ESSEX SPORT

Mission statement –

“Positively change lives through sport”

- Campus sport
- Multi-sport holiday camps
- Junior sport programmes
- Campus leagues & tournaments
- Adult courses
- Schools outreach

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

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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
- **Volunteering:**
  - Essex Blades 1st Team Captain & Vice-President
- **Paid work:**
  - Head Coach at Local Primary Schools
  - Essex Sport Junior Futsal Coaching

YEAR 3
- "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"

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2016/18 – Basketball Club President
- Management skills
- Budgeting
- Recruitment
- Communication

2016 – Just Play/ HEBA
- Started to work with Basketball England through the Basketball Foundation
  - Development more management skills
  - Gained valuable work experience

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STANLEY KADZUNGE

- **2017 – 5v5 Fridays League Organiser**
  - Engaged students
  - Worked with other University Stakeholders
  - Planning and organisational

- **2018 – Aspire Programme**
  - Event management skills
  - Time keeping
  - Leadership and coaching

- **2019 – Basketball Participation Officer**

**SKILLS & EXPERIENCE**

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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!