



RHODES UNIVERSITY SPORTS COUNCIL THE NEILEN LOCKE COACH-OF-THE-YEAR AWARD

The Neilen Locke coaching award is made possible by a generous donation and long-term commitment from Old Rhodian Donovan Neale-May. It will be awarded to an individual who has been an outstanding coach for Rhodes University for at least two years. Sports Clubs and athletes may nominate and advocate for their coach using the qualities and guidelines listed below.

Knowledge of the Sport

The coach should have a thorough knowledge of the sport, including fundamental skills, conditioning and fitness training, tactical strategies and mental preparation. The coach should have up-to-date expertise and should show a willingness to stay abreast of new developments in the sport or activity.

Commitment

The coach should be fully committed to the sport, club, team and players/athletes. The coach's conduct should be professional. All work-out sessions should be supervised with the coach having a high level of involvement. Where possible, the coach should attend matches, games, contests or tournaments to monitor team, player or athlete progress and give relevant feedback.

Well-planned coaching sessions

The coach should run well-planned, effective and sound training programmes. The coach should plan for the season to allow players or athletes to progress and improve. The coach should provide a structured training environment for the players, competitors, contestants and athletes to reach their full potential.

Communication

The coach should explain his coaching philosophy and strategy coherently. Clear goals should be set, constructive feedback given and efforts by players and athletes recognized. Advice should be positive and applicable.

Listens to players

The coach should be open to the comments and input of the players and sporting club members. The coach should be athlete-centred and always respect the players and their views.

Motivation of players

The coach should show enthusiasm, have a positive attitude and be able to motivate players both in training and during competitive tournaments or events.

Sets team (individual) goals

The coach should be aware of players' needs and capabilities and set goals accordingly. Short, medium and long-term goals should be established for the team(s) and individual players.

Role model

The coach should be disciplined and practice fair play. His track record should be supported by outstanding team, individual or club performance and achievement.



NEILEN LOCKE COACH-OF-THE-YEAR AWARD Nomination and Qualifying Form for 2024

1. Club: _____

Chairperson: _____

2. Nominated Coach's details:

Name of Coach	_____
E-Mail address	_____
Contact Number	_____

3. Team(s) coached (e.g. Ladies 1st, Men 3rd):

Team coached	Duration (e.g. April 2021 to October 2024)
_____	_____
_____	_____

4. Clubs Motivation:

4.1 Knowledge of Sport

4.2 Commitment

4.3 Planned coaching/training sessions

4. Clubs Motivation continued:

4.4 Communication with players

4.5 Respect of player input

4.6 Ability to motivate

4.7 Setting of goals

4.8 Role Model

4.9 Team and/or Individual performances/achievements

4.10 Other

Chairperson signature: _____ Date: _____