

# Volunteer In Sport Update



the latest from Cornwall Sports Partnership and Volunteer Cornwall

Here is your **July 2015** edition of volunteer opportunities to support you in getting involved in sport and physical activity by volunteering at a local club, organisation or event near you.

If you require any further information, please do not hesitate to get in touch.

## Hot topics and great opportunities for you in this edition are:

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## New! Volunteer of the Month

We are running a 'Volunteer of the Month' award, this is where clubs can nominate volunteers they feel deserve recognition for their hard work, individuals have to be in a volunteer position.

### June 2015 Winner - Andy Moore!



Chair of the Duchy Athletic Network

Andy has been inspirational in establishing the network and attracting additional funding from England Athletics into the county. He is also Chair of Hayle Runners, beginner running leaders and is responsible for attracting over 200 new beginner runners to running.

Your chance to nominate a dedicated and committed volunteer for an award each month - [Read more here!](#)

**All nominees will be entered into the 2015 Cornwall Sports Awards**

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## Nominations Now Open for the 2015 Cornwall Sports Awards!



### Reward & Recognise a Volunteer - Nominate Today!

Do you know an invaluable volunteer, coach, instructor, official or club member who goes above and beyond to make sport happen? Show your appreciation by nominating them in the [2015 Cornwall Sports Awards](#).

This prestigious event has been designed to recognise and reward the contributions made by dedicated Sports Coaches, Officials, Clubs, Volunteers and Young Leaders from across the county.

The Awards sponsored by [Truro & Penwith College](#) and [AGAME Sports](#) are separated into four categories, incorporating 14 separate Awards, including Club of the Year, Children's Coach of the Year and Lifetime Services to Sport.

The closing date for nominations is **Monday 7th September 2015**.

[Nominate online today and give them the recognition they deserve!](#)

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### Gymnastics needs your help



Gymnastics is a challenging, multi-discipline sport, perfect for people of all ages and abilities. We have 5 affiliated clubs in Cornwall who provide a range of programmes and classes conducted within safe and enjoyable environments and are led by qualified coaches.

They are all currently looking for volunteers from 14 years plus to help out during sessions at the various clubs. These run after school and on a Saturday.

No previous gymnastic knowledge is needed as training will be given. Successful applicants will then work towards obtaining their level 1 coaching qualification which in some circumstances will be funded by the club.

If you are interested or would like further details please contact **Tia Mallinder-McCormack, Sport & Physical Activity Volunteer Co-ordinator**.  
[tmallindermccormack@cornwall.gov.uk](mailto:tmallindermccormack@cornwall.gov.uk)

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### Volunteers needed - parkrun



**parkrun is a free, 5km run, held every Saturday morning at 9am... It's you against the clock!**

In order to make these events a success we need volunteers to fill a number of key roles. Whilst the event is held every week, volunteers do not need to be available every week as a roster is produced based

upon availability, but we greatly appreciate any time you can give. Click on each role below to find out more...

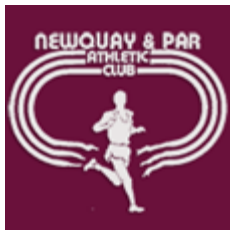
- [Timekeeper](#)
- [Barcode Scanning](#)
- [Tail Runner](#)
- [Marshal](#)
- [Photographer](#)

Could you spare one hour on a Saturday morning and help by filling one of these roles?

If you are interested or would like further details please contact **Lewis Sanders, Project Co-ordinator.** [lesanders@cornwall.gov.uk](mailto:lesanders@cornwall.gov.uk)

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### **Volunteers needed – Newquay & Par**



Newquay & Par Athletics Club are currently running very short on Level 1 coaching assistants on Thursday evenings for their children aged 8 to 12 years in all aspects of athletics at the Par Track. Everyone within the club is voluntary and without volunteers they would not be able to run the sessions.

They also require a Level 2 or above throws coach specialising in javelin, Discus & hammer.

If you are interested or would like further details please contact **Tia Mallinder-McCormack, Sport & Physical Activity Volunteer Co-ordinator.** [tmallindermccormack@cornwall.gov.uk](mailto:tmallindermccormack@cornwall.gov.uk)

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### **2<sup>nd</sup> Chance 'Get on Track' Opportunity**



2<sup>nd</sup> Chance is excited to be bringing the Dame Kelly Holmes Trust 'Get On Track' programme to Carn Brea Leisure Centre in Camborne. This 5 week course is full of sporting and community based activities. It is supported by Olympic and World class athletes who will act as your mentor guiding you every step of the way with the aim to support you into a job.

**Venue:** Carn Brea Leisure Centre  
**Starts:** Tuesday 4<sup>th</sup> August 2015  
**Runs:** Tuesday, Wednesday and Thursday for 5 weeks  
**Time:** 10:00-15:00



**Age:** 16-25

If you are interested or would like further details please contact  
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## Groundwork South - Pilgrim Pitch, Saltash, Cornwall



The charity Groundwork South is offering volunteer opportunities for adults to support football and sports development activities at their pitch and training centre at Saltmill Park, Saltash.

In return for committed and active assistance with football coaching, help with facility management and maintenance, Groundwork are able to support volunteers to take a Level 1 training course in football coaching as well as first aid, safeguarding and manual handling.

For people who are interested in pursuing either a career in sport or just simply wish to be more involved in community based activity for personal development, volunteering with us will add to your C.V. Volunteers will be supporting existing staff and will not be working alone or leading activities by themselves at any time.

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## Volunteer Coaching Cornwall



### **Are you interested in volunteering in sport? Cornwall has a specific network for volunteer coaches.**

Our dedicated online coaching data management system has a number of benefits for volunteer coaches. Without our sporting volunteers, there would be no sport. It would cost an estimated £2.7 billion a year to employ full time workers to carry out the volunteer work in sport. There are nearly six million sports volunteers across the country (14% of the adult population); helping to run more than 100,000 sports clubs, giving up 1 hour a week.

The diverse nature of sport provides varied and interesting opportunities for those that have not traditionally been involved with sports clubs to bring their expertise and enthusiasm to the club on a voluntary basis.

As well as 'doing your bit' for your local community, volunteering offers positive benefits, from meeting new people, to gaining work experience and being able to add it to your CV and it has even been proven to improve health including improvement in insomnia and speedier recovery from surgery. You don't have to be 'sporty' to volunteer your time, there are opportunities for everyone.

If you are interested in volunteering please sign up to the Get Coaching Cornwall by [clicking here](#).

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### **More opportunities to get involved... Just a click away!**

These are just a few of the opportunities and fantastic work going ahead around Cornwall to get more people involved in sport & physical activity by volunteering at their local club, organisation or event.

We will continue to feature opportunities and events in future newsletters but in the meantime more opportunities are being added to [www.do-it.org/](http://www.do-it.org/), the national volunteering website, keep checking as there might be an opportunity just for you.

**Tip: Use the “Advanced Search” and select “Sports & Coaching” under “What would you like to do?” to find all the sport related opportunities.**

If you can't find something suitable, then please do not hesitate to get in touch as there might be something coming up just for you!

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