Implementation

After building a solid coaching base, the NYRC commenced delivery of the AASC program in five AASC sites. In most cases, the coaches delivered seven-week programs that focused on building the skills of participants however, some programs were shortened to four weeks to accommodate certain schools and OSHCS.

Many sites that elected to run AASC sailing programs through the NYRC applied for SIGs to cover the cost of transportation.

Blundell works with a ratio of four AASC participants to one coach. This ensures that every sailing boat has a qualified instructor with Blundell supervising and taking the lead for each session.



NYRC junior sailing programs in action.

Outcome

The NYRC sailing sessions received a very positive reaction from AASC participants, parents and site coordinators.

After three years of delivering AASC sailing sessions, **36 children** have signed on to NYRC junior sailing programs and junior holiday sailing programs.

In addition, **20 new coaches** have been trained in the CCTP who have gone on to begin coaching in other areas of the club such as the NYRC Youthsail program.

Most importantly, the NYRC has been able to build relationships with schools and OSHCS in the region, many of which have taken part in interschool competitions and incorporated sailing into school programs. This has not only increased the number of school children that have experienced the sport, but the number of children and parents who may transition into club sailing programs.

The NYRC Youthsail program was selected as a finalist in the 2010 and 2011 Australian Yachting Awards. This can be partly attributed to the coaching structure and development opportunities made possible through the CCTP and AASC program.

In 2012, the Youthsail program will be the first in Australia to deliver the *Certificate III – Sports Coaching / Sailing* course designed in conjunction with the Australian Sports Academy in its School Based Traineeship Program.



AASC participants hit the water.

Learnings

The following key learnings resulted from the partnership between AASC and the NYRC.

- A high transition rate can be achieved if AASC sessions are run at the club facility involving club coaches who can promote club services and programs.
- The CCTP provides a 'first step' into coaching for junior club coaches and is most effective when adequate guidance is available.
- Junior coaches who are mentored in AASC sessions can provide significant input into other areas of club coaching e.g. the NYRC Youthsail program.

AASC Regional Coordinator Michelle Downs worked to establish this pathway for children in the Sunshine Coast North region into sailing.