



NEWSLETTER

JANUARY 2022



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WHO ARE ISLE OF MAN SPORT?



Isle of Man Sport is made up of representatives appointed by Tynwald order and acts as an independent forum for the promotion & development of sports and recreation.

The sub-committee's of Isle of Man Sport are:

- Sports Liaison Committee
- Sport Aid Committee
- Sports Awards Committee

Isle of Man Sport Executive Chairman, Sarah Corlett

Sarah took on the role of Isle of Man Sport Executive Chairman, replacing the long-serving Gary Corkhill. Having been Chairman of both the Isle of Man Sport Aid and Isle of Man Sports Liaison Committees, Sarah brings with her a wealth of knowledge and experience to the role.



Isle of Man Sports Liaison Chairman, David Morgan

David continues in his role as Chairman of the Sports Liaison Committee, and is an integral part of the Isle of Man Sport Support for Sport process, as well as being a member of the Isle of Man Sport Committee. David has participated in many sports including, clay target shooting, classic rallying, golf, sailing and tennis.

Isle of Man Sport Aid Chairman, Andy Varnom

Andy was the Head of Sport and Recreation for IOM Government from 1998 - 2013 and was the Deputy Games Director for the 2001 Island Games and the Chief Sports Co-ordinator for the Isle of Man 2011 Commonwealth Youth Games. Andy is the current General Secretary for the International Island Games Association and was appointed as the new Sport Aid Committee Chairman in November 2020.



Find out more about all of the Isle of Man Sport members here:
<https://www.isleofmansport.com/about-us/>

INTRODUCING PAUL JONES

How did you come to work for IOM Sport and how long you have been in post for?

I have been fortunate to have been associated with IOM Sport in a variety of different ways over the years. Firstly as an athlete receiving a grant back in the mid-90's, then as a Physiotherapist providing support to athletes when I returned to the Isle of Man in the mid to late 2000's. More recently, after another stint off-Island, I have provided support to Sport Aid and the Institute through leading on the Sport Aid Academy and other projects over the last 6 years or so. When the role came up following Chris's retirement, it was always a role I was going to have an interest in applying for and I was really happy to make it through the tough recruitment process in one piece and be offered the job. I have been in post since the beginning of May 2021.

Tell us a bit more about your role as Sports Performance Co-ordinator and what you do on a day to day basis.

6 months in and I am still learning lots about what the role has been, currently is and also what it could be in the future! Having 100 athletes able to access some level of support from IOM Sport Aid or the Institute from a wide variety of different sports is certainly a challenge to keep on top of! When we also

We caught up with newly appointed Sports Performance Co-ordinator, Paul Jones, to find out why sport on the Isle of Man is just so special to him...



consider we have over 100 12-15yr olds in the Sport Aid Academy, a lot of time goes into managing the system we currently have in place. So lots of time is spent looking to understand how we can best support the top sportsmen and women on or from the IOM to go and do great things in sport. Talking to the athletes, our performance services providers, and people involved in sport to make sure we are all working in a joined-up way has become a big part of this role.

Alongside the day-to-day, part of my remit since coming into post has been to review Sport Aid and the Institute and make some recommendations in terms of how things may look over the next 10 years or so. Much of that review has been completed so now we are

starting to move forwards in key areas, building on the great work already going on while ensuring we really make the most of the awesome foundations put in place by Chris over the previous decade and a half.

What is your sporting background?

I just loved sport full-stop and still do. At school I played as many different sports as possible and was far happier running around a court or pitch than in the classroom. My main love was football and I was good enough to earn the opportunity to join a professional club at 16 for a 2 year apprenticeship. I moved away from the Island to live in Stockport and jumped into football with 2 feet. Despite earning a one-year professional contract at 18, I didn't really make the most of myself or the opportunity, so at the end of that one year deal, my professional playing career came to an end. I spent a number of years playing semi-professionally in the top tiers of the non-league game but my love for football was diminished and I was just going through the motions. My love for exercise has always been there though and I have always really enjoyed running and being and feeling fit (not that I am anywhere near that at present!). My competitive nature and the energy I used playing football have been channelled in the work I do and attempting to be a half decent husband and father. So I definitely watch far more sport, of all types, than I play these days!



Who is your favourite sporting hero?

As a kid they were Pele, Maradona, Boris Becker, Migual Indurain, Ian Botham, Jonathan Davies, Steve Davis (!), Carl Lewis, Daley Thompson and my Dad.....to name but a few. All for different reasons.

Now? Well there are so many inspiring stories from on and off Island in terms of competitors, coaches, volunteers and performance professionals involved in sport. As the saying goes, not all heroes wear capes and when you take time to really understand the people, then everywhere you look, heroes are walking among us! Those athletes who are using their 'platform' in an authentic way to raise important social issues or to improve their local (wider) community with their actions are real inspirations at present.

What makes the Isle of Man so special for aspiring sportsmen and women?

We have this wonderful natural & built environment combined with a community that places a high value on sport and physical activity. There are also a huge number of opportunities for people of all ages to take part in a wide variety of sports. With travel times being relatively short and facilities being pretty accessible (and of a good standard relative to elsewhere), young people have lots of places, with willing and experienced volunteers, to get involved in sport.

People who do well get early recognition, building confidence and competence, in turn meaning they are more likely to invest more time in their sport which means they improve and gain more recognition - this

creates a positive feedback loop.

We are also a proud Island nation so going off-Island and representing our Island is an experience people from elsewhere don't really get, especially early in their development, and with the Island Games and Commonwealth Games providing an opportunity for International competition as part of a development pathway, we really are fortunate. Add to this the number and accessibility of people who have been there and done it across a breadth of sports there are plenty of role models and close to hand inspiration stories that I hope shows others what really is possible for people from our community.

What has been a highlight of your role so far?

The same as it has been during the last 20 years working as a coach or performance services professional - being able to listen to and learn from the people at the sharp end of sporting performance - the athletes themselves. It's a real privilege to be in a role that could play a positive part in their sporting careers by either providing access to things they need to progress and / or support them to remove obstacles that might be in their way. As someone recently said to me, it's my

A bit about Paul...

Favourite food: Fish and Chips whilst watching the sunset

Favourite hobbies: Running and Reading

Interesting fact: I am a recorded artist having released a single as part of a Wembley Cup final squad! Fortunately you can't hear me!

role first of all to make sure we aren't getting in their way. After that we might be able to support them appropriately based on their needs. We can only do that by really getting to know them as people and that's a real privilege when someone lets you into their world.

What is your vision for sport on the Isle of Man?

We often believe we punch above our weight on the Island in terms of the number and quality of the athletes and teams we produce and I wouldn't disagree. However I think we could, with an even more joined-up approach, raise those standards and expectations another notch or two. We have many of the building blocks already in place and I aim to progress work in some key areas to ensure our talented performers are even more likely to thrive as athletes and people when they move into the high performance environments found in professional sport or World Class Performance programmes.

Working towards the Island being recognised as having one of the best talent development systems in the world in terms of transitioning sports men and women to and thriving within the world of full-time professional sport and/or world class performance programmes would be my starting place when thinking about a vision. The wording may need a bit of work though!

In the coming months we will be sharing some of our thoughts and ideas with the athletes and governing bodies about how we might go about developing that together. So the Vision, Mission, Objectives and Strategy for Sport Aid and the Institute to take us from 2024 onwards will be developed and fine-tuned over the next 12-18 months as we learn what may or may not be realistic within the IOM context.

COACHING CORNER

Isle of Man Sport Online Coach Development Programme

The Online Coach Development Programme has concluded for 2021. Huge thanks to Juan and the team from Sudamerica Coaching for providing some invaluable opportunities to hear from leading experts across a variety of fields and to all those who engaged and turned up every month!

Isle of Man Sport Coach Education Programme					
Date	Course/Workshop/Event	Course Provider	Time	Venue	Booking
2021					
11 Oct 2021	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
21 Oct 2021	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now
6 Dec 2021	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now
2022					
10 Jan 2022	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
12 Jan 2022	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now
18 Jan 2022	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
20 Jan 2022	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now
9 Feb 2022	Level 2 Welfare Officer Training	Dept Education, Sport & culture	18.30-21.30	IOM Sport Institute	Book Now
13 Apr 2022	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
19 Apr 2022	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now
11 Jul 2022	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
18 Jul 2022	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now
13 Oct 2022	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
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17 Jan 2023	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
19 Jan 2023	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now

Have your say.... it's your chance to shape coach development on the Isle of Man!

Isle of Man Sport would like to hear from you - how can we best support you to develop your coaching? What feedback do you have for us?

Please take 5 minutes to fill out the Isle of Man Sport Coaching Survey by clicking on the link below or scanning the QR code. It's open until 31st January 2022!



<https://www.surveymonkey.com/r/GHF8RKE>

Education and Training

Isle of Man Sport offers a variety of training and education opportunities for athletes, coaches, volunteers and anyone else involved in sport on the Isle of Man. These include Safeguarding, Welfare Officer and First Aid training courses/workshops.

Isle of Man Sport can also offer bespoke First Aid and Safeguarding training for your sport. The courses can be delivered for up to 20 people for Safeguarding and 12 people for First Aid. The course can be delivered at a venue and on a date of your preference and attended solely by members of your sport. Participants must be a minimum of 16 years of age.

For a full list of all the available education and training Isle of Man Sport offer and to book onto a course, please click on the link below.

<https://msr.gov.im/media/1613/coach-education-programme-2022-23.pdf>



SPORT AID:

PSYCHOLOGY AND WELL-BEING

Following the appointment of Rich Sille as Sport Psychology Lead in September 2021, he tells us a little bit more about his role, the importance of mental health and well-being and the new Sport Aid Mental Health Strategy.

Tell us a little bit more about yourself and your role.

I'm an applied sport & exercise psychologist, researcher, and lecturer. My research has mainly focused on motorsport, exploring what life events lead riders to race at TT, development of expertise at TT and the long-term injury experience.

My role at Isle of Man Sport is interesting and varied. I work with young athletes (and parents) at Sport Aid Academy, high performing athletes (and coaches) in Sport Aid, and athletes transitioning out of sport. To be effective as a sport psychologist, you have to genuinely care about the people you work with. I love meeting the athletes, hearing their stories, learning about their experiences, and working with them to enhance performance and well-being.

What is well-being and why is it so important for performance?

Well-being describes how a person thinks, feels, and manages the ups and downs of



everyday life. When our well-being levels are higher, we find it easier to manage our emotions and behaviours and cope well with the stresses of life. When our well-being levels drop, we may struggle with unwanted or negative thoughts and feelings. This can make it more difficult to perform, hindering our participation and enjoyment of activities, social interactions, sport, school, or work.

Athletes and coaches face many additional and varied challenges, in training, competition, and their lives away from sport. Failure to adequately cope with these stressors can have a negative effect on well-being and performance. It's important, then, for performers to have the mental fitness to cope with these demands and maintain our well-being, which is vital for consistent, high-level performance.

What do you mean by mental fitness?

We liken mental fitness to physical fitness. Athletes are accustomed to training their bodies day in day out, at the gym, the track, the pool, wherever it might be. This is a

deliberate process of building physical fitness. We are encouraging athletes to take a similar approach to their psychological development or mental fitness.

Similarly, athletes can improve their mental fitness with deliberate practice. If mental skills are trained on a regular basis, they will grow and develop. A proactive approach to building mental fitness is central to personal development, performance enhancement, and dealing with critical moments - events like injury, deselection, and retirement.

What are Sport Aid doing to help athletes build mental fitness?

At Sport Aid Academy, we concentrate on fundamentals. At a basic level, we talk about putting some solid foundations in place to support everything else.

- Nutrition... are you eating right?
- Rest and recovery... are you getting enough sleep?
- Exercise... are you moving your body enough?
- Also, particularly important at this time of year... are you getting enough natural light?

The best athletes ensure these fundamentals are in place. We then introduce mental fitness and development of specific mental skills, through the context of sport. These skills are transferable and beneficial in wider areas of life, not just sport.

As athletes develop and progress on to Sport Aid, the psychological support becomes more bespoke. Experienced and high performing athletes are generally very adept at mental skills, that's part of the

reason they're so good! Support is therefore more individualised, perhaps looking at elements of their preparation, performance, or post-performance review process that they could improve. Or, perhaps it's something more general they've identified to work on such as time management, communication, or making more of their time away from sport.

How can parents, guardians, and coaches help their athletes improve their mental fitness?

It's very difficult to achieve anything of value alone. So, the most important aspect is for the athlete to build a team around them to provide robust social support. Encourage them to seek support where possible, whether that's for advice on technical or tactical aspects of sport, strength & conditioning, maybe it's advice on schoolwork, or time management, or friends who provide emotional support, whatever it might be.

It's also important for the athlete to be clear on what their goal is - what the destination looks like. Once that's established, everyone in the support team has clear direction. We use the analogy of the athlete driving their own bus. They choose where they're headed, and they choose who they allow on the bus.

Lastly, it's also worth reminding athletes that nerves are a normal part of sport. They happen because what we're about to do means a lot to us but, no matter how well we've prepared, we don't know what will happen. Nerves are a great sign that the body is getting ready for action. Although that nervous feeling can be very uncomfortable, it gets easier to manage with experience. It's important to work with the nerves rather than fight against them.

Tell us a bit more about the Mental Health Steering Group and Mental Health Strategy.

The steering group was put together to develop an integrated mental health strategy for Sport Aid. Members of the group have a wealth of experience in and out of sport and bring diverse perspectives. The group includes psychologists, mental health professionals, current athletes, retired athletes, coaches, support staff, parents, and teachers. These perspectives, together with athlete feedback and academic research has helped to develop the strategy.

Many of the mechanisms put in place won't necessarily be obvious as 'mental health' interventions. For instance, in my role, athletes sometimes discuss stressors or pressures coming from outside of sport which negatively affect their well-being. This can impact motivation, decision making, recovery and, therefore, performance. Again, we come back to this undeniable link between performance and well-being.

What education opportunities are you providing around mental health in sport?

We delivered some mental health awareness webinars in the autumn for athletes, parents, coaches, and support staff. We've had useful feedback from those and, as a result, we are refining and developing the webinars ready for a second run in early 2022.

We are also keen to develop a network of 'Well-being Champions' across the island's sporting community and will be hosting a number of Mental Health First Aid courses over 2022 with a view to having 'Well-being Champions' across the island in as many sports as possible.

****Contact Rich or Louise for more information or to register your interest.****

Where can people find out further information or guidance on mental health within sport?

We are in the process of developing our website to explain the integrated support services we offer, host resources which provide more information on mental health topics and give clear signposting to external mental health support services and charities.

[Switch the Play Foundation](#) and [State of Mind](#) are two UK charities we have close connections with. They both understand mental health in the context of sport.



More broadly, the UK mental health charity [Mind](#) and the IOM charity [Isle Listen](#) both provide useful information, resources, and guidance on their websites.

Want to know more about the sports psychology support service at Sport Aid?

Please visit www.isleofmansport.com/sport-aid/ or contact Rich.Sille@gov.im for further information.



PRIORITIES & OBJECTIVES 2022/23

The Priorities and Objectives process for 2022/23 is now live and all documentation can be found on the IOM Sport website:

<https://www.isleofmansport.com/sports-liaison/support-for-sport/support-for-sport-2022-2023/>

Your Sport Review

Sports need to complete the Your Sport Review document in one of two options available on the website and return these to Louise, the Sports Liaison Officer, by 31st January 2022.

Once a sport has submitted their completed review, Louise will send out the Priorities and Objectives document for 2022-23 and sports can work directly with Louise to complete their Priorities and Objectives for 2022-23, in preparation for final submission by 31st March 2022.

The sooner sports have completed their Your Sport Review, the sooner they will be able to access the Priorities and Objectives documentation for 2022-23.

Support for Sport 2022/23

This year sports are encouraged to make clear the costs associated with each of their

Priorities and Objectives. Where possible and within the 'Increase Participation' tab, Louise will be encouraging sports to identify which part of the participation pathway each Priority and Objective is geared towards improving, e.g. junior or senior participation, development, performance development, etc and for sports to ensure their funding is benefiting the spectrum of participation across their sport.

What are the deadlines for Support for Sport claims for 2021/22?

Isle of Man Sport has their own financial reporting deadlines to meet. As a result, all claims from Support for Sport 2021/22 funding allocations must be received by the following deadlines:

- **13th March 2022** (for all claims related to events prior to 13th March 2022)
- **8th April 2022** (only for claims related to events held between 14th and 31st March 2022)

Claims received after the above dates will be unable to be processed. If there are unforeseen circumstances that mean these deadlines cannot be made, please ensure you have contacted Louise, the Sports Liaison Officer, before the deadline.

YOUR SPORT, YOUR PEOPLE



Name: Greig Wright / Sally Green

Governing Body: Isle of Man Cricket Association (IOMCA)

Roles: Cricket Development Officer and High Performance Coach / Community Coach

What are your roles and how long have you been involved in cricket?

GW: Cricket development officer and high performance coach is my full (rather long title). I have been involved in cricket for around 40 years now, I started playing recreationally and was fortunate enough to be employed full time 24 years ago, initially as a community coach at the Derbyshire Cricket Board and over the years moving through the positions of cricket development officer and performance officer before completing the ECB level 4 coaching qualification and moving to the IOM in September 2014 to commence my current role.

SG: My role is Isle of Man Cricket Association Community Coach which involves providing

opportunities for all players to be able to play cricket, including schools coaching, Manx Youth Games, holiday programmes and IOMCA courses and clinics. I'm also involved with women and girls cricket development and the IOMCA pathway coaching as lead for the U13 and U15s and assistant with the U17s, EPP, Academy and male and female National Teams.

We've recently heard about the new CricKids and CricStart programmes, tell us a bit more about them and the success you've had.

GW: The CricStart is the title of our community programme, it is a fun-first programme designed to get children involved in sport (in particular, cricket) at a very early stage. The programme targets 3-9 year olds and runs through a number of basic skills which can be linked to lots of sports but has a cricket angle. This year was the first year we have linked it with an ICC programme called Criiio and we were fortunate to secure Ravenscroft to sponsor it which enabled us to provide kitbags for children to take home and practice the skills.

The programmes are run across all junior clubs on the island and this year we have had 130 kids on the CricKids and another 300 joined in on the other CricStart activities.

What are your Academy and EPP programmes about?

GW: The Academy and Emerging players programmes are stepping stones to the national team. We run age groups at Under 13, 15 and 17 and the EPP are selected from those squads. The Academy gives a further 2 years development opportunities with a view to them becoming national team players of the future

(Men and Women). There are small numbers in the programmes so it allows a lot of contact time with players. Players are required to maintain certain fitness levels and show continual improvements to maintain their place in the programmes. Prior to COVID we took the groups away annually to different venues like outdoor centres, etc where they had around a week where they had to cook, clean for themselves along with a heavy training programme and individual and group tasks. These weeks really allow you to understand the person not just the player.

Your Senior Men's National Team recently went away to Cyprus to compete in some T20 international fixtures, how did they get on and what's next for the National Team?

GW: The matches went very well, we played 4 ranking T20i's, 2 against Cyprus and 2 against Estonia winning all 4 which moved us 15 ranking places higher in the ICC rankings. We have a very young and largely inexperienced squad so 4 wins from 4 was a great achievement although it wasn't just winning which was impressive but more how we won. We had certain things we wanted to achieve in the matches which will shape how we approach playing our style of cricket for future years and the players really embraced these.

What makes your sport great?

GW: As a sport it offers something for everyone: playing, coaching, officiating or volunteering, there is a way for anyone to get involved! It has a great social element for those who just want to be involved. The

changes to the game over the last 20 years, with T20 becoming more the chosen format of play, means the game is continually evolving and with it being faster, more physical and more innovative, we are still playing the game in a very limited capacity of what is possible. In 10 years time, the game will be unrecognisable again.

SG: Cricket is a game that has so many formats and versions and can be played by males and females at all ages and ability levels. There is a form of the game for everyone! The game keeps evolving and changing, such as the introduction of T20 and now T10 as an example and there are so many skills required to play the game meaning that you can always keep improving.

If someone reading this wants to get involved in cricket, where should they start and what opportunities are there?

SG: They can email us with any questions or keep up to date by following our Facebook page (@iomcricket) or our website (iomcricket.co.uk).

There is cricket for males and females of all ages and levels!

- communitycoach@iomcricket.co.uk
- cdo@iomcricket.co.uk

IOM SPORTS AWARDS

The Isle of Man Sports Awards is an inspirational evening where the Island's top athletes and officials gather at the Villa Marina to celebrate the sporting achievements and success stories of the year.

This year's Isle of Man Sports Awards will be held on Thursday 31st March 2022 at 7pm.

Awards will be presented for the following categories on the night:

- Sportsman of the Year
- Sportswoman of the Year
- Under 21 Sportswoman of the Year
- Under 21 Sportsman of the Year
- Disability Sportsperson of the Year
- Sports Team of the Year
- Sports Administrator of the Year
- Ambassador of the Year
- Sports Coach of the Year
- Veteran Sportsperson of the Year
- The Leonie Cooil 'Courage & Inspiration' Award
- Lifetime Achievement Award
- Sports Leader of the Year

Sports Awards nominations open on 30th December 2021....



How can I nominate someone?

Keep an eye on the Sports Awards page of the Isle of Man Sport website where the online nomination form will become available from Thursday 30th December 2021.

Nominations for the 2021 Isle of Man Sports Awards close on Sunday 30th January 2022.

How can I watch the event?

Tickets for the event can be purchased from the VillaGaiety or you can watch the event online via the Isle of Man Sport Youtube channel here:

<https://www.youtube.com/channel/UCCdTIOsrB7h7dFEBzEjdLWw>

If you have any questions about the Isle of Man Sports Awards event, please contact us at iomsportsawards@gov.im for more information or follow us on social media!



@isleofmansportsawards



@iomsportsawards



@iom_sport

Thanks to the following organisations we have worked with this year!



Isle of Man Association of Boxing Clubs
Manx Martial Arts Association
Manx Yachting Association



WE ARE HERE TO HELP!

