

Coach BU

LET'S TAKE A LOOK INTO EVERYTHING THAT'S BEEN HAPPENING IN 2021 SO FAR



Colour Run - 29/09/21

First event back after almost 2 years out!

Where to start? This was a smashing success, seeing individuals running around, laughing, dancing and most importantly having a good time after such a long time stuck indoors. The colour run began by participants undertaking an exhilarating dance warm up lead by no other than Gabriella Hyde and Elissa Clark. The atmosphere after this was lifted and electric. To the start they went and without hesitation set off. After getting doused in tons of powdered colour the participants headed over to our 3v3 inflatable



football pitch, power balance boards and y-ball. Andy Boland and Jessie Cotton soon got a tournament up and running creating 5 teams rotating between the y-ball and 3v3. Overall it was great to be back in action seeing people enjoying the equipment and witnessing some great sporting talent! BRING ON THE NEXT ONE!



Andy welcoming our first ambassador, Adam Gunn, who is volunteering alongside Bournemouth Electric



The 3v3 in action at the colour run where it received a great reception with everyone having a go!



Leadership academy, held by the school games organisers, teaching children how to better listen to one another by working on communication

Leadership Academy - 21/10/21

Bournemouth Collegiate School

The school games organisers invited us to this event to help at their leadership academy. Andy Boland, Connor Sullivan and Kirah Ambroziak set up an activity surrounding mega blocks because who doesn't love building what your imagination desires? They positioned a pair back to back and gave them the exact same pieces. The student then had to use their communication, listening and understanding skills to ensure they built the same thing as their partner. After a few runs the students responded positively and most, if not all, managed to get identical sculptures showing that their communication skills had improved dramatically through the course of the session.



After 20 minutes with one set of students, they swapped to go into the sports hall with Jessie Cotton and Evangeline Beech where the students were faced with an obstacle course. After organising the excited students, Evangeline dropped the bombshell that they wouldn't just be doing any ordinary obstacle course, they would have to complete it blindfolded. This meant, once again, that they would have to rely on their group to guide them through the course safely. After a few bumpy runs they all came up with something that worked for their group, whether it be following the sounds of my voice or telling them directions. Once again from the beginning of the session to the end of the session they improved dramatically further showing

their communication and understanding developing deeper. In conclusion it was another very successful event and the coaches thoroughly enjoyed seeing the students skills improving! NO SLOWING US DOWN!



1
FULFILLING
POTENTIALS

2
REACHING
GOALS

3
BUILDING
LEGACIES

Coffee/Hot chocolate meet up - 16/11/21



L'arte Coffee shop

Andy had the brilliant idea to have a meet up and everyone jumped on the idea. Around 15 of us all headed over to L'arte coffee shop, situated just behind the arts university, with spirits high ready to chat about our coaching experience so far and what we want to get out of Coach BU. After we got our hot drinks conversations were in full flow with our ambassadors finding out cool facts about one another. One of the coolest facts that had everyone surprised was Adam Gunn having size 15 feet! After around an hour of chatting and coming up with ideas of how to take on the new year involving different activities and coaching strategies, it was safe to say we were all on the same page. We all cant wait to see what the year brings and the volunteers we can bring in from a variety of backgrounds! Cheers!



Adam Gunn

Sport Management
and Coaching
Sciences (Second
year of study)

Completed 26 hours

“I have found Coach BU to be a useful platform which has helped me gain confidence when coaching as well as helping me attempt to reach personal goals such as my FA level 2 coaching badge in football.”

Poole Mixed Finals - 24/11/21

Cornerstone Academy

The lads headed over to cornerstone academy with their whistles in hand. They were greeted by Sam Cox who throughly welcomed them and then began setting up the pitches and goals ready for the future Messi's. Teams from all over Bournemouth arrived all ready to battle it out for the top spot whilst the boys were admiring the



talent. Match one was well underway with Alex Jones refereeing one game and Jonny Braund-Bond controlling the other with Dom Hastings, Andy Boland, Alex Thomas, and Ramone Stroude-Garcia handling the sidelines and time keeping. A massive thanks to Sam for allowing us to come and be apart of this event as the boys enjoyed it even more so to say than the children!

Strictly Vitality - 25/11/21

Fitness for adults who love a new challenge!

Arriving at the YMCA in Broadstone we were greeted with welcoming arms and a beaming smile by Sarah. The members came flooding into the studio with excitement and desire to complete our challenge high. The Coach BU Ambassadors soon introduced themselves whilst finding out themselves very interesting facts about each



participant in the room. One of the most shared interesting facts is that they all LOVED STEPS! Liam Cotmore quickly realised what needed to happen to ensure she had their attention all session - a STEPS playlist on loop! After introductions we split them into teams and gave them a hoop (their base) and showed them the sea of jenga blocks. Their objective was to run and get a block, run back, high five their pair and then with all

the blocks they have collected to build the biggest tower they possibly could. We ran it through once and they absolutely smashed it! The towers were sky high - if you don't believe us take a look for yourself. A rematch was decide as their competitiveness shone through, they all wanted to win. Tactics were now put in place between the pairs and they began strategically placing their blocks,



learning from last time. Whilst all of this was occurring we also had some amazing dance moves as Tragedy starting blaring through the speakers. Upon completion of the tower game, we then split up and began a circuit involving throwing tennis balls into a big net with points to be won, a ball orientated coordination game, and a twisting and turning course. Massive smiles were put onto peoples faces but the biggest I would have to say belonged to the Coach BU Ambassadors when the members demanded Sarah for us to be invited back. We will see you soon Strictly Vitality, and remember “We’re fittys, not fattys” - Julie (Strictly Vitality Member)



“Really enjoying the variety of coaching opportunities that are coming through. Expecting to get some further experience and to try and gain a couple of extra qualifications I couldn’t achieve by myself.”



Connor Sullivan

Sports Coaching
(Second year of study)

Completed 12 hours

Poole Girls Finals - 26/11/21

Cornerstone Academy

Back to Cornerstone Academy we went to referee and officiate the Poole girls finals. Just like before the goals were placed into position and pitches lined out. We took a team of 9 in order to cover all

bases and because the boys enjoyed themselves so much last time they wanted to come again. Warm ups were throughly under way due to the fact we could have been in the antarctic, it was that cold! Ensuring no one was too cold we sharply began the first 2 of 6 matches. Balls were flying everywhere over the pitch with goals being scored left right and centre.



How is Coach BU doing for the restart in 2021?

Coach BU has rebranded from RELAYS after almost 2 years in lockdown

24

Ambassadors actively volunteering since the start of October

58%

completed over 7 hours of coaching within only a month and a half

587+

individuals have been coached

It's time to get involved!

There are so many opportunities at Coach BU for everyone to get involved with. Get in contact for more information - cottonj@bournemouth.ac.uk

Coach BU

Fulfilling potential.
Reaching goals.
Building legacies.

Home Education Coaching

Alongside the events Andy and Jessie have overseen, not to be forgotten is the brilliant volunteering Connor, Katherine, Liam and Archie do with their Home Education coaching sessions. They have run this since the start of the academic year up until Christmas with it continuing after. The children seem to really enjoy it as they get to socialise with other individuals in similar situations as themselves.



“The sessions have been led by the Coach BU team with little involvement from myself. They have been really creative and I’m really proud of them”

Rosie Merrison - Sports Outreach Coordinator



Coach BU

For more information on how to get involved in Coach BU please email either aboland@bournemouth.ac.uk or cottonj@bournemouth.ac.uk

What we have to offer 2022

Assistant teacher role and swimming teacher role advertised

INDIVIDUALITY SWIMMING


Variety of days available across 14 different venues teaching over 2300 people a week.

Uses a mixture of SE and STA bandges for progression tracking.

Swim assistants must be able to swim and have no fear of water with knowledge of swimming strokes.


Swim teachers must hold a STA award or a Swim England Level 2

For more information email: cottonj@bournemouth.ac.uk



There are many more opportunities available for you to get involved with. Contact either cottonj@bournemouth.ac.uk or aboland@bournemouth.ac.uk to find out about others.

LITTLE KICKERS



TEACHING CHILDREN FROM 18 MONTHS TO 7 YEARS

COACHES NEEDED TO JOIN TODAY

WEEKEND WORK
FOR MORE INFORMATION EMAIL: [COTTONJ@BOURNEMOUTH.AC.UK](mailto:cottonj@bournemouth.ac.uk)

VISIT THEIR WEBSITE AT WWW.LITTLEKICKERS.CO.UK

FOOTBALL COACH


Pedal your way to happiness!

BRITISH CYCLING

GUIDE YOUNG COACHES AND ENCOURAGE REFLECTION ON THEIR COACHING PRACTICE

Minimum of 3/4 hours per month
Working alongside the British Cycling Clubs and Coaching Officers

FOR MORE INFORMATION EMAIL: [COTTONJ@BOURNEMOUTH.AC.UK](mailto:cottonj@bournemouth.ac.uk)



TOUCH RUGBY



Seasons Monday 5-6 on the astro

RUGBY FOOTBALL UNION

A week block pay - 475 per person
Bookable by Sport HU

Try something new today and find a sport you love

BCTC - BELONG, PROTECT, PROSPER




SOCIAL MEDIA CONTENT MANAGER

Increasing awareness of Wallisdown Traders Community with young entrepreneurs and a buzz of activity

Every 2nd Tuesday 18:00 - 20:00

FOR MORE INFORMATION EMAIL: [COTTONJ@BOURNEMOUTH.AC.UK](mailto:cottonj@bournemouth.ac.uk)



BOURNEMOUTH SPORTS FOOTBALL CLUB

PHYSIOTHERAPIST ROLE

Basic knowledge of the physiology of male footballers is essential along with an understanding of development of physical attributes, injury prevention, rehabilitation as well as recovery.

WEDNESDAY TRAINING
19:00-21:00

SATURDAY GAME DAYS

WORKING WITH SEMI-PRO FOOTBALLERS

FOR MORE INFORMATION EMAIL: [COTTONJ@BOURNEMOUTH.AC.UK](mailto:cottonj@bournemouth.ac.uk)

COACHES NEEDED

LOOKING FOR SEVERAL CHILDREN TWO COACHES WITH NEW TRAINING TECHNIQUES

Thursday (years 5, 6, 7, 8, 9) 18:45 - 19:45
Thursday (years 10 and league) 19:00 - 20:00

FOR MORE INFORMATION EMAIL: [COTTONJ@BOURNEMOUTH.AC.UK](mailto:cottonj@bournemouth.ac.uk)



MONDAYS 19:55 - 21:55
TUESDAYS 19:45 - 21:00
SLADES FARM

FIRMITUDE COACH

To support the growth of women's football through delivering sessions to over 60 members.

FOR MORE INFORMATION EMAIL: [COTTONJ@BOURNEMOUTH.AC.UK](mailto:cottonj@bournemouth.ac.uk)