**#Unite Female Coach Ambassador Application Form**

**Applicant Details**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Name*** |  | | | |
| ***DOB*** |  | | | |
| *URN* |  | | | |
| ***Gender*** |  | ***Ethnicity*** |  | |
| ***Disability*** |  | ***Welsh Speaking*** |  | |
| ***Medical conditions*** |  | | | |
| ***Address***  ***inc Post Code*** |  | | | |
| ***Phone number*** |  | ***Mobile*** **number** | |  |
| ***E-mail address*** |  | | | |
| ***Signature*** |  | | | |
| ***Dated*** |  | | | |

|  |
| --- |
| **What has been your coaching journey up until this point and why do you want to be an Ambassador?** |
|  |

|  |
| --- |
| **What is your aspiration as an coach, and how will the mentoring programme support your ongoing development?** |
|  |

|  |
| --- |
| **Is there any support you would need to help you support your ongoing development?**  *(Welsh Athletics will seek to offer reasonable flexibility and versatility if possible, to ensure equality of opportunity for* participation*)* |
|  |

**Expectations of coaches accepting a place on the mentoring program**

Coaches that signed up to be part of the programme signed up to the following expectations:

* Demonstrate throughout the process a commitment to your own continued development as a performance coach by investing fully in developing a positive relationship with the mentor-based around mutual respect and collaboration.
* It is expected that there would be contact at least once per month but beyond that, it would be down to mentor and mentee to agree what is useful and viable for them. More regular email updates could be used to support more in-depth discussion via whatsapp etc.
* Complete a coach-mentor log and share with the Welsh Athletics Coach Development Coordinator on a quarterly basis. This is only meant as a synopsis. Coaches are encouraged to keep their own more detailed log.
* Participate in #Unite Female Coach Campaign networking events and share reflections on key things they have gained from the programme with other Welsh coaches.

**Submitting the Application**

Please send your completed application form to: [zoe.brown@welshathletics.org](mailto:zoe.brown@welshathletics.org) by **4pm 18th Feb**

If you have any queries about the application or the programme, please contact

**Zoe Brown: 07803746281**