



Saskatchewan High Performance Women In Coaching Mentee Guidelines

The primary objectives for this mentorship opportunity are:

- Fostering community development;
- Providing a framework for meaningful participation;
- Increasing actual and perceived competence and knowledge;
- Developing an Individualized Long Term Professional Development Pathway;
- Increasing coaches understanding of external (NSO, Training centres, etc.) sport system.

Each mentor-mentee relationship is unique. Each mentee will be looking to gain skills specific to their needs and each mentor will look to foster that learning in their own way. However, CSCS and CAS have the following expectations:

Mentor:

- Experience coaching at a National and/or International level;
- Ability to commit two to five hours/month for conversations, email, phone, etc.;
- Two in-person meetings per year with mentee (Game Plan YXE is highly recommended as one of the meetings);
- Participate in Strength Finder assessment with mentee and external consultant;
- Submit Mentor follow-up report to CAS and CSCS at the conclusion of formalized mentorship.

Mentee:

- Participate in Strength Finder assessment with mentor and external consultant;
- Identify three Key Performance Outcomes for the mentorship program;
- Submit, with input from mentor, three key competencies that will be focussed on/honed throughout;
- Two in-person meetings per year with mentor (Game Plan YXE is highly recommended as one of the meetings);
- Participate in online and/or in-person professional development opportunities as hosted by the CSCS and CAS;
- Submit follow-up report to CAS and CSCS of formalized mentorship conclusion (to include career goals/plan for the next four years).



Grant Application Guidelines:

1. Completion of the Mentee Application Form on the CAS website. To include:

- Name, address, home and business telephone numbers, email address;
- Sport, NCCP#, and current level of certification;
- Current coaching position, name and address of coaching employer;
- Previous coaching positions (include level of coaching position, dates of full-time and part-time employment, name of employer);
- Additional coach education, courses or clinics attended;
- Related athletic background; and
- Major coaching achievements.

2. Coach Responsibilities:

- Participate in Strength Finder assessment with Mentor and external consultant;
- Identify three Key Performance Outcomes for the mentorship program;
- Submit, with input from mentor, three key competencies that will be focussed/honed throughout;
- Attend Game Plan YXE (virtual) and one additional Professional Development opportunity.

3. Proposed Learning Objectives

- Identify the learning objectives and outcomes related to your participation in the activity(s) to be supported through this grant program;
- Indicate how the proposed activity will provide a valuable coaching/educational experience and will contribute to your career path in coaching; and
- Indicate how the national or provincial sport organization will be involved in and committed to the proposed activity.





4. Activity Outline (to be submitted at the conclusion of mentorship workshop)

- List specific details of the activities to be supported through this grant program (by name, date, and location);
- Identify the role you will play during the activity (head coach, assistant coach, observer, student, etc.);
- Indicate the calibre and number of athletes, their sex and age range;
- Indicate who will supervise/mentor the activity and their qualifications; and
- Include a detailed budget listing all potential revenues and applicable expenses.

Note: equipment purchases or wages are not considered eligible expense submissions.

5. Activity Outline (to be submitted at the conclusion of mentorship workshop)

- Your application must include a support letter from your Provincial or National Sport Organization supporting your project and confirming your involvement in the National or Provincial program.

6. Amount of Support

- Up to \$5000.00 is available through this grant program.

Note: the approved budget for this grant program will determine how many coaches can be supported annually.

7. Grant deadline

- Applications open Monday, September 14 and close Sunday, October 19, 2020.



8. Follow-up Procedures

Within 60 days of the completion of the activity(s), the grant recipient must submit a written follow up report. The report must contain the following information:

- Details of the activity or event you participated in (when, where, who, etc.);
- The role you played in the activity(s) and more specifically how this experience contributed to the learning objectives you outlined in your original application. Any successes, challenges and recommendations should also be included;
- An article that could be included in a Canadian Sport Centre Saskatchewan or Coaching Association of Saskatchewan newsletter/communiqué;
- A financial report detailing all revenues and expenditures **supported by copies of expenditure receipts.**

Promotion of Women in Coaching Activity

As a recipient of a Women in Coaching grant, you may be asked to supply a photo and a detailed report of your learning activities for publication or promotion purposes or to speak to other female coaches about your experience.

Further Questions?

Phone: 306-780-9313

Email: coach@sasksport.ca