



# TRAVELLERS SPORTS TOTAL SPORTS KNYSNA, SOUTH AFRICA

## ADDITIONAL INFORMATION

### South Africa has everything ...

- ◆ Sun, sparkling warm and clear oceans, and the most beautiful golden beaches you will ever see ... stretching for miles.
- ◆ Mountain climbing, biking and hiking
- ◆ The *Garden Route*, world famous and sheer paradise!
- ◆ Outstanding Game Reserves where you can see wild animals in their natural habitat, and by contrast symmetric vineyards stretching to infinity
- ◆ Sharks, whales and dolphins, and the amusing Cape Fur Seals.
- ◆ Elegant restaurants, barbecues and beach parties
- ◆ And FRUIT everywhere!



But most of all, South Africans are the friendliest and most hospitable people in the world - without a doubt! If you're invited to dinner ... don't eat for a week beforehand because you'll be overfed, especially if it's a barbecue. Wine is cheap and good. The salads are to die for.

And - of course - the fruit! From the exotic to the commonplace, it's everywhere.



## TOTAL SPORTS

**THIS IS A "TOTAL SPORTS" PROJECT AS WELL AS A "COACH AND PLAY" PROJECT. Coach and play one or more different sports, the choice is yours.**

**This is a serious Sports Coaching project working with a number of well-equipped schools and you'll also have the opportunity to work with children from disadvantaged communities as well.** This project is quite unique in that you can **coach many different types of sports** and you will also have the opportunity to help out with some of the outreach programmes within the local community which one of the schools run.

You don't need any qualifications to do this project, just knowledge of sports and lots of enthusiasm.

### THE PLACEMENT

This project allows you to coach and play a variety of sports. During the day time you will be coaching sports at one of the schools we work with acting as the assistant sports teacher where you will be coaching a variety of different aged children who are between 6 – 13 but if you wish to coach older children that can be arranged. You will be coaching at the school from around 10 - 2. From 2 – 5 you will be able to coach the schools sports teams after school.

The schools we work with are the more privileged schools in Knysna. They have excellent facilities and offer a wide range of sports to their students. On this project you have a number of choices in terms of your work. We work with three schools in total on this placement and depending on your skills and interests we will place you at a specific school as each school offers different sports.

Two of the schools we work with offer you the opportunity to coach full time alongside the existing sports teacher at the school. The other school we work with is not a normal school in the sense of lessons, as it provides after school coaching for the boys and girls in the area of Knysna and works closely with children from underprivileged communities. The more privileged children pay for the after school sports program which funds the school but the school offer free coaching and opportunities to play sport for those who can not fund it themselves which is mainly the local township children.



If you wish to get involved in a sports management/development role on this placement, maybe as part of a work experience placement for university or college as well as coaching for a few hours, rather than coaching sports full time, then you will have the opportunity to work at the sports school in the day time.

The sports School was established in 1992 as a sports promotional tool for the previously disadvantaged community. The school's motto is '*To Play for the sake of the game*'. The School has excellent facilities, including a pavilion, cricket and hockey ground. The school provides after school coaching and operates as a business during the day time organising sporting events and coaching schedules etc.

If you wish to get involved in the sports management aspect of this project then you'll be involved in a number of different activities during the day before your coaching starts at 2pm. A typical day will consist of undertaking the administration and management of the sports school, which includes, for

example:

- organising monthly sports festivals at the Sports School - schools from all over the country come to Knysna to take part in these festivals
- organising matches for overseas touring sports teams
- sports facility maintenance
- general paperwork and administration
- organising matches between schools and clubs.

#### TYPES OF SPORTS AVAILABLE TO COACH:

As a Travellers Sports Coach in Knysna, you might find yourself involved in any number of sports. If there is a specific sport you wish to coach please let us know and we can arrange for you to be at the school that offer that particular sport as each school's sport program varies. Please be aware that each sport is played in a particular term (see below for details). Below is a list of sports on offer to coach:

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| <ul style="list-style-type: none"> <li>• Athletics,</li> <li>• Archery,</li> <li>• Biathlon,</li> <li>• Bowls,</li> <li>• Cricket,</li> <li>• Cross Country,</li> <li>• Cycling,</li> <li>• Football,</li> </ul> | <ul style="list-style-type: none"> <li>• Golf,</li> <li>• Gymnastics,</li> <li>• Hockey,</li> <li>• Netball,</li> <li>• Squash,</li> <li>• Swimming,</li> <li>• Tennis,</li> <li>• Waterpolo,</li> </ul> |
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**You can choose to coach one or more different sports and you can do a placement for any length of time, from two weeks upwards.** The sports are divided by season and are as follows:

#### **Terms 1 & 4 summer (October - April)**

**Athletics, Archery, Biathlon, Bowls, Cross Country, Cycling, Cricket, Golf, Gymnastics, Tennis, Swimming, Waterpolo.**

#### **Term 2 & 3 Winter (April - September)**

**Archery, Bowls, Cross Country, Cycling, Football, Golf, Gymnastics, Hockey, Netball, Rugby, Squash, Tennis.**



## PLAYING SPORTS

As well as coaching sports, you'll also have the chance to train and possibly play sport with the sport school if you're considered good enough. The sports school has mens/senior teams in a number of sports. If you'd like to compete and train in your sport, the dates for the different sports sessions are given below:

- **Bowls:** Winter (April – September)
- **Cricket:** Summer (October – April)
- **Tennis:** April – end of May
- **Squash:** April – mid September



## PROFESSIONAL

You'll see the same children on a regular basis so that both you and they can really get the most out of the training sessions. Rather than just covering the basics many times with many different children you will be able to have more of an impact and develop the local sport more significantly. You will also create a deeper bond with the children you coach. You will probably coach the same group of children around twice a week.

You will also be coaching alongside the existing qualified sports coaches at the school. Working with the sports coaches at the school will also boost your coaching abilities as you will be able to learn from the coaches.

## FREE COACHING MANUALS AND A FREE SUBSCRIPTION TO COACHING WEBSITE

As a sports coach we provide you with a FREE coaching manual for each sport and also membership to a football coaching website to help you whilst on your placement. With this membership (which normally comes with a price tag of £39.99), you automatically become a member of the International Coaches Association (ICA) and join a community of coaches from over 65 countries.

The ICA is rapidly growing into one of the largest coaching organizations in the world. This subscription will allow you access to over 4,000 pages of the best interactive, online soccer and football coaching information.

Although they deal mainly with soccer/football, the coaching principles are the same for all sports and will be helpful for you in teaching any sport. This excellent resource should hopefully be able to give you a few tips that will benefit both you and the children that you'll be coaching, and enable you to gain the maximum enjoyment from your placement.

## SCHOOL TERMS:

*(Please note that the school terms are slightly different depending on which school you are allocated to, so these dates are as a guideline only.)*

### 2008 school terms:

- 1st Term 9 January to 20 March
- 2nd Term 14 April to 20 June
- 3rd Term 14 July to 26 September
- 4th Term 6 October to 5 December

### 2009 school terms:

- 1st Term 21 January to 3 April
- 2nd Term 15 April to 26 June
- 3rd Term 20 July to 23 September
- 4th Term 5 October to 11 December



Please note: Volunteers can't coach sports during the school holidays; instead you will be involved in running the sports festivals for the Sports School.

## ACCOMMODATION

You will more than likely live in one of our volunteer houses with other Travellers volunteers. You will either have your own room or will share a room with one or more other Travellers volunteers. It will depend on how many people are there at the same time that you are.



These are comfortable houses with good facilities and most have a beautiful view of Knysna Lagoon. Your meals are all provided.

There are several good, inexpensive steak houses and lots of good Chinese, Italian and other ethnic restaurants. With local beer costing only 50p and coca cola 30p a good night out is cheap (at time of writing). With the current favourable exchange rate of about 13 Rands (R13) to the pound, your spending money goes a long way! (Prices given are correct at time of writing, but please check before departure.)

*"Thank you so much for all the time and effort you have put into making this a fantastic stay for us. We will never forget this experience!"* Cat Dunlop and Liz Lunn

## DISCOVER SOUTH AFRICA:

To enhance your cultural experience and to take advantage of exploring other regions of this vast, beautiful country, you can combine this project with many of our other projects.

## AND FOR FUN!

Knysna has a lot to offer including the world famous Heads and lagoon and is a short drive from the golden beaches of Plettenberg Bay.

For information on coaching and playing Sports in the Limpopo Province and Cape Town please ask Travellers for details.

## The next step...

If you would like to join us on one of our exciting projects then please fill in either an online application form at our website ([www.travellersworldwide.com](http://www.travellersworldwide.com)) or one that is attached to our brochure. Once you have booked and confirmed your place we will send you detailed pack information regarding your placement and country.

**I do hope you join us and please do call or email if you have any questions at all about this or any of our other projects – 01903 502595 or email [info@travellersworldwide.com](mailto:info@travellersworldwide.com)**

**If you would like to know more about Travellers in general, or about any of our other projects we run in over 18 countries worldwide, please visit our website at [www.travellersworldwide.com](http://www.travellersworldwide.com)**

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