

Online Mentoring Case Study

The Deane School Sports College, Benfleet, Essex



Kate Brewington, SSCO & JAE Mentor

“I use Sportplan as part of my work within the schools partnership for the Gifted and Talented scheme and as a solution to create Team You for each athlete. It provides a direct link between the coaches, teachers and mentors relating to each athlete, giving them a great platform to communicate over easily. It really gives effective liaison between all the parties involved with each athlete, including their parents, which means that any conflicting views, even though they are often all with the athlete’s best interests at heart, can be quickly discussed and resolved. The parents even have the opportunity to get more involved with their child’s athletic and academic activities and forming this support group obviously benefits each child’s development.”

“In terms of the athletes themselves, they have an excellent resource to log the work, diet and the training that they complete. This allows their coaches to see the pressures that the athlete is under at school, whether that involves exams or coursework, and gives their teachers and mentors the ability to view the competitions and training that the athlete has either completed or is facing and the amount of free time they have in their schedule.”

“Ultimately Sportplan saves us a lot of time compared to communicating through phone calls and meetings. I have instant access to all the Gifted and Talented athletes in our partnership as soon as I log onto the site meaning we can communicate through the messaging system very easily.”

“A good example of how effective Sportplan can be involved an athlete at the school with a back injury, which, through the site’s resources and review tools, I was able to set up a core stability program for them to use. This was fantastic as I created a program of sessions from Sportplan’s library of practices and sent them directly to the athletes training schedule, giving them access to the sessions immediately. The process of recovery could not have been started quicker for him.”

“In terms of the Gifted and Talented work that I do, the system really helps through giving me the ability to upload my own documents relating to any workshops that are scheduled. I can then inform each of the Gifted and Talented athletes of these up and coming events through Sportplan’s messaging system rather than making phone calls or sending letters to the schools as I was doing previously.”

Jason, aged 14, The Deane School **Ambition: Swim at the 2012 Olympics**

“To get online my teacher gave me a voucher that I used to register online. It was easy and now I log on mostly from home. I fill in the training that I do, what I’ve been eating and how I feel, logging on for about half an hour a day. I like the speed of use because everything is within one click each time. I also look over what I’ve done to compare each days training and diet.”

“I fill out all the details of the swimming competitions that I compete in so that I can compare the times I set over each distance. I also use the site to log all my school work so that my coaches know what I am doing outside of my swimming. That means they know the time that I have available for my training.”

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“Another advantage is the ability to upload questionnaires onto the site that the athletes can view and complete before sending them directly back to me. These tools have made my work a lot easier not only through the reduced paper work and ease of communication but also because, as an SSCO I have to work in many different schools, I now have one place to store and access all my documents online.”

“It’s really easy to set up because Sportplan send through vouchers which are given out to the students in one of our IT suite sessions where we all logged on together. Straight away we could start looking at the system and enter example sessions that the students had done that week so that they could see how to fill out their log books including general health information like weight and heart rate. It’s really very simple, especially with the provided video demonstration and the user friendly approach that Sportplan have created.”

Vicky Hopkins, Gifted and Talented Coordinator

“The benefit of Sportplan for me as a Gifted and Talented Coordinator, is the focus it gives my students on their activities outside of school, not only towards P.E. but as a whole person. They have the ability to record their nutrition and hydration for example, but also how they are feeling in general not just regarding their training. Being able to review the athlete’s log entries like this is really useful when they come to compete. Whether they do well or not we can look over the preparations they made and either work on improving areas of their training or highlight what produced the good results and continue to use these for their development.”

Dominique, aged 14, The Deane School

Ambition: Be football goalkeeper at the 2012 Olympics

“I use my log book two or three times a week to add my training sessions and school work. I use the site in school as I have an hour where we are allowed to use the IT suite so I fill out as much as I can during that time. When I first started using the site I used the instructions on my voucher to complete my registration and log on which was very easy.”

“I like being able to look back over everything I have done to see what I have eaten, what training I’ve completed and how well it went at the time. It means I can tailor my diet to my training vice versa and get the combination of the two right so that I can perform better. I also log my school work and more general information like my height and weight and anything else that I feel will help me. I do this because I want to improve to the best I can be and all this information is really useful towards that. It’s great because my coaches can review everything I fill in and advise me on what I need to do.”