

Junior Leadership Programme

Junior Leadership Programme at Queen's University Belfast

Queen's Sport are pleased to announce a new opportunity for Young People aged 15 – 17 to be part of this year's Summer Scheme. This year's programme is managed and funded by the Queen's Sport. In comparison to previous programmes this year's Junior Leader Programme will be running at a reduced capacity. If additional funding from the Education Authority (EA) is received, additional spaces on the programme will be opened at a later date.

The Camps can be extremely beneficial and rewarding experiences for young people. They can provide immersive experiential learning opportunities that change the way they see themselves, their relationships with peers and other groups, and ultimately their future. The experience of being in a new or different environment, especially if there is a significant outdoor element, is often a sharp contrast from 'normal' day-to-day routines - and can be life-changing.

Background to Queen's Junior Leadership Programme for 2023:

- The Junior Leadership programme at Queen's offers young people aged 15-17 with the opportunity to assist activity leaders and team leaders to deliver activities and coaching for children aged 6-14 on Queen's Sport's annual summer scheme.
- There is a focus this year on "What Makes a Good Coach" and "Safeguarding". This aims to improve knowledge and experience working in a sport setting with younger children.
- The programme uses a youth-led approach, giving young people from diverse backgrounds responsibility and the opportunity to be role models for younger children
- It gives young people the chance to take part in a wide range of sporting activities, greatly boosting their skills, future opportunities and health
- It enables them to achieve recognised sports leadership qualifications and provides them with expert training from Queen's Sport staff
- Young people will be able to experience the excellent sporting facilities at Queen's University
- It places young people in a University environment, potentially for the first time, creating an early connection between them and a leading University and raising aspirations about going to University.
- This project reinforces Queen's commitment to making an impact in our local community and wider society as part of our Social Charter - <https://www.qub.ac.uk/social-charter/>

Who can apply and Criteria?

Due to the reduction in spaces, we expect a high demand for places on this year's programme.

Any young person who lives in Northern Ireland and is aged between 15 -17 years' old at the start of the scheme. Young people should have an interested in gaining new skills, having fun and be willing to work as part of a team. Young people must attend all induction and training sessions and be available to attend one of the camps below.



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Applications will be assessed on the following criteria:

- Aged 15-17 years old
- Previous participant on the QUB Summer Scheme or sporting summer camps
- Committed to attend all pre-camp training and allocated camp
- Passion for sport and working with young people.
- Previous experience volunteering in a sport or youth setting
- Demonstrate desire to complete a coaching and sporting leadership qualification.

Please note the importance of clearly demonstrating in your application the skills and qualities that you would bring to the Junior Leadership Programme.

What activities, training and support is available to the young people before during and after the camps?

There is an extensive pre camp induction and fun programme of training and workshops that includes good relations, sport leadership, safeguarding and 'how to coach young people'. Young people are supported during the camp by a full time camp leader alongside the summer scheme staff.

When does it take place?

The summer scheme runs for 7 weeks during July and August, and each 'Junior Leader' will complete two weeks of 'camp' during the summer scheme in groups of approximately 12.

In total, this programme will be delivered in 3 camps.

- Camp 1: Monday 3rd July – Friday 14th July (8 days only)
- Camp 2: Monday 17th July – Friday 28th July (10 days)
- Camp 3: Monday 31st July – Friday 11th August (10 days)

It is compulsory for all young people to attend the **Pre Camp (induction and Training Programme)** and this will be delivered over two evenings and a full weekend in June.

- 3-6pm Thursday 22nd June 2023
- 12-3pm Saturday 24th June 2023
- 9-12pm Sunday 25th June 2023

How do I register my interest?

Applicants must complete a short application form and have written consent from a parent or legal guardian to take part in the programme.

Applications can be found at www.queenssummerscheme.com

Is there a cost?



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There is a set fee of £30 per young person, refreshments and lunch is provided (free of charge) during each day of the pre-camp training days.

When will I hear if my application has been successful?

Successful applicants will be informed before **Friday 9th June 2023**

For further information on the Programme please contact:

Queen's Sport | Telephone: +44 (0) 28 90681126 | Email: courseenquiries@qub.ac.uk |

Website: <http://www.queenssport.com/>



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