

WESTERN SYDNEY
UNIVERSITY



COACHING UNLIMITED

Empowering Generations
of Aboriginal and Torres
Strait Islander Leaders



Image: westernsydney.edu.au/oatsiee/aboriginal_and_torres_strait_islander_employment_and_engagement/acknowledgement_of_country/tree_of_life

COACHING UNLIMITED **EMPOWERING GENERATIONS OF ABORIGINAL AND TORRES STRAIT ISLANDER LEADERS**

Research shows that Aboriginal and Torres Strait Islander coaches have a profound impact on the lives of athletes within and beyond the sports ground.

However, there is currently not enough infrastructural or financial support to ensure that these coaches have the tools they need to further their careers and give back to their communities.

Coaching Unlimited provides sport specific coaching

accreditation and research based health promotion workshops to support Aboriginal Torres Strait Islander coaches achieve their goals – be it reaching the highest level of their chosen sport or becoming an inspiring role model for their communities.

PROJECT SUPPORTERS

MARCIA ELLA-DUNCAN



Marcia is a descendant of the Yuin nation on the far south coast of NSW and was the Coaching Coordinator at Randwick Netball Association. She holds an Intermediate level Netball coaching accreditation, is a Netball Australia Board Member, and has recently been accepted into Netball Australia's Hall of Fame.

JARRED HODGES



Jarred is a descendant of the Kooma (Gwamu) people from South Western Queensland. He is a graduate of Western Sydney University and a Health and Physical Education professional. He holds a Level 3 Rugby Union accreditation and is the current assistant coach for the Australian Men's Sevens Rugby team.

BOU OVINGTON



Bou Ovington is a Darug man from Campbelltown who is a Western Sydney University Master of Teaching (Health and Physical Education) student. He is an internationally accredited Rugby League coach currently working with two junior teams in the Western Sydney community.

COACHING UNLIMITED COACH EDUCATION WORKSHOPS

Sport has been used as a tool to connect Aboriginal and Torres Strait Islander communities with social, education and employment opportunities.

Coaching Unlimited is a national coach education program created in consultation with Aboriginal Torres Strait Islander communities and national sport organisations to deliver formal coach accreditation training in a variety of sports. In addition, Coaching Unlimited goes beyond initial coach accreditation by providing research-led educational programs that develop coaching knowledge and skills in meaningful areas such as nutrition, leadership, mentoring,

health promotion and cultural connectedness. The coaches who attend these workshops will then have the opportunity to share their knowledge with their athletes, coaching networks and local communities in which they live and work.

To ensure the success of Coaching Unlimited, researchers will measure the impact of the workshop on the coaches and their communities over time.

BENEFITS OF THE COACHING UNLIMITED ABORIGINAL AND TORRES STRAIT ISLANDER WORKSHOP SERIES:



Provide educational opportunities for Aboriginal and Torres Strait Islander coaches to support their capacity as future leaders within and beyond their communities



Deliver formal coaching qualifications to broaden career opportunities.



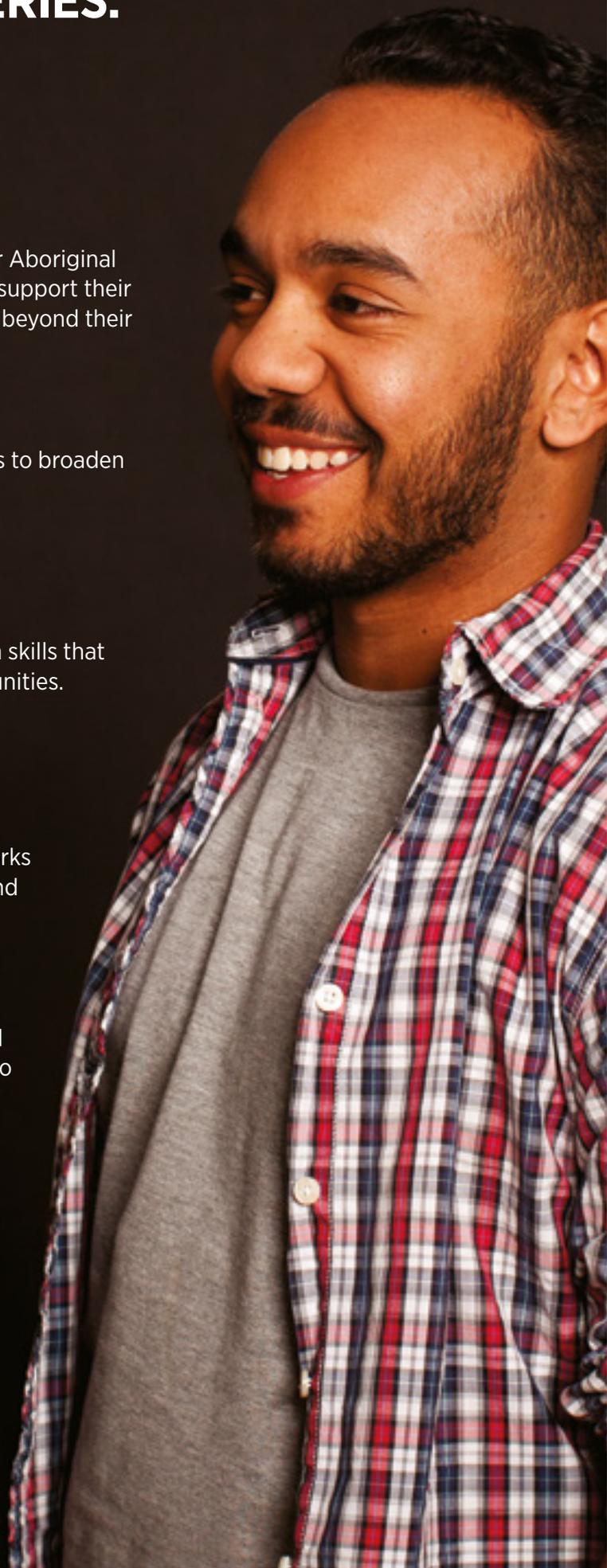
Equip coaches with health promotion skills that will be reinvested within their communities.



Bring people together to develop coaching and broader support networks for mentorship, career progression and community connectedness.



Showcase the strengths of Aboriginal and Torres Strait Islander peoples who present at the workshop.



JOIN US IN ESTABLISHING COACHING UNLIMITED

We invite you to partner with us in developing the next generation of Aboriginal and Torres Strait Islander sport and community leaders by supporting Coaching Unlimited.

What your donation can do

Investment

A whole day workshop for NSW based coaches

Hosted in the Sydney Olympic Park precinct, a Coaching Unlimited one-day workshop brings 20 coaches from around NSW and covers the cost of coach accreditation and association membership, expert facilitators, catering, and resources to take back to the coaches' communities.

\$5,000 x 5 years (\$25,000)

Two day national workshop for coaches from across Australia

Hosted in the Sydney Olympic Park precinct, a Coaching Unlimited two-day workshop brings 20 coaches from around Australia and covers the cost of coach accreditation and association membership, expert facilitators, catering, and resources to take back to the coaches' communities. Also included in this amount are flights, transfers, and overnight accommodation.

\$28,000 x 5 years (\$140,000)



CONTACT DETAILS

Dr Andrew Bennie

Director

Academic Program for Health and Physical Education
Western Sydney University

E: a.bennie@westernsydney.edu.au

T: 4736 0590

With respect for Aboriginal cultural protocol and out of recognition that its campuses occupy their traditional lands, Western Sydney University acknowledges the Darug, Tharawal (also historically referred to as Dharawal), Gandangarra and Wiradjuri peoples and thanks them for their support of its work in their lands (Greater Western Sydney and beyond).

→ westernsydney.edu.au/oatsiee/aboriginal_and_torres_strait_islander_employment_and_engagement/action_plan_2014-17

Western Sydney University
Locked Bag 1797
Penrith NSW 2751 Australia



MACQUARIE
University



Coaching Unlimited is a multi-institutional collaboration between Dr Andrew Bennie (Western Sydney University), Dr Demelza Marlin (Macquarie University) and Dr Nick Apoifis (UNSW).

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