

# COACH AND CAPTAIN KICKS OFF

Last Wednesday saw the first fantastic session at Coach and Captain!! We were delighted with the turn out.



At our inaugural meeting we discussed what makes a good captain or leader. Everyone got involved with the various ice breaker games that demonstrated how and what leaders do.

We ended with a full game of uni-hoc which starts by having no rules but evolved as players make up rules as the game progresses. Prizes were given for best blind leader team and best communicators in the full game.

Next week players will focus on participation and team work, with a game of football to wrap things up at the end of our second session.

Everyone agreed that, not only had they had fun, but they had also developed some new skills and gained an insight into what is needed to be a good captain and that they were already looking forward to next week.

If you think you or someone you know might be interested in joining this great club and working towards a sports leadership award, all you've got to do is come along next Wednesday! It all kicks off 4.30pm at Pembrokeshire College.

