

## Rugby Coach volunteer

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### Introduction

3Pillars Project has an exciting opportunity to join our fast-growing team as a Rugby Coach. If you are an innovative, proactive, and diligent individual and have a passion for our work, we want to hear from you.

3Pillars Project is seeking dedicated and experienced Rugby Coach Volunteers to join our team and make a positive impact on the lives of young people at risk of offending and involved in the criminal justice system. As a Rugby Coach Volunteer, you will play a pivotal role in using rugby as a tool for rehabilitation, skill development, and building positive relationships with vulnerable youth.

### Background

3Pillars uses sport-based mentoring as a gateway to engage young people in prison, and in the community, who are vulnerable to crime. The 3Pillars approach offers long-term support to participants, with the aim of enabling individuals to make a positive contribution to society.

### Our Programmes

3Pillars Project delivers three Academies as part of GAMEPLAN:

1. **Rugby Academy** - an in prison eight-week rugby course engaging young men in custody.
2. **Fitness Academy** - community engagement for apprentices, offering in person mentoring and training.
3. **Leadership Academy** - a progressive employment, education, or training (EET) support programme, through which apprentices can learn and develop business and community leadership skills supported by 1-2-1 mentoring.

Further information on our programmes can be found [here](#)

## **The Position**

- Plan and deliver high-quality rugby coaching sessions for young people involved in our programmes, focusing on skill development, teamwork, and sportsmanship.
- Act as a positive role model and mentor, inspiring and motivating participants to reach their full potential both on and off the rugby field.
- Foster an inclusive and supportive environment, ensuring that all participants feel welcome and valued.
- Collaborate with other coaches and staff to develop and implement personalised development plans for each participant, identifying areas for improvement and growth.
- Encourage teamwork, discipline, and respect for others among the young players, promoting positive behaviors and attitudes.
- Actively participate in the planning and organisation of rugby events, tournaments, and friendly matches to provide enriching experiences for the participants.
- Support the integration of life skills and positive values into rugby sessions, helping participants apply these lessons to their daily lives.

## **Qualifications and skills**

- A genuine passion for rugby and its potential as a vehicle for social change and youth development.
- Prior experience as a rugby coach, with a solid understanding of the game's rules, techniques, and strategies.
- Strong leadership and communication skills to effectively engage with young people and create a positive learning environment.
- Patience, empathy, and the ability to work with young people facing various challenges.
- Coaching certifications and qualifications are advantageous but not mandatory.

## **Time commitment**

We appreciate any amount of time you can dedicate as a Rugby Coach Volunteer. The time commitment can be flexible and tailored to your availability and our fundraising needs. We are looking for someone to commit to a minimum of 4 hours per week for the next 6 months, with the option to continue longer term. Reasonable expenses covered.

# 3Pillars Project

THE WILL TO SUCCEED

## Training and support

You will receive comprehensive training on the 3Pillars Project's approach to rugby coaching and working with vulnerable youth. Our team will provide ongoing support, resources, and feedback to ensure you are well-prepared for your coaching role.

## Benefits of Volunteering

- Use your passion for rugby to make a meaningful difference in the lives of young people facing challenging circumstances.
- Develop your coaching and mentoring skills while gaining a deeper understanding of youth development and criminal justice issues.
- Join a community of like-minded individuals committed to empowering young people and promoting positive change.

## Application Process

If you are interested in becoming a Rugby Coach Volunteer with 3Pillars Project, please send an email with a paragraph explaining why you think you are suitable to [jen@3pillarsproject.com](mailto:jen@3pillarsproject.com)

Join us in our mission to create lasting change in the lives of vulnerable youth. Together, we can build a society that empowers, supports, and inspires the next generation to reach their full potential.