



GET AHEAD WITH “ONLINE MENTORING”

Originally designed for elite international and Olympic sports. Now - specially adapted and expanded for schools, colleges and universities. As well as empowering your own mentoring programme it can support the Youth Sport Trust Gifted and Talented programme - including JAE students.



Dear “Head of Talent Development”

Use the power of the Internet to become a more effective mentor

Online Mentoring makes it easier to support and develop gifted and talented children in sport.

- With Online Mentoring you don't have to change the way you mentor.
- It makes light work of record keeping, monitors what students are doing and keeps you informed of their individual progress.
- Most importantly it's quick and easy to use. It frees you up to spend vital time meeting with students and supporting them 1-2-1.
- With your administrative pressures removed, you'll have more time to help each individual to be **THE BEST THEY CAN BE**. You might even be able to mentor extra students or have more time for you ...

What is it?

- ✓ Online Mentoring is a time-saving network for you, your students and others.
- ✓ Students can fill in online LogBooks noting their lifestyle and training habits.
- ✓ You review their entries, get automatic overviews, analysis and reports plus instant alerts – say if someone is injured or forgets to fill in their LogBook.
- ✓ It's secure communications system makes it easy to keep in touch with everyone in your mentor group and share information.

BENEFITS FOR YOU

- Direct access to all your gifted and talented students as soon as you log on.
- Faster communications and knowledge-sharing.
- Simple ways to identify who needs your support, plus a variety of helpful development tools.
- Save many hours of time every week:
 - No more having to track down students at school during your breaks
 - No more collecting, marking and redistributing student paper work each week
 - No more struggling to keep in touch with everyone in your mentoring group.



“ I don't normally use the Internet that much, so I was very surprised at how easy Online Mentoring was to set up and use.

I log on everyday after school to get an overview of everyone in my group. I can see at a glance if anyone needs individual support and review their diaries and LogBooks if I need extra details.

I use the e-messaging a lot because there's rarely time to talk to everyone during a busy school day. Being able to manage this at any time really takes the pressure off me.”

Helen Pringle, Talent Mentor
Benfield School, Newcastle

BENEFITS FOR YOUR STUDENTS

- Makes it easy for them to communicate with you.
- Motivates them to fill in training diaries and LogBooks because it can be done quickly with no hassle.
- Helps them to be more self-aware + develop better life habits.
- They can't lose any workbooks because they are online.
- Easier to involve parents to get extra support at home.



“ The online LogBooks are really simple to fill out. I just have to tick a few boxes and add notes if I want ... it helps me pay more attention to hydration and what I eat.

Also, it's easy to forget how much you've achieved – but being able to look back over my training diaries reminds me how far I've come, and spurs me on to keep trying.”

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

Online Mentoring – Getting started is easy

When you first use Online Mentoring you'll be asked to set up an area called TEAM YOU. Just log on and invite people to join your team using our e-messaging. Because access is via a unique log on, the information you and your students store in Online Mentoring is secure and confidential – it's only shared with authorised members of your TEAM YOU (students can't access each other's files).

Here are some of the main features and benefits you can expect to find:

- **LogBooks:** Every athlete has access to a range of training LogBooks and diaries. You select the ones you want each person to use. They're in a simple tick box format so they're easy for students to fill in, and quick for you to review.
- **Tailored content:** You or your students can customise the LogBook content to include anything you want – it's entirely up to you.
- **Automatic reports and easy to use tools:** Our wide range of analysis tools and configurable reports give you information at your finger tips – including daily overviews and reports of student activity. This makes it easy for you to assimilate and react to the information entered by your students eg:
 - if someone is injured at training today, your message board will tell you
 - if someone's performance is slipping you can view their training diary or LogBook entries for the dates of your choice to search out reasons why
- **Virtual groups:** You can choose who's in Team You (there's no limit to the number of people you can invite). This makes it easy for you to bring people together to provide a truly holistic approach to mentoring
 - Include external coaches, other teachers, dieticians, sports psychologists, physiotherapists, parents etc
 - Create as many 'virtual' groups as you like and control how you want to manage your students online – individually, in large groups, or smaller teams or classes
 - Set up team activities or buddying groups, compare performance, send feedback, share good practice, print or file records or reports
 - See who is available, injured, on holiday, off sick or has exams etc.
- **Secure online communications:** Using the integral e-messaging system you can easily communicate with anyone or everyone in TEAM YOU. It works like email and you can use it to quickly broadcast secure e-messages to individuals or groups. You can also use it to:
 - Issue invitations and healthy tips
 - Share results and information
 - Debate issues and invite feedback.

We are so confident that you will be delighted with Online Mentoring, we even give you a 14 day Money Back Guarantee from the day you first log on.

SOME OF OUR SPORTING PARTNERS

Tried and tested by schools, clubs and national governing bodies (NGBs). Developed in partnership with elite academies and NGB talent development programmes.



“Online Mentoring gives my students a focus for out-of-school activities as well, not just PE, but as a whole person. They can record how they are feeling in general not just for their training ... being able to review the athletes log entries is really useful when they come to compete. It's made my work a lot easier not only through the reduced paperwork and ease of communication but also the convenience of having just one place to store and access all my documents and contacts online.”

Vicky Hopkins, Gifted and Talented Co-ordinator
The Deane School Sports College, Essex

WHAT ONLINE MENTORING HAS TO OFFER



Subscribe now and be online within days

All prices exclude VAT

School	_____
Address	_____ _____ _____
Postcode	_____
Phone	_____
Your name	_____
Your email	_____
Date	___ / ___ / ___

HOW TO RETURN YOUR SUBSCRIPTION TO US

Post Sportplan Ltd, 6th Floor,
Elizabeth House, 39 York Road, London SE1 7NQ
Phone 0870 907 7808 Fax 0207 760 7222

NO RISK - 14 DAY MONEY-BACK GUARANTEE

Your purchase order no.

Please tick to indicate your requirements and enter the costs. We will send you an invoice and your access codes by return. BUT if you decide not to go ahead within 14 days of first logging on, just write "Cancel" on the invoice and return it to us for a full refund.

12 MONTH SUBSCRIPTION

Online Mentoring - this includes a User Guide, accounts for Mentors and up to 20 students £250.00

No. of additional student accounts (if any)
@ £10: accounts, totalling £

A5 LOGBOOK FOLDERS (OPTIONAL)

These folders can be used to file printouts of the online LogBook and Diaries

Pack of 5 £25.00
 Pack of 20 £80.00

YOUR TOTAL SPEND EXCLUDING VAT £

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