

# Young Coaches impress at NYCA

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Nineteen young talented coaches from around the country were selected to attend this year's National Young Coaches Academy at Loughborough University from 4-6<sup>th</sup> January.

The youngsters, nominated by the ETTA Regional Coaches after showing great potential, worked alongside other young coaches from ten different sports, to develop essential coaching skills and principles that will help them progress to becoming world-class coaches in their respective fields.

The camp, which is organised by the Youth Sports Trust and supported by Sport England, focused on developing key elements of good coaching including: communication, organisation, adaptability, compassion, honesty and ethics.

During the day, coaches attended various workshops that used a mixture of theory and practical activities to develop these skills. By working with coaches from sports such as football, badminton and athletics they were able to share ideas and principles that crossover the sports.

In the evenings, coaches attended key note speeches from top athletes and coaches such as Bonita Norris (Youngest Female ever to climb Mount Everest), Andy Farrell & Graham Rowntree (Former England International Rugby Players and now part of the England RFU Coaching Team), and Baroness Sue Campbell, Chairman of the Youth Sport Trust and UK Sport.

Our young coaches received great feedback from the staff due to the level of understanding and awareness they are already showing. The future is looking bright.

– Ben Brown, a Young Mentor from the Eastern region, wrote about his experiences at the NYCA [here on the Eastern Regional Blog](#).

If you would also like to become a coach, [click here](#) to find out more information.

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