



# **Stirling County RFC**

**Transition and Retention –  
Young People into volunteering**

# Young People into Volunteering

## Targeted approaches to engaging young people into volunteer roles within the club / school environment.

There are multiple ways for young people to get involved in volunteering at Stirling County. One of the notable strengths lies in the connections established among staff, coaches, and players. These connections enable us to understand the individuals, their strengths, capabilities, and interests, as well as their future plans. For instance, we have young players who actively participate as coaches in mini-rugby, providing their expertise while simultaneously learning from other volunteers. Those players who exhibit leadership potential and have taken on leadership roles within their own teams are often invited to become involved, acknowledging their potential contributions.

By engaging in conversations and gathering information from players, typically those aged 15 and above, we learn about their future plans. We determine if a volunteer role can enhance their career aspirations. In such cases, we actively encourage them by presenting the options available. These options support the club but also provide valuable experiences relevant to their potential careers.

Volunteer opportunities are a vital link for players who may have experienced injuries or discovered that playing the sport is not for them. Stirling County has eight coaches within the youth sections who fall into this category. We maintain strong connections with local higher education and further education institutions, offering placements and experiential opportunities. Through these connections, we can identify individuals who can contribute to our club and provide them with the necessary support to engage in coaching, sports science, social media roles, and management positions, depending on their interests and strengths.

Ensuring that young people stepping into these roles must receive adequate support is crucial. This support may come from development staff, regular check-ins with coaches, and assessment sessions. We also strive to match them with experienced coaches, well-organized managers, and engaging parent coaches who possess strong coaching skills. The process of pairing the right individuals together is essential to ensure that everyone involved has the best possible experience.

**Club webpage:** <https://stirlingcounty-rfc.co.uk/>