



EASTER COACHING 2014

The Easter Coaching ran during the second week of the Dundee school holidays this year. The young people come along to the Skatepark every day for a week, with the mornings spent with coaches in the Skatepark Arena and the afternoons spent participating in various youth activities.

The morning session is a great opportunity for the young people to practice their skills on the Skatepark. With guidance and assistance from our team of coaches they are able to build on the tricks and ramps they can already do and by Friday often reach a level of ability that would not have been thought possible on Monday morning. The majority of young people we have attending are eager to tell the coaches if they want to learn something, and by the end of the week even the more introverted members in the group had built up a good relationship with the coaches.

On Tuesday we wrote up the ground rules that the group need to abide by. The young people are encouraged to participate in making these rules and we put them up on the whiteboard. This is to help the young people to think about what they are doing and consider the consequences that will follow. If the young people break the rules they get a strike, and they all knew that if they got three strikes then they would be sent home. Some young people offered more ideas than others but we managed

to get ten rules up on the whiteboard. Once we had done this the group went on to the bouncy castle for an hour. We played Dodgeball with them while they were on the bouncy castle and they had great fun. It was a great bonding experience for the group and they enjoyed themselves.

Wednesday's afternoon activity was watching 'Wreck-It-Ralph'. We played the movie in the youth room and dimmed the lights. The young people had a nice relaxing time and enjoyed themselves, especially those who had not seen the movie before. Once the movie was over we had half-an-hour of arts and crafts before the parents came to collect them. They had the opportunity to paint and colour in and generally make a mess. One young boy did a lovely drawing of an angry bird while another did a drawing of Wreck-It-Ralph from the movie we had just watched. This afternoon was a relaxed and enjoyable time for the young people and the youth staff.

On Thursday we watched the second half of Shrek, which they had started on Tuesday afternoon. Once the movie was over we took the group outside onto the hill and played some games, such as running races and number football. This was a good chance for those who are active but not hugely accomplished on the skatepark to excel. It also gave the young people an opportunity to just run about and have some fun. During the school holidays this is a big part of what young

people want to do, they want to enjoy themselves, and play games outside whilst under the youth staffs supervision giving them that chance to play safely. Friday was the last day of the coaching programme. A photographer from the local newspaper came down to take some photographs of the group, which gave the young people an opportunity to show off the tricks they had learned over the course of the week. Each of the young people was presented with a certificate to show what they had accomplished over the week. After lunch we took the group across to Battlefield Live. This is a laser-tag game that is laid out like an urban battlefield and is based 5 minutes from the Skatepark. Overall this week's coaching has been a success. There have been some behavioural issues and the occasional tears, but the young people built up several good relationships over the week and were closer as a group by we got to Friday. Ultimately it is all about the young people having fun in a safe environment and they certainly did that.

