



SPORT
IRELAND
COACHING

Annual Report 2023

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FOREWORD

The Sport Ireland Coaching Annual Report allows us the opportunity to reflect on our activities in 2023. It has been a busy and successful year, in which we have reached pre-Covid coach education activity levels in terms of the numbers of coaches certified through the Coaching Development Programme for Ireland (CDPI), significant increases in the number of Coach Developers trained as well as Coach Developer Assessors and new workshops established to support coaches, parents and clubs.

2023 highlights include:

- **Coaches Certified:** There was a 90% increase on the number of coaches certified in 2023 with 21,954 coaches certified (58% male, 42% female) in comparison with 11,555 coaches certified in 2022.
- **Female Coaches:** While there was no change in the number of female coaches certified in 2023 in comparison to 2022, the percentage of female coaches has increased by 9% over the last six years from 33% in 2018 to 42% in 2023.
- **Workshops:** Sport Ireland Coaching coordinates the delivery of different types of workshops to support coaches, parents and clubs in specific areas. The biggest demand, last year, was seen for the Coaching Teenage Girls workshops with 28 workshops delivered. New workshops were piloted and delivered to support coaches, parents and clubs – the Positive Parents series of workshops. More of these workshops will be rolled out in 2024.
- **Coach Developers:** In previous years, Sport Ireland Coaching typically delivered two Coach Developer programmes per year. However, we have seen an increase in demand for the programme across NGBs since the programme was validated by QQI as a Level 7 Certificate in Sports Coach Development. The programme takes 12-18 months to complete, and to-date 31 learners have been certified. In 2023, Sport Ireland Coaching delivered five programmes to 106 learners across 18 different NGBs in 2023.
- **Coach Developer Assessors:** Coach Developer Assessors are experienced Coach Developers who facilitate the development of Coach Developers and assess Coach Developer competencies. Thirty-six new Coach Developer Assessors from 10 different NGBs were trained in 2023, in comparison to 25 Coach Developer Assessors from 14 NGBs in 2022, a 44% increase.
- **Physical Literacy:** Physical Literacy is the foundation for lifelong involvement in sport. The All-Ireland Physical Literacy Consensus Statement is at the forefront of Sport Ireland's work. Physical Literacy awareness training was delivered for Sport Ireland and Sport Northern Ireland staff in 2023 and a number of physical literacy briefings were conducted for sports organisations and personnel.

For 2024 we will continue to work with our partners to fully develop NGB Coaching Pathways on a targeted phased basis and develop and deliver more training and learning opportunities for the coaching community. In partnership with Sport Northern Ireland, we have commissioned Knight, Kavanagh & Page (KKP) to investigate the area of Technical Officials in sport in Ireland with the view to informing the development of a Technical Officials Development Plan. This project involves identifying and describing the range of roles undertaken by Technical Officials in Ireland; exploring issues related to recruitment, retention and attrition of officials; and identifying the need of officials and those who support them. The final report will be available in May 2024.

Una May

Dr. Úna May
CEO, Sport Ireland



Michael McGeehin

Michael McGeehin
Director, Sport Ireland Coaching





**SPORT
IRELAND**
COACHING



21,954 COACHES CERTIFIED IN 2023

90%
INCREASE
ON 2022

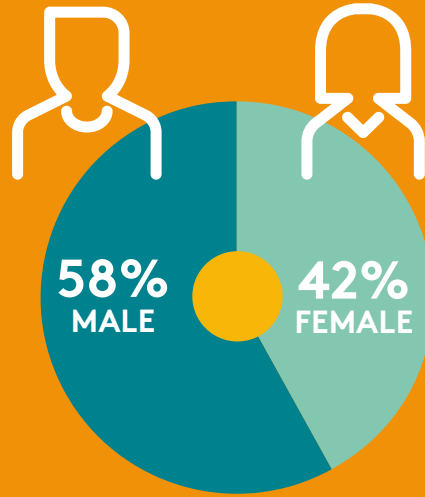


AVERAGE AGE

37
YEARS

AGE RANGE

16-87
YEARS



461

COACHES CERTIFIED
IN SPECIALIST
COACHING AREAS



SPORT IRELAND
COACHING
PARTNER IN
3 EU PROJECTS

227 TEENAGE GIRLS
COACHES

174 CHILDREN
COACHES

31 PHYSICAL
LITERACY COACHES

29 POSITIVE PARENTS,
COACHES & CLUBS

31 COACH DEVELOPERS
CERTIFIED WITH QQI LEVEL 7
CERTIFICATE IN SPORTS
COACH DEVELOPMENT

106 COACH DEVELOPERS
TRAINED FROM 18 NGBS

36 COACH DEVELOPER
ASSESSORS TRAINED



**NEW POSITIVE PARENTS, COACH
AND CLUB WORKSHOPS LAUNCHED**

SECTION 1: Coaches Certified

This section provides statistics on the numbers of coaches certified in 2023 as part of the Coaching Development Programme for Ireland (CDPI). Overall, 21,954 coaches were certified in 2023 (58% Male, 42% Female) in comparison to 11,555 coaches in 2022, a significant 90% increase. The average age of coaches was 37 years and the age ranged from 16-87 years.

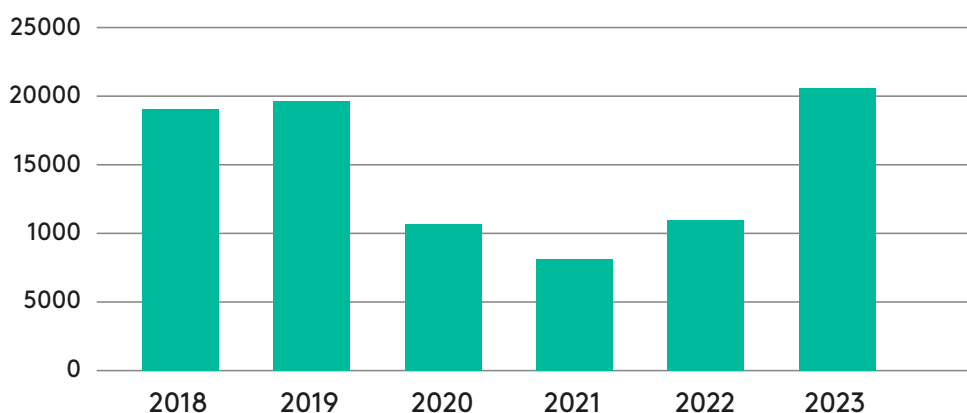
The number of coaches certified per CDPI level is identified in Table 1. There was a significant increase in the number of Level 1 and Level 2 coaches certified in 2023 with the largest number of Level 2 coaches certified by Swim Ireland (284 coaches) and the GAA (184 coaches). The number of Basic Instructors certified fell by 37%.

Table 1: Number of Coaches Certified per CDPI Level (2023)

	Intro Coach	Level 1 Coach	Level 2 Coach	Level 3 Coach	Basic Instructor	Intermed Instructor	Advanced Instructor	TOTAL
	Coach Framework				Instructor Framework			
No. Coaches Certified	15,889	4,677	655	0	165	537	31	21,954
Comparison with 2022	+65%	+250%	+465%	8 Level 3 coaches cert	-37%	+158%		+90%

Figure 1 shows the trend in the number of coaches certified for the last six years. The number of coaches certified last year surpassed pre-COVID levels.

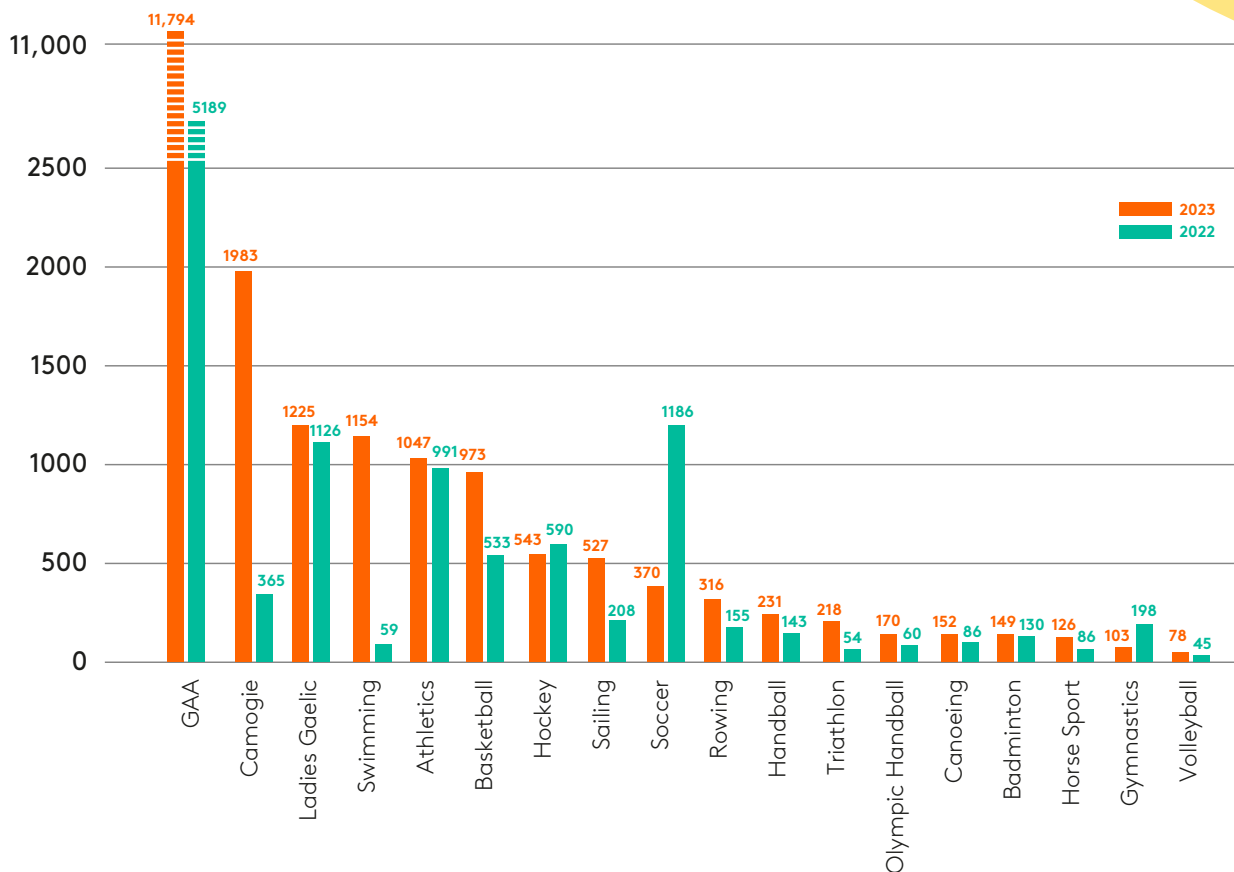
Figure 1: Number of Coaches Certified 2018-2023



¹ The CDPI levels refer to two Frameworks that are included in the CDPI – the Coach Framework and Adventure Sport Instructor Framework. There are four levels in each framework – Introduction, Level 1, Level 2 and Level 3 in the Coach Framework and Basic, Intermediate, Advanced and Specialist Instructor in the Adventure Sport Instructor Framework.

The Top NGBs for number of coaches certified in 2023 are identified in Figure 2.

Figure 2: Top NGBs for Number of Coaches Certified in 2023 versus 2022



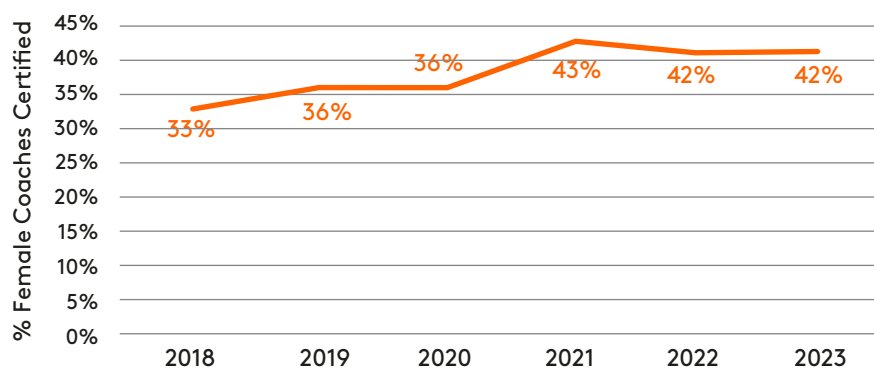
There were substantial increases for Swimming, Camogie, Triathlon and Olympic Handball while there were decreases for Soccer and Gymnastics, when compared to 2022 figures. Please note the FAI figures only relate to Introduction coach awards. FAI plan to align their other coach awards with the CDPI in 2024. There was a reduction in the number of FAI Introduction coach awards in 2023 due to changes in their coach education pathway as a result of their new Football Pathways Plan 2024

SECTION 2: Women in Coaching

This section provides statistics on the number of female coaches certified in 2023. Information is also provided on the spread of female coaches across coaching levels and across NGBs.

While there was no change in the number of female coaches certified in 2023 in comparison to 2022, the percentage of female coaches has increased by 9% over the last six years from 33% in 2018 to 42% in 2023 (Figure 3).

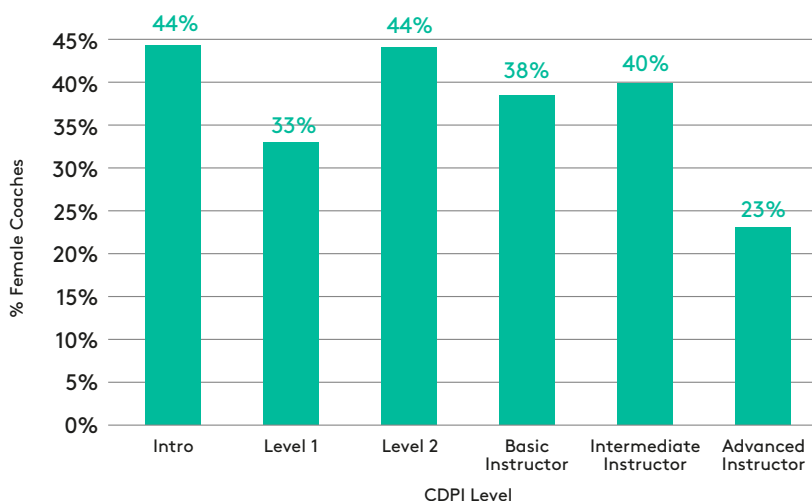
Figure 3: Percentage of Female Coaches Certified (2018-2023)



9%
increase
in female
coaches
certified
over last
six years

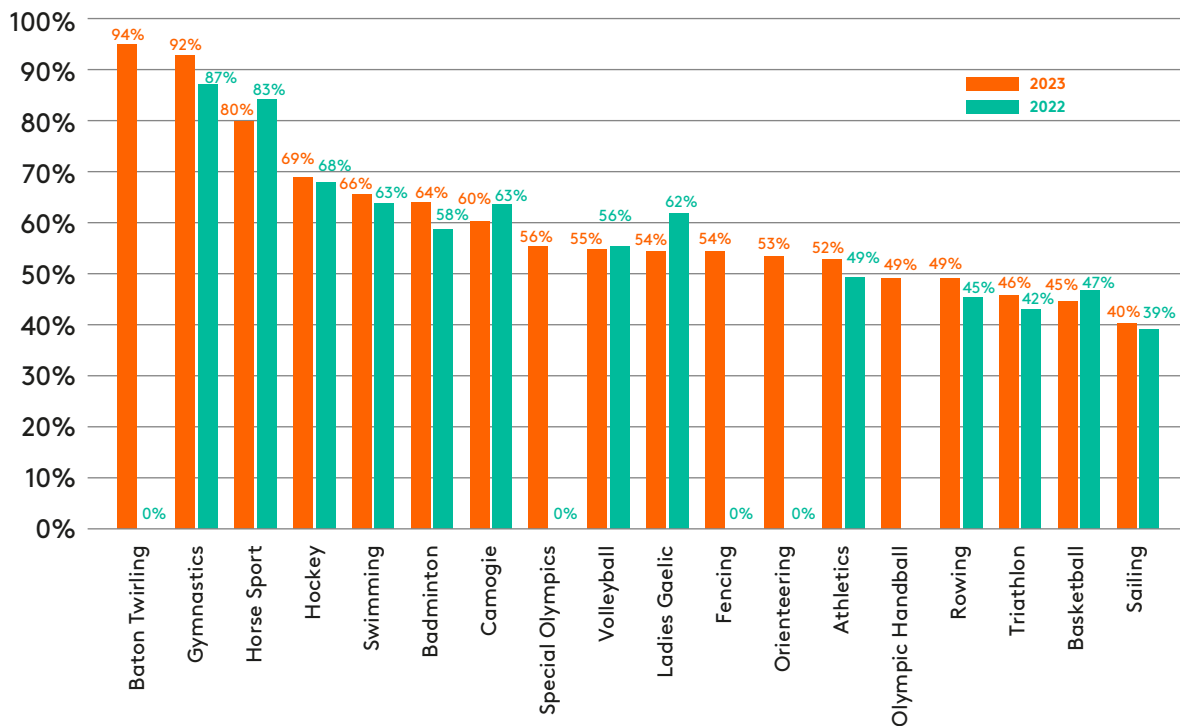
Figure 4 shows the spread of female coaches across coaching levels in 2023. The highest percentage of female coaches was at CDPI Introduction to Coaching and Level 2, with 44% of coaches certified at these levels identifying as female. The lowest percentages of female coaches were at Level 1 (33%) and Advanced Instructor level (23%).

Figure 4: Percentage of Female Coaches Certified in 2023 per Coaching Level



The spread of female coaches across NGBs is demonstrated in Figure 5 with the highest percentage of female coaches in Baton Twirling (94%), Gymnastics (92%), Horse Sport (80%) and Hockey (69%). For a full breakdown of female coaches certified in 2023 across NGBs, please refer to Appendix 1.

Figure 5: Female Coaches Certified across NGBs



Sport Ireland Coaching have also developed workshops and resources specifically for coaches of teenage girls. Further information on these workshops and key statistics for 2023 can be found in Section 3.

SECTION 3:

Coach Education in Specialist Areas

Sport Ireland Coaching coordinate the delivery of different types of workshops to support coaches, parents and clubs. A list of the workshops available are identified in Table 2 along with a brief description of each. These workshops are mainly delivered through the Local Sports Partnership and NGB networks, as well as by Sport Ireland Coaching.

Table 2: Specialist Coaching Workshops

Type of Workshop	Purpose
Coaching Children	To provide coaches with an understanding of children’s sport and physical activity and the best ways to optimise children’s enjoyment and participation
Coaching Teenage Girls	To provide coaches with an understanding of the needs of teenage girls in sport and key considerations when coaching girls 12-17 years old
Physical Literacy	To develop knowledge and understanding of the concept and importance of physical literacy as the foundation for lifelong involvement in physical activity
Positive Sport Parents	To help educate parents on how they can positively support children and young people in sport and physical activity
Coaches Engaging with Parents	To help coaches build positive relationships with their players’ parents
Clubs Working with Parents	To help clubs create a positive parents’ culture to enable parental engagement to thrive

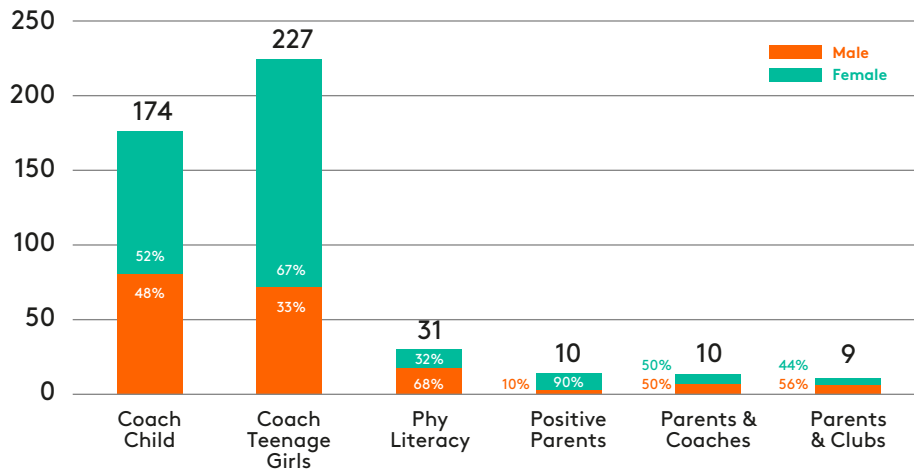
The number of workshops delivered in 2023 is outlined in Table 3. The biggest demand was seen for the Coaching Teenage Girls workshops with 28 workshops delivered last year. The Positive Parents series of workshops were new for 2023 and more of these will be rolled out in 2024.

Table 3: Specialist Coaching Workshops Delivered in 2023

	Coaching Children	Coaching Teenage Girls	Coaching Young People	Physical Literacy	Positive Parents	Parents & Coaches	Parents & Clubs	TOTAL
Number of Workshops	12	28	1	9	3	2	2	57

Figure 6 conveys the number of people who completed each of the workshops in 2023. In total 461 people completed the workshops with a high percentage of those who completed identifying as females (59% female, 41% male).

Figure 6: Coaches Certified in Specialist Coaching Areas in 2023



For information on the training of tutors to deliver these workshops, please refer to Section 4.

SECTION 4:

Coach Developer & Tutor Training

Sport Ireland Coaching provide training to Coach Developers (CD) and Tutors. These CDs and Tutors support the development of coaches/instructors in NGBs and can make a big impact on coaches and players/athletes on the ground. For example, one Coach Developer or Tutor could deliver a course or workshop to 20 coaches. These 20 coaches could then go on to coach 20 different players/athletes (in the case of team sports). Therefore one Coach Developer or Tutor could have an impact on 400 players/athletes through one course or workshop.

There are two different types of Coach Developer training offered by Sport Ireland Coaching:

- The **Certificate in Sports Coach Development programme (QQI Level 7 award)** is for experienced coaches/instructors who want to support the development of coaches in their sport up to Level 2 on the CDPI.
- The **Level 1 Coach Developer programme** is specifically designed for experienced GAA coaches to support the development of coaches up to GAA Coach Award 1.

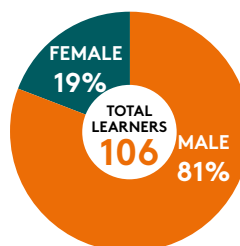
Tutor training is for those who want to get involved in the delivery of workshops in specific targeted coaching areas like coaching teenage girls, physical literacy and coaching children (see Section 3). The training is specific to the type of workshop the tutor will deliver. Tutors are not trained to deliver formal NGB coach education courses or provide support to coaches in other areas - this is the role of Coach Developers.

This section provides information on Coach Developer training and Tutor training delivered in 2023. Please refer to the Glossary of Terms for further clarification on the role of Coach Developers and Tutors.

1. Certificate in Sports Coach Development

The Certificate in Sports Coach Development programme is delivered by Sport Ireland Coaching to train up new Coach Developers² in NGBs. The programme is recognised by Quality and Qualifications Ireland (QQI) and is aligned to Level 7 on the National Framework of Qualifications as a Special Purpose Award worth 45 educational credits.

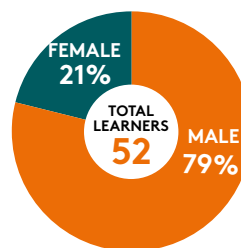
In previous years, Sport Ireland Coaching would have typically delivered two programmes per year. However, due to increased demand in the programme across NGBs, Sport Ireland Coaching delivered five programmes in 2023 to 106 learners across 18 different NGBs. The programme takes 12-18 months to complete, and to-date 31 learners have been certified.



18
different NGBs

2. Level 1 Coach Developer Training

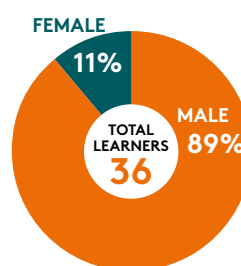
There were three Level 1 Coach Developer programmes delivered in 2023 in the GAA with 52 learners attending. Level 1 Coach Developer training is only available to the GAA due to both the volume of Coach Developers that need to be trained per year and the volume of coach education programmes the NGB delivers.



3
programmes

3. Coach Developer Assessor Training

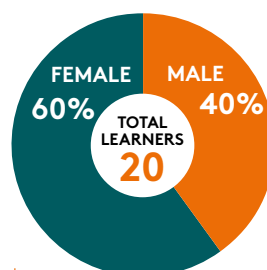
Coach Developer Assessors are experienced Coach Developers who facilitate the development of Coach Developers and assess Coach Developer competencies. Thirty-six new Coach Developer Assessors from 10 different NGBs were trained in 2023, a 44% increase on 2022. In addition, thirteen already qualified Assessors from eight different NGBs attended Continuous Professional Development (CPD) training with Sport Ireland Coaching in 2023.



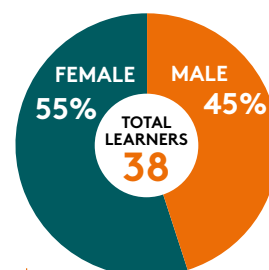
3
programmes

4. Tutor Training

Sport Ireland Coaching train tutors to deliver workshops in specialist coaching areas. These areas involve coaching teenage girls, physical literacy etc (see Section 3). In 2023, Sport Ireland Coaching trained 38 Coaching Teenage Girls tutors and 20 Physical Literacy Tutors. These tutors will deliver the Coaching Teenage Girls workshop and Physical Literacy workshop through the NGB and Local Sports Partnership (LSP) networks.



Physical Literacy Tutor training
1 programme



Coaching Teenage Girls Tutor training
2 programmes

² Coach Developers are experienced coaches who support the development of coaches. Coach Developers typically deliver formal coach education courses within a NGB as part of the CDPI and they also provide support to coaches in non-formal contexts.

SECTION 5:

Other Education and Training

In addition to the Coach Developer and Tutor training delivered by Sport Ireland Coaching in 2023 (see Section 4), we also delivered other types of education and training as identified below.

Table 4: Other Education and Training Delivered by Sport Ireland Coaching in 2023

Type	Details
Specialist Coaching Areas	
Applying Physical Literacy	Delivered to NGB and LSP personnel attending the Sports Development Conference 2023
Physical Literacy Awareness Training	Delivered to Sport Ireland and Sport Northern Ireland staff members
All-Ireland Physical Literacy Consensus Statement	Presented to Global and National Leaders in Physical Literacy at the International Physical Literacy Conference in New York
Coaching Children and the ICOACHKIDS pledge	Information on how to practically apply the ICK pledge. Delivered as a Keynote Address to NGBs, coaches and coach developers at the 7th ICOACHKIDS conference in the Netherlands (26 – 27th September 2023)
Children and Youth Sport Development	Presented information on the Youth Sport Network and ICOACHKIDS global activity at the 14th ICCE Global Coaches Conference in Singapore (29 Nov - 3 Dec) to global and national policy makers, researchers and practitioners
Coach Developer	
Coach Developer and Trainer of Coach Developer workshops	Delivered to delegates at the 14th International Council for Coaching Excellence (ICCE) Global Coach Conference 2023 in Singapore
Coach Developer Development	In-person Q&A session for NGB Coaching Officers on how to develop and support Coach Developers
NGB Coaching Officers	
CDPI Programme Approval Process	Webinar delivered to NGB Coaching Officers to provide information on the process for developing and approving coach/instructor awards under the CDPI
Assessment in Coach and Instructor Education	Webinar delivered to NGB Coaching Officers to explore assessment of coaches/instructors on coach education programmes
Mapping Participant Pathways in Sports	Workshop delivered to delegates at the Sports Development Conference on pathway development in sport related to coaching and player/athlete development
Coaching Plan	Webinar for NGB Coaching Officers on how to develop an annual coaching plan as part of the Sport Ireland Grant Application process including an introduction to SIGMA (online grant application tool)
Leaving Certificate PE	In-person session with NGB Coaching Officers on possible materials to provide to Department of Education to support the Leaving Certificate PE syllabus

SECTION 6:

Key Milestones in 2023

This section identifies key milestones for Sport Ireland Coaching in 2023.

- 1. NGB Coaching Officer Support:** Sport Ireland Coaching delivered a series of workshops and webinars in 2023 to support NGB Coaching Officers in their role. These covered various topics from coach education to supporting Coach Developers to developing annual coaching plans. More detail on these workshops and webinars are provided in Section 5.
- 2. Physical Literacy:** Physical Literacy is the foundation for lifelong involvement in sport. The All-Ireland Physical Literacy Consensus Statement is at the forefront of Sport Ireland's work (Sport Ireland Statement of Strategy 2023-2027, p. 26-27). Physical Literacy awareness training was delivered for Sport Ireland and Sport Northern Ireland staff in 2023. A number of physical literacy briefings were conducted for sports organisations and personnel through a range of engagements such as NGB Coaching Officer meetings, the Local Sports Partnership network, Sports Development Conference, ODC network masterclasses and international events like the International Physical Literacy conference and the International Taekwondo Federation conference. An Information Booklet has been developed to support the implementation of the Consensus Statement https://www.sportireland.ie/sites/default/files/media/document/2024-03/understanding-physical-literacy-booklet_final_spread.pdf

Resources and materials were developed for the Understanding Physical Literacy workshop and nine of these workshops were delivered in 2023 (see Section 3) and 20 new Physical Literacy Tutors were trained to deliver the workshop (see Section 4). Sport Ireland Coaching is a member of the Irish and UK Physical Literacy (IUKPL) Forum and attended the inaugural meeting of the Forum last year.
- 3. Women in Coaching:** Sport Ireland Coaching continues to support organisations in their efforts to recruit, develop and retain women in coaching through the Women in Coaching Toolkit developed in 2022. The Coaching Unit collaborated with the Women in Sport Unit to deliver a workshop in 2023 called 'A Focus on Developing Coaches' to build on the Women in Coaching Toolkit.
- 4. Coaching Teenage Girls:** There is increasing demand for Coaching Teenage Girls workshops through the LSP and NGB network. These workshops provide coaches with an understanding of the needs of teenage girls in sport and key considerations when coaching girls 12-17 years old. Some key statistics for 2023 in relation to these workshops can be found in Section 3. Sport Ireland Coaching support NGBs to adapt these workshops to their specific sport. In 2023 Sport Ireland Coaching supported the Ladies Gaelic Football Association (LGFA) to adapt the workshop for Gaelic Football. The LGFA, consequently, delivered 12 Coaching Teenage Girls workshops around Ireland.
- 5. Parents in Sport:** Over the last two years, Sport Ireland Coaching have been working on the development of workshops and materials to promote a child/young person-centred approach to sport. Three separate workshops have been developed for parents, coaches and clubs to help educate them on how they can positively support children and young people in sport and physical activity. Seven workshops in total were delivered in 2023 with 29 learners certified (see Section 3).

- 6. Coaching Children:** Sport Ireland Coaching supported the development of resources and the delivery of the InDrive Supernovas Programme for Youth Coaches (online training and mentored support of youth coaches) in Kazakhstan, Egypt, Ghana and Kenya. The new iCoachKids website was launched <https://icoachkids.org/> with 19,838 unique Irish users in the first 6 months (Website and YouTube). Sport Ireland Coaching contributed to the design, development and delivery of the 7th iCoachKids Conference in Papandal, Netherlands on 26-27 September 2023 & delivered a keynote address as well as delivering a symposium at the 14th International Council for Coaching Excellence (ICCE) Global Coach Conference 29th November to 3rd December 2023 in Singapore.
- 7. European & International Coach Developer Work:** Sport Ireland Coaching continue their involvement at an international level in the area of coaching and coach development. In 2023 Sport Ireland Coaching delivered Coach Developer and Trainer of Coach Developer related workshops at the ICCE Global Coaching Conference in Singapore and contributed to the Elite Women's Coaching Networks in Europe and Japan. Work is ongoing in relation to Sport Ireland Coaching helping design global Coach Developer training opportunities.
- 8. New Coaching Awards Developed:** New coach awards were developed and approved under the Coaching Development Programme for Ireland (CDPI) in 2023. These awards include:
- Cycling Ireland Level 1 Coach award
 - Fencing Ireland Level 1 Coach award for Epee, Saber and Foil disciplines
- These awards were reviewed by Sport Ireland's External Programme Review Panel prior to approval by Sport Ireland's Education and Training Council. The purpose of the Panel and the Council is to provide external validation on the decision to include awards on the CDPI; support the standards in the CDPI and to ensure consistency and transparency across awards.
- 9. Digital Certificates:** Digital certificates were introduced for Coach Developer and tutor awards in 2023. This follows on from the introduction of digital certs for coach and instructor awards in 2022 and makes the certification process more efficient, cost effective and environmentally friendly.
- 10. Recognition of Prior Learning:** Sport Ireland Coaching developed guidelines for NGBs and coaches seeking to formally recognise prior learning and prior awards to gain a coaching qualification under the CDPI. The guidelines identify important areas for consideration when dealing with Recognition of Prior Learning and advise NGBs to identify and document their policy to promote transparency and clarity in this area.
- 11. Recognition of Prior Awards:** A formal process for recognising awards against the Certificate in Sports Coach Development (CSCD) was introduced in 2023. This means that NGBs can apply to Sport Ireland to get recognition for awards that are similar to the Coach Developer award. This could lead to learners getting exemptions from elements of the CSCD programme or exemption from the entire programme.

SECTION 7:

Coaching Research & Innovation

Sport Ireland Coaching were involved in several Coaching Research & Innovation projects in 2023. A brief description of each project is provided below.

- 1. iCOACHGIRLS Project:** Sport Ireland Coaching are co-leading this two-year project with the International Council for Coaching Excellence (ICCE). iCOACHGIRLS aims to promote and increase physical activity and sport amongst primary school girls through the creation of a series of 'Girls Play Centres' in local communities across five different countries – Ireland, Hungary, Germany, Lithuania and the Netherlands. The Centres are aimed at girls who have never taken part in organised sport or who have tried and dropped out. In 2023, Sport Ireland Coaching did the following:
 - a. Contributed to the development of three Project Guides including (Re)introducing Girls to Sport and Physical Activity; Girls in Sport – Best Practice Examples; and Women in Coaching - Removing Barriers to Start and Stay. These are available at <https://icoachkids.org/learn/girls>
 - b. Developed resources for the pilot phase of five iCOACHGIRLS play centres (National Sports Campus and four LSPs, Limerick, Roscommon, Tipperary and Wicklow). Each play centre included 30 girls who were not engaging in sport (6-8 year olds and 9-12 year olds), 10 assistant coaches, two head coaches and one coordinator. Each play centre ran for ten weeks. Five more play centres are planned for 2024
 - c. Supports and resources were developed for Coordinators, Coaches and Parents and a Young Girls Journal/Diary was developed.
 - d. Research was conducted with the girls, parents, coordinators, head coaches and assistant coaches via a questionnaire and several focus groups will take place in early 2024. An interim report will be developed in 2024
- 2. EduPASS Project:** This project is to develop resources for youth sports coaches and early childhood educators in relation to physical activity, movement, play and sport (PAMPS) with a focus on the knowledge, values, attitudes and skills to be used. In 2023, Sport Ireland Coaching did the following:
 - a. Contributed to research to establish the key knowledge, values, attitudes and skills needed for youth coaches and early childhood educators
 - b. Developed training resources for youth sport coaches and pre-school educators
 - c. Hosted the EduPASS Youth Sport Coaches Training School (2-6 October 2023) in Dublin for coaches and coach educators from the Czech Republic, Luxembourg, Germany, Spain and Ireland.
 - d. Helped organise the EduPASS Early Childhood Educator Training School (22-26 January 2024) in Luxembourg.
- 3. Green Audit for Sport and Fitness Clubs:** Sport Ireland Coaching were involved in this two-year Erasmus+ project (2022-2024) to develop a Green Audit tool for fitness and sport stakeholders. The self-assessment tool will help managers and owners of fitness and sports clubs/centres in Europe to assess their environmental impact and identify key areas for improvement to reduce their carbon footprint. Other partners involved in this project include Europe Active, Nordic Sustainability (Denmark), Portugal Activo (Portugal), Ingesport/GO Fit (Spain), SportCity (Netherlands) and Deutscher Industrieverband für Fitness und Gesundheit (Germany). The project will conclude in March 2024 with a final report.

Glossary of Terms

Coach: A person who helps train people who want to participate in sport and physical activity at a competitive level.

Coach Developer: A Coach Developer is an experienced coach who develops and supports coaches in their sport. Coach Developers typically deliver formal coach education courses within a NGB as part of the CDPI and provide support to coaches in non-formal contexts.

Coach Developer Assessor: A Coach Developer Assessor is an experienced Coach Developer who facilitates the development of Coach Developers and assesses Coach Developer competencies.

Coaching Development Programme for Ireland (CDPI): The CDPI is an all-island programme that facilitates and supports the development of coaching and coach education on the island of Ireland. The programme is managed by Sport Ireland Coaching and operates in partnership with National Governing Bodies and other key agencies involved in sport. The CDPI consists of three 'Frameworks' which set out common core knowledge and competencies for coaches, instructors and leaders working across different sports, activities and environments. [Programme Development | Sport Ireland](#)

Instructor: A person who instructs people to participate in sport and physical activity at a recreational level. An instructor facilitates skill development to allow independent participation in the activity or participation under minimal supervision.

Leader: A Person who leads or guides participants in a sport or physical activity at a recreational level. A Leader equips participants with the skills and knowledge to allow safe participation in the sport/activity. A Leader does not develop participants skills and knowledge to allow independent participation in the activity.

Tutor: A tutor delivers workshops and training in specific targeted coaching areas such as coaching children, teenagers and physical literacy.

Appendix 1: Female Coaches Certified in 2023 per NGB

Table 5 below provides a breakdown of female coaches certified in 2023 as part of the Coaching Development Programme for Ireland (CDPI) across NGBs. Further information on female coaches is available in Section 2.

Table 5: Percentage of Female Coaches Certified in 2023 per NGB

NGB	% Female	NGB	% Female
Baton Twirling	94%	Sailing	40%
Gymnastics	92%	Canoeing	37%
Horse Sport	80%	Cycling	34%
Hockey	69%	Handball	34%
Swimming	66%	GAA	32%
Badminton	64%	Archery	30%
Camogie	60%	Table Tennis	27%
Special Olympics	56%	Surfing	22%
Volleyball	55%	Racquetball	22%
Ladies Gaelic	54%	Diving	21%
Fencing	54%	Soccer	18%
Orienteering	53%	Wrestling	18%
Athletics	52%	Judo	15%
Olympic Handball	49%	American Football	3%
Rowing	49%	Tennis	0%
Triathlon	46%	Snooker & Billiards	0%
Basketball	45%		

