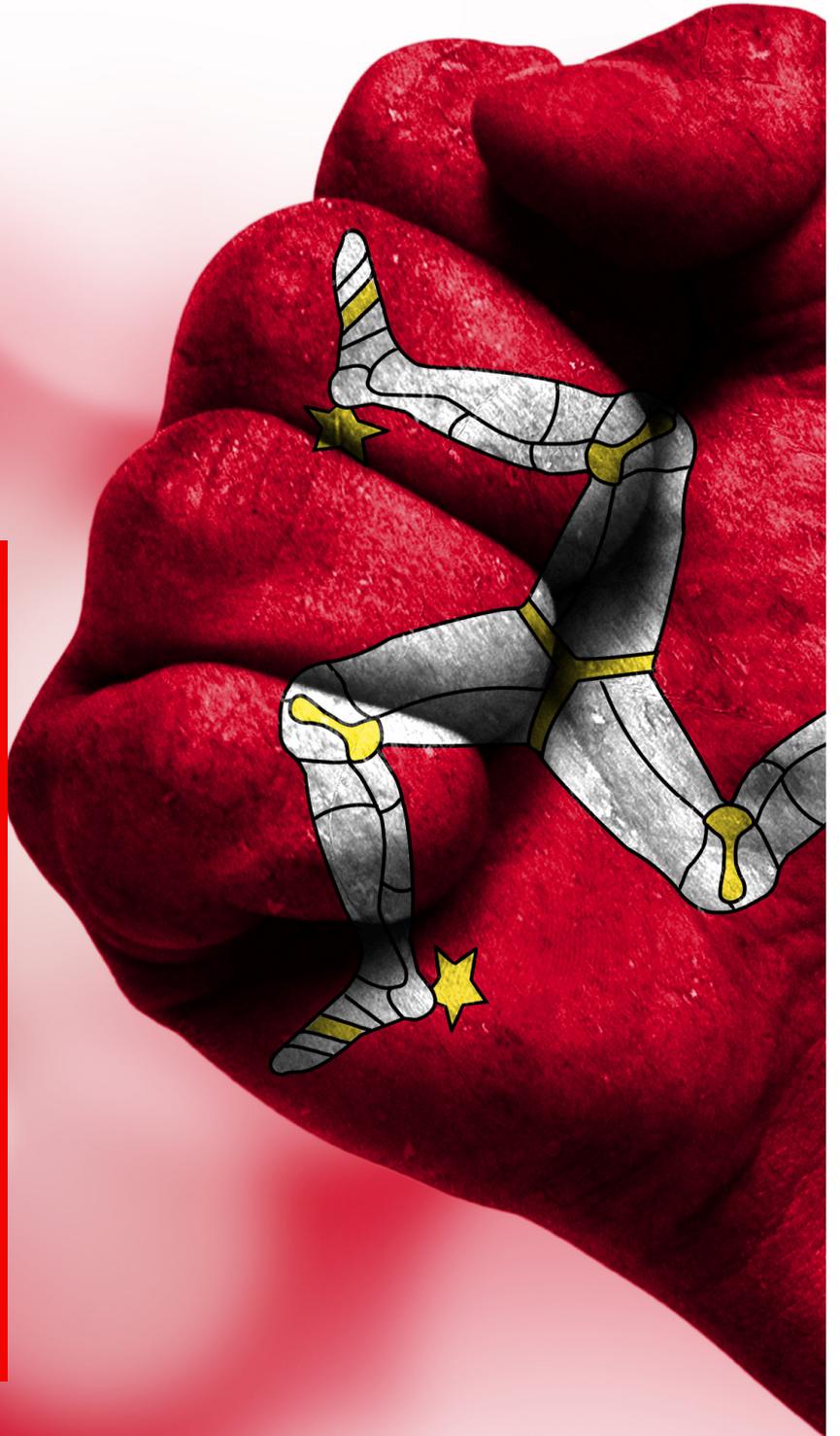




NEWSLETTER

JULY 2023



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Groves Road, Douglas
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Contact:

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ISLE OF MAN 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.

The winners of the 2022 Isle of Man Sports Awards are:

Sportsman of the Year - Conor Cummins

Sportswoman of the Year - Yasmin Ingham

Under 21 Sportswoman of the Year, sponsored by Newfield - Sienna Dunn

Under 21 Sportsman of the Year, sponsored by Suntera Global - Zac Walker

Disability Sportsperson of the Year, sponsored by Standard Bank - Darren Kennish

Sports Team of the Year, sponsored by Conister Bank - Isle of Man Mens' National Cricket Team

Sports Administrator of the Year, sponsored by Isle of Man Newspapers - Erica Bellhouse

Ambassador of the Year, sponsored by Department for Enterprise - Jed Etchells and Jamie McCanney

Sports Coach of the Year, sponsored by Duke Travel - Greig Wright

Veteran Sportsperson of the Year, sponsored by Crowe, Isle of Man - Sarah Webster

The Leonie Cooil 'Courage & Inspiration' Award - Grace Roberts

Lifetime Achievement Award, sponsored by CM Partners - Roberta Cannell

Sports Leader of the Year, sponsored by Sure - Leo Tregurtha



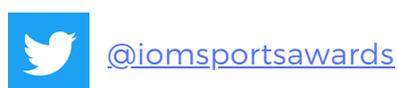
Yasmin Ingham



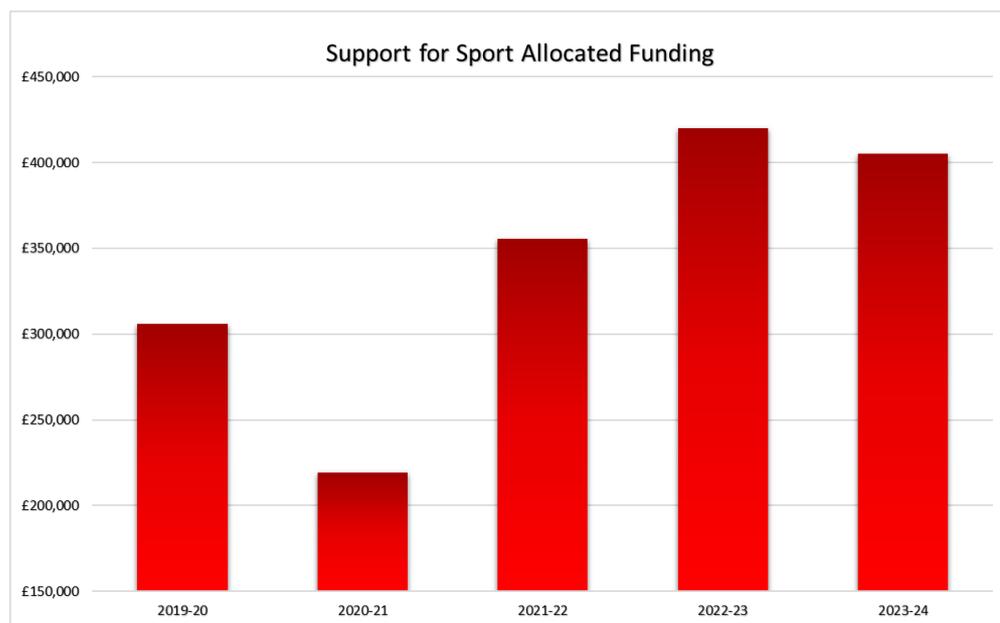
Connor Cummins



IOM Sports Awards Winners 2022



SUPPORT FOR SPORT 2023/24



Over the last two years, we have been able to allocate an unprecedented amount of funding due to underspend from Covid-19 and reduced travel off-Island. We are now starting to reduce overall funding allocations to all sports which will be expected to continue to fall significantly over the next few years to a more sustainable level long-term. Funding is therefore being prioritised for initiatives which align most closely with our IOM Sport priorities and objectives and as a result of this we have allocated over £73,000 towards coaching, officiating and volunteering initiatives to increase the number of qualified coaches, officials and volunteers, as well as providing access to CPD opportunities on and off-Island.

Through working with the Sports Liaison Officer, sports have submitted 191 initiatives which align with our IOM Sport Priorities and Objectives. Due to the increased number of initiatives that meet our IOM Sport priorities and objectives and the increase in the number of recognised sports, funding has been spread across a wide variety of initiatives to ensure IOM Sport can provide some support to all initiatives that meet our objectives.

£405,187

Funding allocated to recognised sports in 2023/24 via the Support for Sport Programme

£20,293

Funding allocated from Disability Sport Support to recognised sports in 2023/24

191

number of initiatives funded via our programmes in 2023/24

28

number of recognised sports supported in 2023/24

COACH EDUCATION PROGRAMME 2023/24

Isle of Man Sport Coach Education Programme free to individuals within recognised Governing Bodies of Sport!

In order to reduce administration for sports and to demonstrate our commitment to ensuring sport on the Island is safe for all, last year we piloted providing all workshops on our Coach Education Programme for free to members of recognised Governing Bodies of Sport.

Over 75 individuals utilised this scheme in its first year and following the success of this new initiative, Isle of Man Sport will be continuing the scheme into 2023/24 and hope that more volunteers, coaches and officials can access the essential coach education that they need.

How do I access these workshops for free?

Anyone involved in coaching, officiating, volunteering or administration who requires these qualifications, please contact your local club or recognised Governing Body of Sport who will be able to provide a promo code to you. This can be entered on the EventBrite website when booking to reduce the cost to nil.

Please note that sports whose National Governing Body requires them to attend sport-specific workshops can still access matched funding via their Priorities and Objectives, should

they wish to do so.

Our coach education programme includes:

- UK Coaching Safeguarding and Protecting Children
- Royal Life Saving Society (RLSS) Life Support 3 (First Aid)
- Level 2 Welfare Officer training

To book onto a course, please click the below link or contact Sam Caine on Sam.Caine@gov.im or 688557.

Isle of Man Sport Coach Education Programme					
Date	Course/Workshop/Event	Course Provider	Time	Venue	Booking
2023					
9 Jan 2023	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
11 Jan 2023	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now
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
9 Feb 2023	Level 2 Welfare Officer Training	Dept Education, Sport & culture	18.30-21.30	IOM Sport Institute	Book Now
12 April 2023	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
17 Apr 2023	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now
11 July 2023	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
12 Jul 2023	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now
10 Oct 2023	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
17 Oct 2023	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now
2024					
10 Jan 2024	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
11 Jan 2024	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now
15 Jan 2024	First Aid Life Support 3	RLSS	18.00-21.30	IOM Sport Institute	Book Now
17 Jan 2024	Safeguarding & Protecting Children	MSR	18.30-21.30	IOM Sport Institute	Book Now



<https://msr.gov.im/media/2381/coach-education-programme-2023-24.pdf>

Want to know more about our Support for Sport programme? Please visit our website and FAQ's:

<https://www.isleofmansport.com/sports-liaison/faqs>

MANX CARRIAGE DRIVING 4 DISABLED



Last year, Isle of Man Sport provided some funding to Manx Carriage Driving for Disabled (MCD4D), via their recognised Governing Body of Sport, the Manx Horse Council. This funding was towards the purchase of some new driving obstacles to enable drivers to develop their skills and practise on a course similar to that experienced in competition.

We visited MCD4D and Margot Dahn (one of the Carriage Driving coaches) in May this year to see how this project has helped their club and the service users.

Tell us a little bit more about Manx Carriage Driving 4 Disabled and what you do.

Formed over ten years ago, Manx Carriage Driving 4 Disabled (MCD4D) was the 'brainchild' of a group of ladies with equestrian interests and an desire to provide something different.

Our aim is "to make the wheels go round" and MCD4D has delivered hundreds of drives for disabled members at Ballavartyn Equestrian Centre in Santon over the last 10 years. The



comments and smiles we receive from drivers, carers, friends and family make it all worthwhile!

We are all volunteers, so any donations go directly to the provision of the service we deliver and we were privileged to have a visit from The Princess Royal last year to thank the team for the work we do.

How has the purchase of the obstacles benefitted the club and users?

Thanks to Isle of Man Sport, we have purchased a full set of multi coloured, purpose-built obstacles, which enables our partially sighted members to distinguish a contrasting colour over just one solid colour and of course, the larger size helps with their visual and spatial awareness when actually driving round or through the obstacles.

Our drivers love to learn and experience the thrill and skill of 'driving the hazards' which is an integral part of Carriage Driving in a competitive format! The sense of achievement and inclusion is palpable in our sessions, be it the pleasure of driving or the competitive element!

What are the next steps for MCD4D?

We are now gearing up for twice the number of drives on two days per week, now that we have our latest pony and new carriage with softer suspension! We're aiming to recruit new volunteers to ensure we have the 'human resources' as well as the 'pulling power' and the carriages to deliver an increased number of drives.

We will have paid for these latest investments from the donations we've received in the last twelve months, and the matched funding opportunities from Isle of Man Sport.

We now continuing our fundraising efforts and looking for further support in order to:

- Pay for livery, husbandry and care for our ponies
- Acquire additional equipment to keep members safe and protected during their drives
- Extend our services to members of likeminded charities whose members will benefit from what we provide

Who is MCD4D for and how can someone get involved?

Anyone with a disability, physical or mental, permanent or temporary is welcome each Friday and some weekends, at Ballavartyn, for a



Volunteers from MCD4D with some of the new driving obstacles

drive in one of our specially adapted carriages.

We are always looking for support, so if you're able to help, in cash or in kind, with donations or in time, skill or expertise we'd love to hear from you! Our website gives you an insight into what we do and how to become involved. We look forward to sharing a great experience with you soon!

Where can I find out more information or get in touch with MCD4D?

More information can be found on our website, Facebook or you can contact our Group Organiser, Liz Lillie, by phone or email :



info@mcd4d.org



www.facebook.com/mcd4d/



<https://mcd4d.org/>



07624 322431

Raymond Cox, Chair of the Manx Horse Council said:



Full praise to the MCD4D who fulfil such an important role in the equestrian community and beyond. The volunteers are an example to all in sport and the joy that they bring to their members is uplifting. Well done to Isle of Man Sport for their generous support to the MCD4D as they look to the future.



ISLAND GAMES 2023

After a 2-year delay with the 2021 Island Games being postponed, over 180 athletes are due to make their way to Guernsey in the coming days to represent the Isle of Man at the 19th Natwest Island Games from 8th-14th July 2023.

The Isle of Man team will be competing across 13 different sports: Archery, Athletics, Badminton, Basketball, Cycling, Golf, Football, Sailing, Shooting, Swimming, Table Tennis, Tennis and Triathlon.

The Isle of Man was actually a founder member of the Island Games and hosted the very first Games back in 1985, hosting the Games again in 2001. There are now 24 member Islands of the International Island Games Association who come together every 2 years to compete across a maximum of 14 different sports.

The 18 Island Games sports are Archery, Athletics, Badminton, Basketball, Bowls, Cycling, Golf, Gymnastics, Judo, Football, Sailing, Shooting, Swimming, Squash, Table Tennis, Tennis, Triathlon and Volleyball. Each host Island can select up to a maximum of 14 sports for the Games.

The Island Games can be a key stepping stone for athletes on their sporting pathways with many Commonwealth Games athletes having had their first taste of an International multi-sport competition at the Island Games. Whilst many top performers may have come



NatWest International Island Games XIX

through the Games, this competition is not just about medals and scoreboards and the core values of sportsmanship and fair play shine through. The Games is a unique opportunity for thousands of people from Islands across the world to come together to explore new places and cultures, share invaluable experiences and form lifelong friendships through sport.

Isle of Man Sport recognise the importance of the Games for Manx athletes and continue to provide financial support to the Island Games Association of Mann (IGAM) to assist the Isle of Man team to go to this competition every two years.

We look forward to seeing how the team get on and we wish all competitors, support staff and volunteers the best of luck for the Games!

Want to find out the schedule for the 2023 Games?

Scan the QR code to the right or click the link below to find out the full schedule of the 2023 Island Games!



<https://guernsey2023.gg/media/f0dixpzw/island-games-2023-programme.pdf>

COMMONWEALTH YOUTH GAMES 2023



The Isle of Man team for this year's Commonwealth Youth Games has been announced!

Seven athletes have been selected across three sports to compete in the event which is due to take place in Trinidad and Tobago between 4th and 11th August 2023.

Regan Corrin and Jack Kinrade will be representing the Island in the athletics events. Tyler Annis and Ruby Oakes have been selected to compete in cycling and Ella Justice, Magnus Kelly and Connor Mealin will all compete in the pool.

The seventh edition of the Commonwealth Youth Games will see more than 1,000 athletes and para-athletes between the ages of 14 and 18 competing across seven sports, managed by over 500 officials.

The Commonwealth Youth Games is an invaluable opportunity for aspiring young sports people to compete in a multi-sport Games, contributing to the further development of youth sport throughout the Commonwealth.

The Games have traditionally taken place every four years with the first event hosted in Scotland in 2000 and the Isle of Man hosting the Games in 2011. However, the Games in

Trinidad and Tobago was originally due to be held in 2021 and was postponed due to the impact of the pandemic on the international sport calendar.

The last Commonwealth Youth Games was held in the Bahamas in 2017 when the Isle of Man enjoyed success in the cycling events, with Thomas Bostock winning gold in the men's road race and Tara Ferguson taking silver in the women's equivalent.

Isle of Man Sport are proud to have provided financial assistance and performance services for the athletes and wish them and their support staff the best of luck for Trinbago 2023!

Want to find out more about Trinbago 2023?

Scan the QR code to the right or click the link below to find out more about the Sports and Trinbago 2023!



<https://www.trinbago2023.com/sports>

SPORT AID:

ATHLETIC DEVELOPMENT AND PHYSICAL PREPARATION

Following the appointment of Trevor Christian as Physical Preparation Lead in September 2021, he tells us a little bit more about his role and the importance of physical preparation in supporting athletes to achieve their best performances.

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

I've worked for Manx Sport and Recreation since 2005 in a variety of different roles, initially starting out as a Lifeguard and Gym Supervisor at the NSC before taking on the role of Athletics Development Officer over in the Sports Development Unit in 2009. At the same time, the Sports Institute had just been built and I was asked to be involved delivering sessions a few hours a week for Sport Aid athletes and different sports groups. One of the first groups I worked with was a group of swimmers which included Laura Kinley and Charlotte Atkinson - it's great to still be working with Laura now, all these years later! I then worked part-time as a Community Sports Development Officer and part-time as Sports Coaching Co-ordinator before becoming full-time in Sports Coaching.

Fortunately in 2021, there was an opportunity to change role towards working as a full-time Athletic Development and Physical Preparation Lead. I now manage a team of 5 coaches who deliver open coaching sessions for our Sport Aid athletes as well as some athletes who may buy in services via their sport and some Sport Aid Academy athletes who are transitioning into the full Sport Aid pathway. We have 9 sessions a week



week that athletes can access and they all receive periodised programming based on the demands of their sport and where they are currently at with their athletic development and their training age. Initially, we tend to look at fundamental movements, such as squatting, lunging, hinging, pushing, pulling, jumping, landing, twisting, bracing to ensure these can be performed really well, prior to looking at more complex sport-specific movements.

We are now focusing more and more on collaboration, working with not just an athlete but their coach and support network to ensure a multi-disciplinary athlete-centred approach. We are also starting to expand our services to work with National squads, so please get in touch if you or your sport is interested in accessing some bespoke physical preparation.

What are the different aspects of physical preparation and why is it so important for performance?

There are many aspects to physical preparation from picking the right exercises, for the right purpose, at the right time with the right dose! Ultimately these decisions must help improve performance or as the famous rowing quote says, "will it make the boat go faster". Another big consideration is

injury reduction. Less injuries means more opportunities to train and compete and more opportunities to improve performance.

How can the right physical preparation aid injury prevention?

Unfortunately, we can't completely prevent injury but strength and conditioning can help reduce the amount of non-contact based injuries by making athletes strong and robust, therefore reducing the likelihood of pulling a muscle, for example.

This is all included in a needs analysis, looking at understanding the demands of the sport - what are the different strength qualities required for their sport, what are the common injuries that are inherent in the sport and looking to try and put strategies in place to mitigate against those injuries.

What are Sport Aid doing to help athletes with their physical preparation?

We're giving individuals bespoke periodised training plans that are linked to help them develop the physical qualities they need for their sport but also linked to undulate in the right way at the right time to ensure an athlete is ready to perform at peak capacity on a given day/at a given competition. We're fortunate enough to have a breadth of knowledge and experience amongst the team of coaches to enable us to give the best possible service to our athletes. We're also starting to increase our use of technology, firstly through the use of an app called Athlete Monitoring which is used for communication but now also for programming, so that this can be done online and so that we can also monitor athletes who are doing programmes remotely. Secondly, we've got some new technology from Output Sports called IMU which enables us to assess range of motion for mobility, bar speed for velocity based training and opens up a wide

range of testing and monitoring opportunities to assess the effectiveness of our programmes.

We've heard there's been some recent refurbishment in the High Performance Centre, what changes have you made?

We've updated and added to our racks enabling more people to lift at once which is particularly useful for teams and squads. We've got new flooring and new additional equipment and the athletes also chose the new colour scheme! Thanks to Connor Cummins and CoffeeMann, we've also got a new water fountain too!

What would you say to anyone who has not yet explored Strength & Conditioning before and is unsure whether it's right for them and their sport?

Don't be scared of it, the research shows strength and conditioning can benefit athletes from all sports, so it's definitely something to explore. Just ensure you get some advice from a qualified professional who is appropriately trained.

Want to know more? Contact us:

 trevor.christian@gov.im

 688590



SPORT AID ACADEMY



As the latest Sport Aid Academy 2021 cohort draws to a close, we caught up with Paul Jones (Sports Performance Co-ordinator) to find out more about the Academy.

What is the Isle of Man Sport Aid Academy?

The Isle of Man Sport Aid Academy was launched in 2015 as a platform to assist young athletes who are in the early stages of their sporting pathway. The Academy will provide young athletes with support, guidance, workshops and educational events to help grow skills in their chosen sports. Throughout the programme, the focus is to create opportunities and experiences which will improve the self-awareness of the young people involved so they (and the group as a whole) are in a better place to release their full potential in sport and life.

Who is it for?

The Academy is for young people aged 13 to 16 and their parents, guardians and coaches.

How does the Academy link into Sport Aid?

Isle of Man Sport Aid is available for young athletes over the age of 16 who demonstrate the potential for a career in their chosen sport. The Sport Aid Academy was created to help nurture young people aged 13 – 16 who enjoy competing in their sport but who are not yet eligible to be on Sport Aid and it is hoped the programme will assist in the early part of their sporting journeys.

Are there any criteria for being part of Sport Aid Academy?

Other than age, there are no criteria and individuals can be put forward by schools, local sports clubs and governing bodies of sport or they can directly nominate themselves to be part of the programme.

When is the next intake for the new programme and how do I apply?

The next cohort is likely to commence in September 2023 and applications have been sent to all recognised Governing Bodies of Sport and schools. Forms are also available on the IOM Sport website here:

<https://www.isleofmansport.com/sport-aid/sport-aid-academy/>

Is there a cost to be part of the programme?

No, there is no cost to be part of the Academy due to the fantastic support of our long-term partners Suntera, Newfield and Isle of Man Sport Aid.

Want to know more about Sport Aid or Sport Aid Academy?

Get in touch with us!

Paul Jones

IOMSportAid@gov.im



YOUR SPORT REVIEW



Thank you to all our recognised sports for submitting their Your Sport Review's at the end of January. We are now able to build a much better picture of participation in sport on the Island and the number of people involved in a variety of different roles from coaching and volunteering to officiating and welfare officers.

40%
Increase in registered members of sports clubs

Registered members have increased from 15,708 to 21,993 over the last 4 years

69%
Increase in welfare officers

The number of welfare officers has increased to 193 over the last 3 years

23%
Increase in active officials

The number of active officials has grown from 691 in 2019 to 851 in 2022

Over 100%
Increase in volunteers with safeguarding training

The number of volunteers that are safeguard trained now stands at 1,285 in 2022

76%
Increase in Level 1 coaches

The number of Level 1 qualified coaches has increased from 298 in 2019 to 525 in 2022

55%
Increase in Level 2 coaches

The number of Level 2 qualified coaches has steadily increased over the last 4 years to 245

Number of participants in on Island events in 2022

9,294

Senior males

2,984

Senior females

230

Disability athletes

6,380

Junior males

4,316

Junior females

ANTI-DOPING



All athletes have the right to compete in sport knowing that they, and their competitors, are clean. Isle of Man Sport believe in clean sport and work in partnership with UK Anti-Doping (UKAD) and the World Anti-Doping Agency (WADA) to ensure that the integrity of sport is protected.

Isle of Man Anti-Doping Policy

Isle of Man Sport has in place an anti-doping policy that all athletes, athlete support personnel and recognised Governing Bodies of Sport (GBS) must abide by. This Policy came into force in April 2022 when the Isle of Man joined the UNESCO International Convention against Doping in Sport. The anti-doping policy IOM Sport has in place is consistent with the World Anti-Doping Code, the core document that harmonises anti-doping policies, rules and regulations within sport globally. The anti-doping rules that IOM Sport adopt are the rules published by UK Anti-Doping (or its successor), as amended from time to time.

If you compete in Sport on or for the Isle of Man then the anti-doping rules apply to you, regardless of what level you participate at.

Anti-Doping Education and Training

Isle of Man Sport are committed to supporting GBS' around Anti-Doping education and training. Free workshops will be provided to all recognised GBS' centrally at the Sports Institute. Alternatively GBS' can request closed workshops specifically for their sport. For more details, contact Lisa Motley on Lisa.Motley2@gov.im

UKAD and WADA also offer online learning opportunities aimed at anyone involved in sport.

Want to know more? Need advice, guidance or support with Anti-Doping matters?

<https://www.isleofmansport.com/governance/anti-doping/>
<https://www.isleofmansport.com/sports-liaison/resources/anti-doping/>
<https://www.ukad.org.uk/>
<https://www.wada-ama.org/en>



SPECIAL OLYMPICS ISLE OF MAN



The Special Olympics Isle of Man team represented the Isle of Man at the 2023 World Summer Games in Berlin in June, supported by Isle of Man Sport and returned home with an impressive 19 medals! We spoke to Beryl Woolridge, President and National Director, to find out a little bit more ahead of the competition.

Tell us a bit more about the Special Olympics World Games 2023 and how your preparations have been going!

Preparations are going well and the whole team is excited for the trip. This is the first World Games since 2019 with the World Winter Games in 2021 in Russia being cancelled, so it's an exciting opportunity for our athletes to compete at a World Games again.

How many athletes, coaches and support staff are representing the Isle of Man at the Games?

Eighteen athletes will represent the Isle of Man, across seven different sports - aquatics, athletics, badminton, bocce, bowling, cycling and gymnastics. They will be supported by two delegates, one medic and seven coaches who are



The Special Olympics Isle of Man Team at the 2023 World Games

also travelling with the team. We are due to leave on the 12th June heading to Warendorf before Berlin and returning on the 26th June.

When was the last time you competed as a team at a World Games?

We sent an 18-strong team to the last World Summer Games in Abu Dhabi in 2019. We've competed in four World Summer Games since 2007, so this year will be our 5th World Summer Games and we have also competed in 3 World Winter Games.

You have a busy competition calendar, what are the next major competitions that are coming up?

We have the Gibraltar National Games coming up in September which is an important annual event for us.

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

We welcome anyone wanting to participate as an athlete but also individuals wanting to volunteer in a variety of ways. Please get in touch with us:



specialolympicsiom@manx.net



01624 853850

Congratulations to all of the athletes, coaches and support staff involved in the Special Olympics 2023 World Summer Games!

