

## Olympic Values in Action

With 2016 being an Olympic Year all focus will be on the athletes, but behind every athlete, there are good coaches.

For this reason the *Foundation for Sport, Development and Peace* in collaboration with the *International Olympic Committee, Department, of Public Affairs and Social Development through Sport, United World Wrestling* and the MOD Programme of the *Department of Cultural Affairs and Sport* joined hands to offer a specialised **Training Programme in Coaching Development and Olympic Value Education** for 54 selected coaches of *the MOD Programme* from all districts of the Western Cape.

The MOD Programme of the Department of Cultural Affairs and Sport is active at more than 181 disadvantaged schools in the Western Cape and is a well-known massification of sport and recreation programme and focuses on afternoon activities, outside of school hours during the peak of the 'youth at risk' period. Motivated and empowered coaching staff lies at the heart of the success of the Programme and for various reasons a need exists to up-skill and train coaching staff.

**The Coaching Development and Olympic Value Education Training Course** took place from 10<sup>th</sup> to 15<sup>th</sup> January 2016 in Franschoek led by international facilitators from Lesotho, Ivory Coast, Mexico, Germany as well as South Africa.

Vincent Aka, three times Olympian and Mpho Madi, the SA bronze medallist in Wrestling of the Commonwealth Games, as well as David Lopez, United World Wrestling Regional Development Officer for Americas and Advocate Phelane Phomane, IOC/OVEP Facilitator are amongst the experts working with the group of coaches.

This unique Training Programme and the Olympic Values Education Programme for coaches will be applied to the MOD Programme context so that it is of direct value to coaches and youth. An emphasis will also be placed on the sport and development context of sport and recreation in South Africa and the Western Cape and a self-assessment exercise and training needs assessment was conducted parallel with the Course.

The participants of the Course from nine districts said that the course benefitted them tremendously and taught them how to apply the Olympic Values of friendship, respect and excellence using sport as a tool in learning the moves of Wrestle Right.

Please see photo below the photo of the Certificate Ceremony for 54 coaches and their MOD Centre managers which took place on 15 January 2016 at the Franschoek TownHall.

