University of St Andrews | FOUNDED 1413

SAINTS SPORT

SAINTS LEADERSHIP PROGRAMME

General Information Pack

Developing Future Leaders Through Sport

For young people aged 16+ | 10-week development programme

This information pack is designed for both participants and parents/guardians. It explains what the programme is, what participants can expect, the opportunities available, the commitment involved and how to apply.

The University of St Andrews is a charity registered in Scotland, No: SC013532

1. What is the Saints Leadership Programme?

The Saints Leadership Programme is a leadership and employability programme delivered by Junior Saints and Saints Sport. It is designed to help young people aged 16+ build confidence, develop practical skills, gain relevant qualifications and gain real-world experience through sport.

The programme is about more than sport or coaching. It is designed to help participants develop skills that can support them beyond school and into university, college, employment, volunteering and future careers.

Our aim: participants leave with skills, qualifications, experience and evidence of leadership that they can take into their future.

2. Who is the programme for?

The programme is open to young people aged 16+ who are interested in developing themselves through sport and leadership.

You do not need to be an elite athlete or play sport at a high level. Enthusiasm to learn, willingness to contribute and a positive attitude are more important than sporting ability.

We are looking for young people who are:

- Motivated and enthusiastic
- Reliable and committed
- Willing to learn and take feedback
- Interested in leadership and working with others
- Ready to take responsibility
- Interested in gaining qualifications and practical experience
- Keen to develop confidence and communication skills

3. What will the programme involve?

The programme will combine workshops, practical learning, mentoring, qualifications and real-world projects. Participants will not simply sit and listen: they will have opportunities to practise skills, receive feedback and apply what they learn.

Leadership & Personal Development — Confidence, communication, teamwork, resilience, responsibility and leadership.

Coaching — Planning, delivering and evaluating sports sessions, demonstrations, organisation and giving feedback.

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Qualifications & Training — Opportunities to work towards relevant qualifications and training, subject to final delivery and availability.

Personal Training & Fitness — Introduction to fitness, wellbeing and personal training concepts, where included in the programme.

Future & Employability — CVs, applications, personal statements, interview preparation and understanding future pathways.

Mentoring & Role Models — Guest speakers, mentors and opportunities to learn from people working across different areas of sport.

Community Experience — Opportunities to volunteer, support activities and develop experience working with participants and communities.

Leadership Project — Working as a team to plan and deliver a community sports project or event, putting leadership and organisation skills into practice.

4. Practical experience & community project

A key part of the programme is giving participants genuine experience of leadership. Participants will work together to plan and, where appropriate, deliver a community sports project or event.

- Identify an idea or need
- Work as a team and allocate responsibilities
- Plan activities and resources
- Consider safety, organisation and communication
- Deliver the activity/event
- Receive feedback and reflect on what they learned

DON'T JUST LEARN IT. DO IT.

5. Qualifications & learning outcomes

The programme will include opportunities to work towards relevant qualifications and training. Specific qualifications will be confirmed before the programme begins and are subject to provider requirements, availability and successful completion.

Potential areas may include coaching, safeguarding, personal training/fitness and leadership. Where a qualification is not formally accredited, participants will still gain practical experience and evidence that can contribute to their personal portfolio.

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By the end of the programme, our aim is for participants to have:

- Relevant qualification(s), where applicable
- Practical coaching and leadership experience
- Evidence of participation in a community project
- A stronger CV and examples to discuss in applications/interviews
- Improved confidence, communication and teamwork
- A clearer understanding of possible future pathways

6. Future pathways & employability

The programme is designed to support a wide range of next steps, including university, college, apprenticeships, employment, professional sport, coaching, volunteering or careers outside sport.

- CV development
- Application and personal statement support
- Mock interviews
- Understanding transferable skills
- Meeting and networking with professionals and role models
- Identifying strengths and development areas
- Creating a personal action plan for next steps

7. Mentoring, role models & networking

Participants will have opportunities to hear from people with different experiences across the world of sport and related careers. These sessions are intended to broaden understanding of the sector, provide realistic insight into different pathways and allow participants to ask questions.

Where possible, mentoring opportunities will allow participants to receive individual or small-group guidance and feedback.

8. Support, safeguarding & expectations

Participants will be supported by experienced staff and encouraged to develop in a positive, respectful and inclusive environment.

Participants are expected to:

- Attend sessions consistently and arrive on time
- Take part positively and respectfully
- Follow staff instructions and safety guidance
- Treat other participants, staff and community members with respect

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- Take responsibility for their own learning and contribution
- Communicate with staff if they are unable to attend or need support

Safeguarding, appropriate supervision and safe practice will be central to the programme. Any community delivery will be planned with appropriate risk management, supervision and safeguarding arrangements.

9. Commitment & attendance

The programme is intended to be a meaningful 10-week commitment rather than a drop-in course. Participants should be prepared to attend regularly and engage fully in both learning and practical activities.

The programme will run with up to two sessions per week. Final dates, times and locations will be communicated to successful applicants.

If a participant knows that they have unavoidable commitments that may affect attendance, they should discuss these before accepting a place.

10. Programme fee

The Saints Leadership Programme has a participation fee of £150 per participant.

The fee contributes towards programme delivery, including training, resources, qualifications where applicable, mentoring and practical experiences.

Once a participant has commenced the programme, the £150 participation fee is non-refundable, subject to any exceptions set out in the programme terms and conditions.

Full payment information and any relevant terms will be provided to successful applicants before a place is confirmed.

11. How to apply

Places are limited and an application form is required for consideration.

1. Read this information pack carefully.
2. Complete the Saints Leadership Programme application form.
3. Provide the requested referee details.
4. Submit your application by the stated deadline.
5. Applications will be reviewed and successful applicants will be contacted with further information.

To request an application form or ask a question, email: **juniorsaints@st-andrews.ac.uk**

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12. What will I leave with?

The intended outcome is a portfolio of evidence and experience that participants can use beyond the programme.

- Qualifications or certificates gained through the programme, where applicable
- Coaching and leadership experience
- Evidence from practical/community projects
- CV and application materials
- Feedback from coaches, mentors or programme staff
- Examples of teamwork, responsibility and problem-solving
- Professional contacts and insight into sport-related careers
- A personal development and future action plan

LEAD. LEARN. CONNECT. LAUNCH.

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13. Frequently Asked Questions

Do I need to be good at sport?

No. Sporting experience is welcome, but enthusiasm to learn and lead is the most important quality.

Do I need to know what career I want?

No. The programme is designed to help you explore options and develop transferable skills.

How often will sessions take place?

There will be up to two sessions per week across 10 weeks. Some sessions may be led virtually rather than in person. Exact scheduling will be confirmed.

Where will the programme take place?

Sessions will be delivered through Saints Sport / University of St Andrews facilities, with practical community opportunities. Exact locations will be confirmed.

Will I definitely receive every qualification mentioned?

Specific qualifications are subject to final delivery, provider requirements, availability and successful completion. Confirmed opportunities will be communicated before the programme begins.

Can I take part if I am already involved in a school or Active Schools leadership programme?

Yes. The Saints Leadership Programme is intended to complement existing leadership and coaching experiences and provide additional development opportunities.

What happens if I cannot attend a session?

Participants should communicate with programme staff as soon as possible. Regular attendance and commitment are expected.

Can parents/guardians ask questions?

Yes. Parents/guardians are welcome to contact the programme team for further information.

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14. Contact & further information

For questions about the programme, application process or participation requirements, please contact:

Junior Saints / Saints Sport

juniorsaints@st-andrews.ac.uk

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