

Why Coach?

There are many reasons why people get involved in coaching. Here are a few:

- as **parents** we want to spend time with our child in an active way;
- as **individuals** we want to volunteer and get involved in our community;
- as **teachers** we have taken on extra-curricular school activities;
- as **athletes** we want to pursue our passion in a different direction and give back to our community;
- we simply love sport and want to give coaching a try.

But what does a coach do?

A coach strives to do the following:

- encourage young athletes to be active and to have fun;
- plan purposeful practices and create engaging activities;
- lead their participants in developing skills;
- help participants identify how to improve their performance by providing constructive criticism and advice;
- manage problems by making ethical and respectful decisions;
- enable safe participation by creating a safe environment;
- teach others how to respect themselves, others, and their sport;
- In short, when you become a coach, you help others reach higher, both in sport and in life!

What does it take to become a coach?

The simple fact that you are reading this document means that you have one of the key ingredients of all coaches – passion! Here is a list of other skills that are useful to becoming a coach:

- Enjoy working with children and/or adults;
- Ability to be creative and to improvise;
- Communication and interpersonal skills;
- Ability to work within a team environment ;
- Ability to lead effectively;
- Problem-solving skills;
- Critical-thinking skills.

Don't worry if you think you do not have some of these skills – you will find that if you simply go out there and give it a try, you will find that the skills will develop with time and practice. It is also not important at first to know every technical aspect of Tenpin Bowling – far more important is the passion and enthusiasm you bring to the role.

So how do I get started?

Many great coaches learned their skills by assisting other coaches – where they could watch, ask questions and learn, and eventually coach a team of their own. Here are some of the many ways to get information and get involved!

- Talk to someone who is already coaching – a friend, a neighbour, your child's coach. People are always willing to share.
- Sign up to coach with a friend and help each other learn!
- Sign up to assist your son/daughter's team, or ask their coach for more information;
- Volunteer with a local club;
- Take a leap of faith and just do it!

Ready to get started?

Check out our ITBA coaching accreditations these include:

- Introductory Level Coach (Coaching Assistant): approved to coach beginners at club level.
- Level 1: approved to coach beginners and bowlers with a limited amount of experience and assist at club, development and performance level.
- Level 2: approved to coach bowlers at club, development and performance level.
- Level 3: under development.

Note: a description of the Aims and Entry Requirements of the courses, along with a schedule, is available on the Irish Tenpin Bowling Association (ITBA) website, Coaches Folder on www.tenpinbowling.ie.

For further information contact: ITBA Coaches at coaches@tenpinbowling.ie.