

Women's Coaching Pathway

Application form 2021 - 2022



**APPLICATIONS CLOSE
MONDAY 20TH SEPTEMBER**



**#WomenInSportIRE
#WomensCoachingPathway**



What is the Women's Coaching Pathway?

The Women's Coaching Pathway is an exciting collaborative programme between Athletics Ireland, Cycling Ireland, Irish Athletic Boxing Association (IABA), Rowing Ireland and Triathlon Ireland. The programme gives females the opportunity to improve their knowledge, expand their network and develop leadership and coaching skills in a supported, collaborative environment.

The programme launched in 2020 which saw 25 female coaches from Rowing, Triathlon, Cycling and Boxing receive support in personal and professional development, mentorship, coach education and co-coaching experience in their respective sports. The programme was successful in progressing coaches along the pathway and participants reported increased confidence, understanding of their coaching style and feeling part of a support network.

Who is the Women's Coaching Pathway for?

The NGB's named above are looking for ambitious females who are looking to develop along the coaching pathway in their respective sport. Six coaches per sport will be selected.

Coaches must;

- Be over 18 years of age
- Be a member of their Governing Body
- Preferably be active in coaching
- Attend all online workshops
- Actively engage in the coach development opportunities throughout the programme
- Implement their learnings within their club
- Proactively seek advice and support from the network, Women in Sport lead and stay in contact with them throughout the programme.

What are the benefits of the Women's Coaching Pathway?

Coaches will receive the following support as part of the programme:

- Personal Development Coaching Workshops with Jo Hopkins Consulting
- Access to Coach Education
- A trained Mentor
- Multi sport networking opportunities
- Support from their respective NGB's Women in Sport Officers.

How do I apply?

Complete the following application form and return to your respective programme lead for your sport by close of business on Monday 20th September 2021



Programme Leads

Athletics

Lilly-Ann O'Hora

Lillyannohora@athleticsireland.ie

Boxing

Louise McKenzie

louise.mckenzie@iaba.ie

Cycling

Elaine Cahill

bikelikeme@cyclingireland.ie

Rowing

Claire Lambe

claire.lambe@rowingireland.ie

Triathlon

Ailbhe Carroll

ailbhe@triathlonireland.com

Application Form

Personal Information

Full Name

Date of Birth

Email

Mobile

Sport you're applying to

Governing Body Membership No. (excl. IABA)

Club Name & County

Experience

Number of years coaching

Number of years participating/competing in your sport

Coaching Qualifications (please list)

Please give details about your coaching history and experience. If you're new to coaching please detail your experience in your sport and why you're trying to advance your coaching? (include what age groups and level you've coached, or looking to coach, achievements etc.)



Where have you shown initiative to further your own personal development as a coach?

Any other relevant awards/certificates and or qualifications?

What are your ambitions as a coach (short and long term)?

What aspects of this programme do you think will be of most benefit to your coaching development?

What do you wish to gain from your involvement in the programme?

Is there any other information you feel we should know to help with your application?



Thank you for completing the application form.

Please ask two club committee members to sign to confirm their support of
your nomination for the
Women's Coaching Pathway Programme
(This can be done electronically)

Name

Position

Signature

Name

Position

Signature

Please sign and submit application to respective contact by
20th September 2021.

Applicant Signature

