



# Plymouth School Sports Partnership

## Young Ambassadors

## Your Journey

Name:

School:



**Leadership  
Academy**



**YOUTH  
SPORT  
TRUST**

**SCHOOL  
GAMES**

**change  
4 life**  
Eat well Move more Live longer

**PLYMOUTH  
MARJON  
UNIVERSITY**





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# Leadership and Volunteering Programme

The Plymouth School Sports Partnership (PSSP) Leadership and Volunteering Programme is a combination of PSSP, local, regional and national sporting leadership and volunteering initiatives aimed at providing students with the opportunity to develop leadership and employability attributes and skills through physical education and sport. The programme is aimed at both primary and secondary schools and has been hugely successful in developing new and advanced leadership, coaching and officiating attributes and skills for students in Years 5 to 13. The PSSP organises and provides opportunities for these attributes and skills to be put into practice within PSSP primary and secondary schools and the wider community.



## What is a Young Ambassador?

Young Ambassadors are the most outstanding Sports Leaders in their respective schools. Students are not selected purely because of their sporting talent, but more importantly they are selected because of their exceptional or outstanding leadership qualities and skills, a commitment to volunteer their time freely, or their outstanding leadership qualities.

## Young Ambassadors Are...

- Inspirational young people with outstanding leadership skills
- Role models in their school and community
- Great communicators, can influence others and engage young people in getting active, living healthy lifestyles and taking part in sport
- Good organisers with the ability to organise, run and officiate at School Games events

## YOU are a Young Ambassador...

- This is a privileged position and you are a vital part of the sporting volunteer workforce within your own school and Plymouth
- You are essential in delivering the Plymouth School Sports Partnership vision of getting all young people involved in healthy lifestyles, school sport and sporting competition
- This log book is aimed at helping you make the most of your role and encourage you to live by the School Games values and to think about the qualities and skills you will develop as a Young Ambassador

## Platinum Young Ambassadors

Platinum Young Ambassadors will have spent at least a year as a Gold Young Ambassador and now act as a mentor, supporting the training of Gold and Silver Young Ambassadors across the PSSP and working with the School Games Organiser (SGO) to plan, organise and deliver Level 2/3 School Games events.

## Gold Young Ambassadors

Gold Young Ambassadors work across a local area coordinating activity. These Young Ambassadors support the training of Silver and Bronze Young Ambassadors. **The Plymouth Gold Ambassadors.**

## Silver Young Ambassadors

Silver Young Ambassadors work in their own school and are trained locally by Platinum and Gold Young Ambassadors. Each PSSP secondary school will have 2 selected Silver Ambassadors who will coordinate and run their schools Leadership Academy.

## Leadership Academies

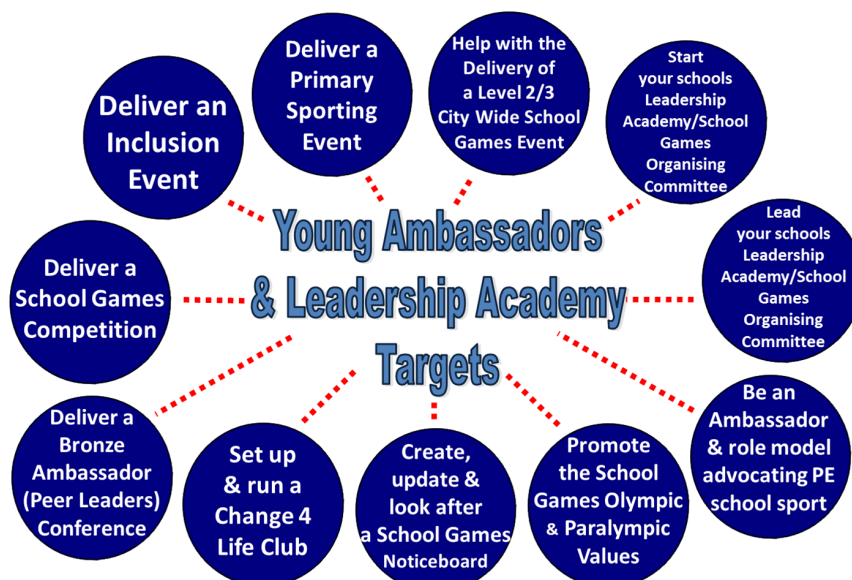
### SCHOOL SPORT ORGANISING COMMITTEES (SGOC) - SCHOOL GAMES ORGANISING CREWS (SGOC)

All PSSP schools will have a Leadership Academy which will be run by the school Silver Ambassadors. Leadership Academies should meet every half term and plan a delivery structure for the academic year.

All schools are encouraged to develop School Sport Organising Crews (primary) and School Sport Organising Committees (secondary). These are groups of young people who lead the planning and delivery of school sport clubs and intra-school competition programmes in their school.

They will influence and shape the school sport offer for their peers through deciding on the types of competitions, their structure and where and when they take place, making it more attractive and accessible for all young people.

## Young Ambassador's and Leadership Academy Targets



## Leadership and Volunteering Programme Values

Every person who takes part in, or makes a contribution towards, the leadership and volunteering programme have an expectation placed upon them to be a positive role model to others and actively promote the Olympic, Paralympic and School Games Values in everything they do.

### Olympic Values

- Respect
- Excellence
- Friendship

### Paralympic Values

- Determination
- Inspiration
- Courage
- Equality

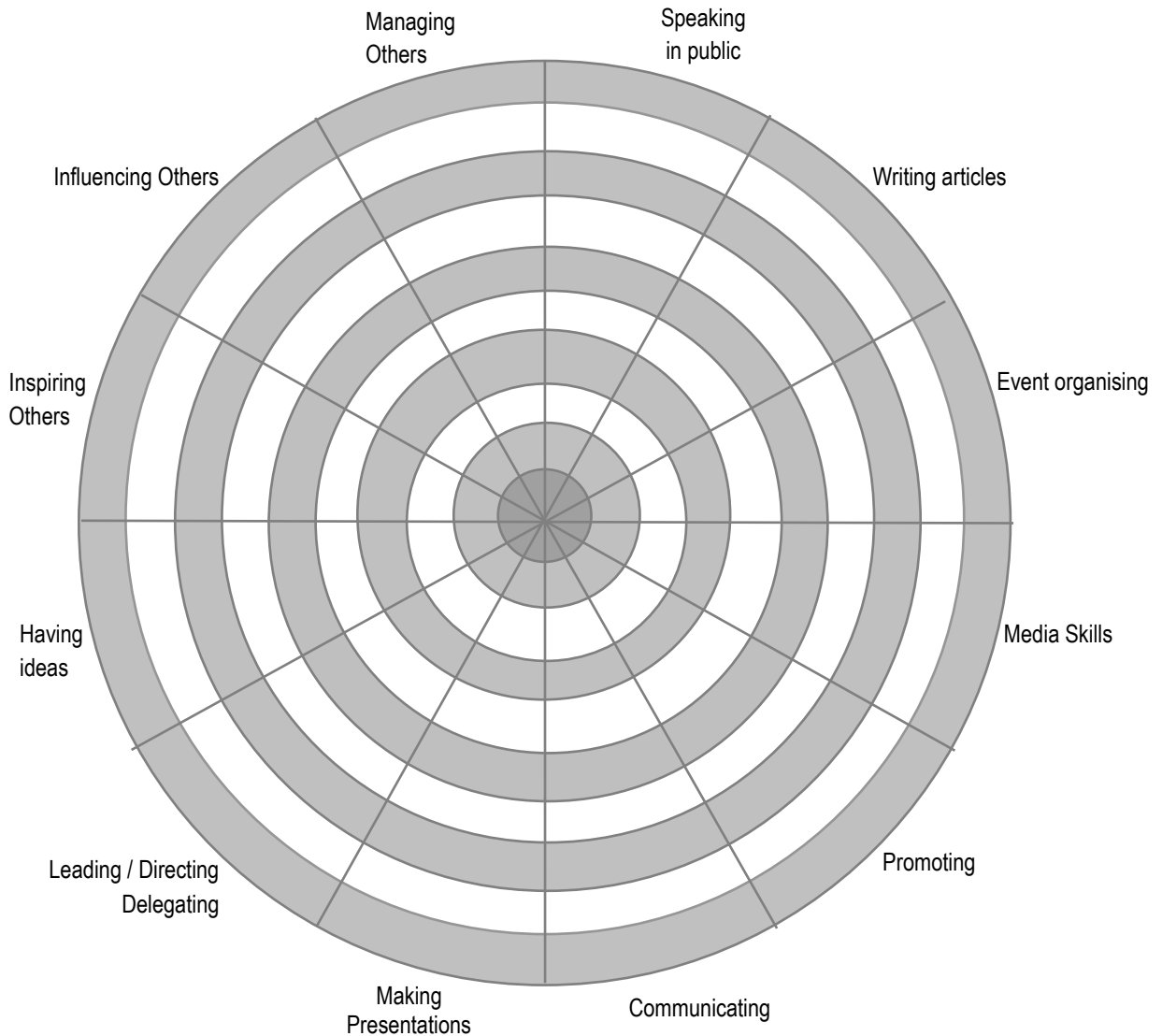


“As a member of the Young Ambassador and Leadership Academy Movement, I promise to be a role model for other young people, I commit to promoting and living the Olympic, Paralympic and Devon School Games Values and in doing so help to inspire young people to choose sport”

(Adapted from the Devon School Games oath 2016)



## Identify your strengths and areas you need to improve...



**My skills/Attributes:** There are 10 circles that start at the centre & work outwards to the outside of the wheel. The centre of the circle equates to 1 and the outer circle equates to 10. Using the scoring system of 1 poor & 10 outstanding, shade the circles for each sectioned skill/attribute scoring yourself out of 10. Use your profile to target 3 areas of strength and 3 areas you would like to improve. Use your findings to complete the information below!

Identify three skills in which you would like to improve

1

2

3

Give examples of how you can use your role as a Young Ambassador to improve these skills

(a)

(b)

(c)

## Personal Skills - Be the best you can be

Young Ambassadors are self confident, aspire to be the best they can be, show perseverance, the ability to bounce back and are well organised

Personal Skills		Start Rating Rate 1 –10	End Rating Rate 1 –10
<b>Personal Professionalism</b>	Ability to operate with a high level of personal professionalism, through self management, time management, goal setting, planning & organising		
<b>Self Confident &amp; Responsible</b>	Demonstrates self confidence and shows self respect and integrity. Can speak clearly & confidently to large groups		
<b>Aspire to Achieve</b>	Demonstrates a desire to achieve in the pursuit of personal excellence and growth		
<b>Mental Toughness</b>	Demonstrates resilience and perseverance to overcome challenges		

### An Experienced YA Example

Whilst working as a Young Ambassador my role grew in both responsibility and importance. When organising an event for over 150 primary children, I had to consider not only the needs of those participating, but also all other attendees such as school teachers and parents. With this in mind I had to ensure I was professional at all times and prepared for all eventualities. At the event I was responsible and accountable to everyone so had to ensure I had the confidence to lead the event.

When undertaking events or running clubs I have found that things do not always go to plan, whether is an equipment issue, staffing problem or officiating complaints. When this has happened I show resilience and adapt and overcome whatever issues arise and make sure the outcome is beneficial and successful.

### Your Personal Examples




## Social Skills - Team Maker

Young Ambassadors build and lead teams or groups by supporting, building empathy and trust. Inspires, motivates and influences people to achieve a common vision or goal.

Personal Skills		Start Rating	End Rating
<b>Emotional Intelligence</b>	Ability to listen effectively, interpret accurately and communicate with clarity and confidence. To develop and manage relationships with others based on trust and respect		
<b>Team Maker Skills</b>	Ability to work effectively with others within a framework of accountability for shared outcome and responsibilities. Ability to inspire, motivate, engage and lead others towards a common goal. To influence and build teamwork with a group of people		

### An Experienced YA Example

When I have worked in groups, however big, I have created good working relationships. When leading a team as a Young Ambassador, I have motivated young individuals to work to the best of their abilities which ensures that events run successfully. I have always listened to team members and try to understand their point of view..... I have shown the ability to determine others strengths and abilities and, as a leader, have used peoples strengths to delegate tasks in order for the team to succeed

### Your Personal Examples


## Creative Skills - Entrepreneurial Spirit

Generates innovative ideas. Is good at problem solving and can challenge current thinking.

Personal Skills		Start Rating Rate 1 –10	End Rating Rate 1 –10
Generate Ideas	Ability to generate and then apply innovative and creative concepts or ideas		
Problem Solving	Ability to think and perform creatively when under pressure, and able to problem solve to find the best or right solution		
Calculated Risk	Willingness to take calculated risks, pushing boundaries and challenging current thinking		

### An Experienced YA Example

I have shown the ability to step back and look at a problem as part of a bigger picture and think ‘outside the box’ to come up with solutions to issues. I have used creative thinking to coordinate a Young Ambassador Steering Group by increasing attendance at the group and creating more regular meetings by planning meetings at the same time as the city holds a PE Head of Department meeting. This has completely eradicated transportation issues and ensures we have a full attendance at meetings.

### Your Personal Examples


## Thinking Skills - Reflector and Decision Maker

Wants to learn, can analyse options and can make well timed decisions on what to do.

Personal Skills		Start Rating Rate 1 –10	End Rating Rate 1 –10
Learn	Consistently and continually exhibits a desire to learn		
Analyse	Has the ability to gather information to effectively analyse a situation, develop solutions and decide on the next step that needs to be taken		
Decisions	Ability to make well informed, effective and timely decisions		

### An Experienced YA Example

The role of a Young Ambassador has put me into many stressful and pressurised situations, however, the experience I have gained through being a Young Ambassador has enabled me to deal with things in a calm and confident manner. I can analyse problems, situations and issues and create well informed decision in a timely manner. I always perform a review of activity or events, highlight success and learn from anything that has not gone to plan. This information is then used for future planning or the next activity or event.

### Your Personal Examples


# Your Next Steps...

Here are some examples of how some of our most experienced Young Ambassadors have showcased their skills in personal statements, interviews, CV's and job applications.

## Personal Statement Example

I act as a Young Ambassador for my school and the Plymouth School Sports Partnership and for the past year have been Head Girl at my school. To fulfil these roles I have always been well presented, organised and have acted as a role model to others by living and promoting the Olympic, Paralympic and School Games Values.

As a Young Ambassador I have planned, organised and delivered many large scale sporting events and have delivered presentations and assemblies promoting the value of sport and competition and encouraging young people to get involved in physical activity and healthy lifestyles.

The roles I have carried out as an Ambassador and volunteer have enabled me to greatly strengthen my interpersonal and communications skills which has enabled me to work effectively both individually and as part of a team. As a good presenter and communicator I can converse and deliver to a wide variety of audiences, have the ability to manage conflict and inspire and influence other.

The Young Ambassador Programme has encouraged me to take every opportunity to extend my learning and life experiences far beyond academic studies and I have found these experiences complementary, enriching and life changing. It has allowed me to take on roles of considerable responsibility including conducting whole school assemblies, supporting local primary schools PE delivery and clubs, organising and delivering large scale events, delivering at regional conferences and volunteering at the National School Games.

My Ambassador, volunteering and leadership experiences have developed my self confidence, resilience and versatility and have given me the ability to problem solve and make important decisions. I am always well organised, friendly and approachable and go about my work with empathy and enthusiasm.

My role as an Ambassador has helped me develop many skills and qualities which I believe, along with my academic performance, will allow me to flourish as a student at your university and enable me to make a valued contribution to your student community.

## Covering Letter Example

As a member of the Young Ambassador Programme, regional steering group, sports leaders and volunteer for my school and the Plymouth School Sports Partnership, I have developed a wealth of experiences, skills and values which have helped develop my self confidence, communication and interpersonal skills enabling me to take on roles with significant responsibility and doing so with professionalism and organisation. I feel strongly that these skills, attributes and values would transfer [positively into the role of.....]

**EXAMPLE Name:** Alison Fay Maynard

**Address:** Southerland Close, Plymouth, PL7 4PD

**Home Telephone** 01234 000000 • **Mobile** 00000 000000 • **Email** name@mail.com

### Personal Statement

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I act as a Young Ambassador for my school and the Plymouth School Sports Partnership and for the past year have been Head Girl at my school. To fulfil these roles I have always been well presented, organised and have acted as a role model to others by living and promoting the Olympic, Paralympic and School Games Values.

As a Young Ambassador I have planned, organised and delivered many large scale sporting events and have delivered presentations and assemblies promoting the value of sport and competition and encouraging young people to get involved in physical activity and healthy lifestyles.

### Key Skills

- Enthusiastic
- Approachable
- Reliable
- Dedicated
- Good communicator
- Can problem solve
- Manage others
- Make important decisions

### Qualifications

- Emergency First Aid at Work
- Athletics Level 1 Officiating Award
- RFU KS4 Rugby Leader Award
- YST Safeguarding Young People Award
- A Level General Studies - Grade B
- A Level English Language - Grade C
- A Level Mathematics - Grade C
- 10 GCSE's Grade A - C

### Employment and Experience

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#### Young Ambassador (September 2004 - Present)

Key achievements and responsibilities;

- Silver, Gold and Platinum Young Ambassador for the Plymouth School Sports Partnership
- Delivery of large scale sporting events
- Delivery of regional Young Ambassador Conferences
- Delivery of whole school assemblies
- Delivery of sporting sessions and clubs at local primary schools
- Volunteer at Devon Ability Games, Devon Winter & Summer School Games and the National School Games
- Member of the Young Ambassador Regional Steering Group
- Coordinated and run the Notre Dame School Leadership Academy
- Delivery of Level 1, 2 and 3 School Games events
- Notre Dame School Head Girl
- Devon U18 Ladies Rugby

#### Bar Worker (June 2006 - Present)

Key achievements and responsibilities;

- Preparing and serving food
- Cleaning duties
- Serving drinks and beverages
- Waiting tables
- Managing other staff
- Planning and implementing staff rotas

## Hobbies and Interests

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I am involved in a local amateur dramatics society, where I volunteer as a lighting and sound technician. I have been involved with this society for three years and very much enjoy being part of the team. More recently, I assumed the role of Stage Manager for a two week production and relished the chance to take control of performances and react to a high-pressure environment.

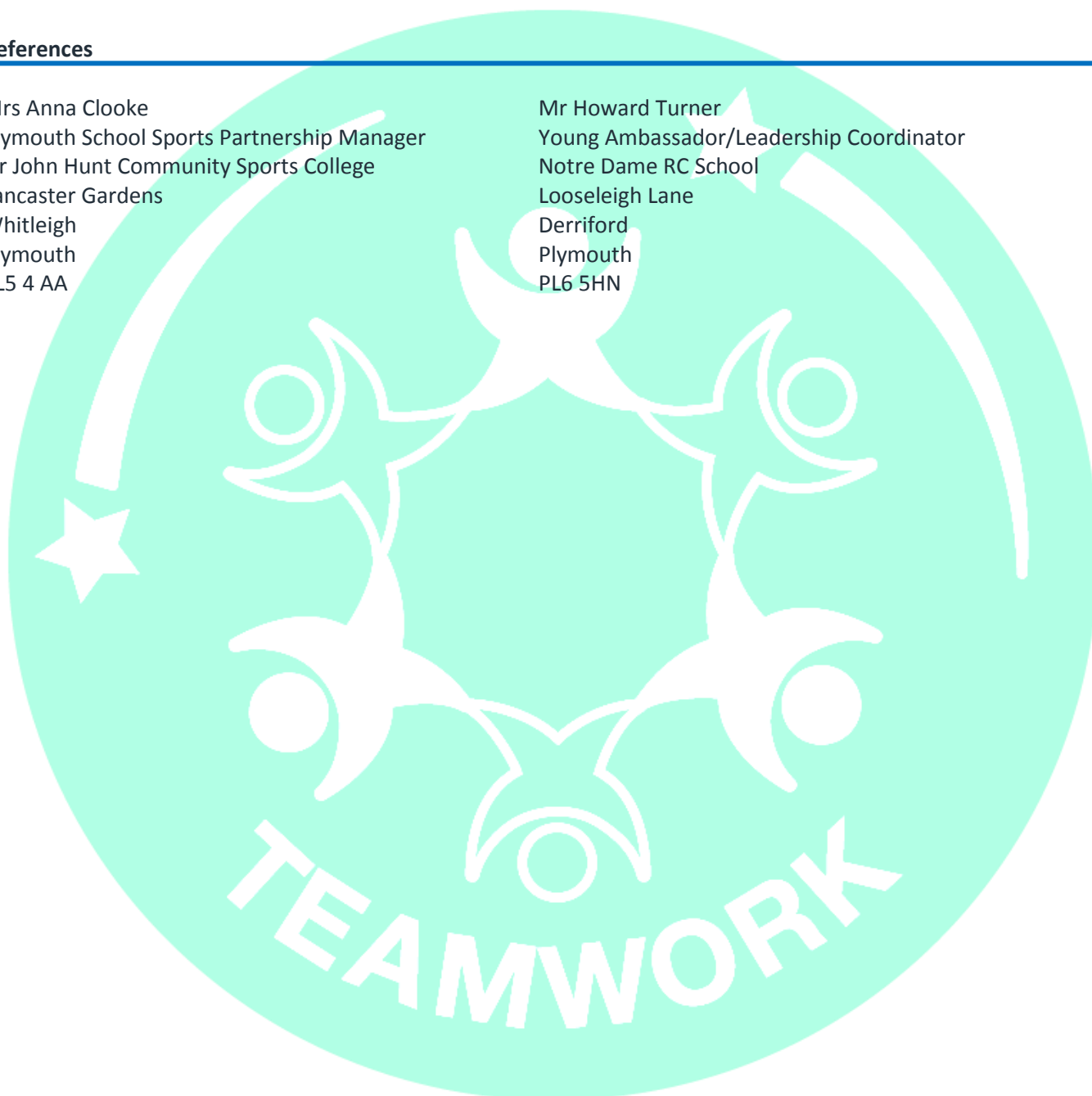
I love sport and play for rugby Plymouth Albion Ladies Rugby Club. I also enjoy surfing, walking the family dog and reading books.

## References

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Mrs Anna Clooke  
Plymouth School Sports Partnership Manager  
Sir John Hunt Community Sports College  
Lancaster Gardens  
Whitleigh  
Plymouth  
PL5 4 AA

Mr Howard Turner  
Young Ambassador/Leadership Coordinator  
Notre Dame RC School  
Looseleigh Lane  
Derriford  
Plymouth  
PL6 5HN







## **Good Luck and Enjoy Your Year!**

**Please make sure you have registered as a Young Ambassador with the  
Plymouth School Sports Partnership via**

**<https://www.surveymonkey.co.uk/r/SAregistration>**

**Register with the National Lead 2 Employability Volunteer Log & record your  
volunteer hours to gain rewards & recognition**

**<https://www.lead2employability.com/>**

**For further information and resources for Young Ambassadors, please visit**

**[www.plymouthssp.co.uk](http://www.plymouthssp.co.uk)**

**[www.youthsportstrust.org](http://www.youthsportstrust.org)**

**Please see an Ambassador's Journey**

**[https://www.youtube.com/watch?v=zOLgEcfwswc&feature=em-upload\\_owner](https://www.youtube.com/watch?v=zOLgEcfwswc&feature=em-upload_owner)**

**<http://www.youtube.com/watch?v=OEVMGOUFy1M&feature=youtu.be>**

**Plymouth School Sports Partnership**

Sir John Hunt Community Sports College  
Lancaster Gardens  
Whitleigh  
Plymouth  
PL5 4AA

**Tel: 01752 201020**

**Email: [psspadmin@sirjohnhunt.plymouth.sch.uk](mailto:psspadmin@sirjohnhunt.plymouth.sch.uk)**

**Young Ambassador & Leadership Coordinator**

Howard Turner  
Notre Dame RC School  
Looseleigh Lane  
Derriford  
Plymouth  
PL6 5HN

**Tel: 01752 775101**

**Mobile: 07759 633889**

**Email: [hturner@ndonline.org](mailto:hturner@ndonline.org)**



**Leadership  
Academy**

**Plymouth School Sports Partnership**

Sir John Hunt Community Sports College  
Lancaster Gardens  
Whitleigh  
Plymouth  
PL5 4AA

**Tel: 01752 201020**

**Email: [psspadmin@sirjohnhunt.plymouth.sch.uk](mailto:psspadmin@sirjohnhunt.plymouth.sch.uk)**

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