

VOLUNTEERING OPPORTUNITIES



ESSEX SPORT

○ Mission statement –

“Positively change lives through sport”

Campus
leagues &
tournaments

Campus sport

VOLUNTEERS

Adult courses

Schools outreach

Multi-sport
holiday
camps

Junior sport
programmes

**ESSEX
SPORT**

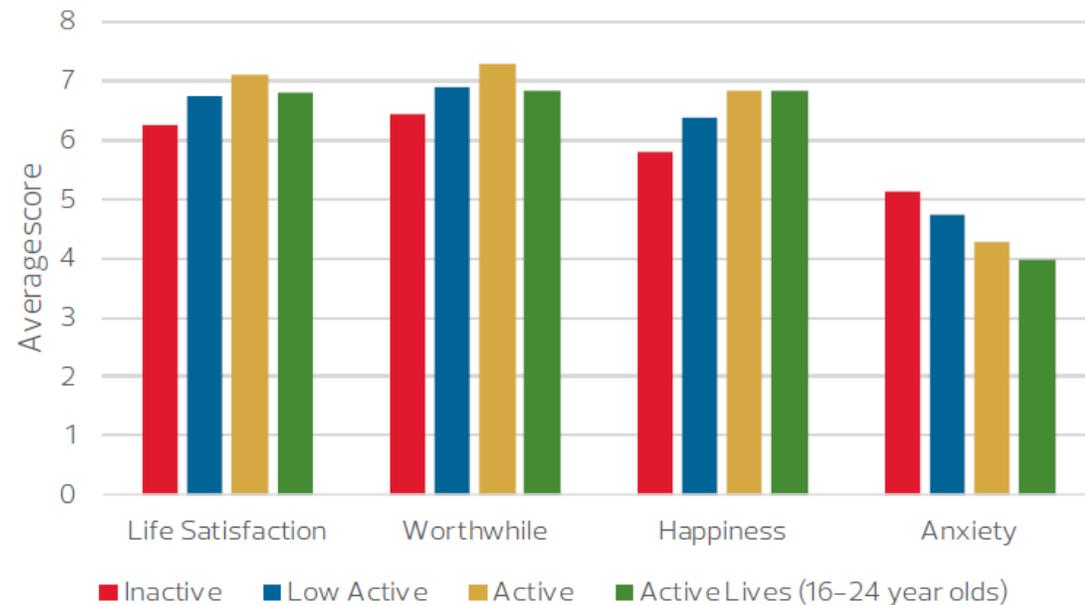


sportsdevelopment@essex.ac.uk

WHY SPORT MATTERS?

Benefits of sport for students

- Higher levels of self-fulfilment & happiness
- More satisfaction towards general life
- Higher levels of academic attainment
- Reduced anxiety
- Improved mental wellbeing



British Active Student Survey 2018 Report, BUCS.

VOLUNTEERING IN SPORT

10% higher self-esteem,
emotional wellbeing
and resilience

Volunteers can be
catalysts for
improving a
community

15% less likely to worry
during stressful times

One of the biggest
volunteering sectors
in Britain

Volunteers in sport
feel closer to the
community

Capacity for each
volunteer to impact
8.5 people through
sport



94% of employers identify a link
between University sports participation
and valuable skills & strengths in
potential employees

All from Sport England, Sport & Recreation Alliance, BUCS

CURRENT OPPORTUNITIES

- In 2018/19 we worked with just over 50 volunteers across all sporting's endeavours

Coaches & Instructors

Tournament Stewards

Team Captains

Community Outreach

Refs & Officials

Sport Activators



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STUDENT VOLUNTEER - ALICE FIRTH

YEAR 1

- **Degree:**

Sports Coaching Student

- **Volunteering:**

Assistant at Local Primary School

FA SSE Wildcats



YEAR 2

- **Qualifications:**

FA Level 1 Football
FA Level 1 Futsal

First Aid &
Safeguarding
Qualifications



YEAR 3

- **Volunteering:**

Essex Blades 1st Team
Captain & Vice-President

- **Paid work:**

Head Coach at Local Primary Schools

Essex Sport Junior Futsal Coaching



“Volunteering as a coach helped me develop core skills in my first year of University which led to me accessing so many great opportunities”

“It was fantastic to be able to work with different people and various age groups of players, introducing them to football or futsal”

STUDENT VOLUNTEER - STANLEY KADZUNGE



○ 2016/18 – Basketball Club President

SKILLS & EXPERIENCE

Management skills

Budgeting

Recruitment

Communication

○ 2016 – Just Play/ HEBA

SKILLS & EXPERIENCE

Started to work with Basketball England through the Basketball Foundation

Development more management skills

Gained valuable work experience



STANLEY KADZUNGE



○ 2017 – 5v5 Fridays League Organiser

Engaged students

SKILLS & EXPERIENCE

Worked with other University Stakeholders

Planning and organisational

○ 2018 – Aspire Programme

Event management skills

SKILLS & EXPERIENCE

Time keeping

Leadership and coaching

○ 2019 – Basketball Participation Officer



THE FUTURE

- The same....but more!

More schools...

More clubs...

More tournaments...

More people helped...



- Students represent a fantastic resource waiting to be used
 - Passionate
 - Eager to learn
 - Energetic
 - A fantastic role-model

- Provide a platform to benefit everyone!



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