

Developing & supporting the athlete & coach pathway journey – My story



My Journey



- From World Champion 800m/LJ dreamer at 10 years old
- Multi sport through to 21 (county sport player)
- Took time to develop, remember everyone is different!
- Technical Skills were not developed well enough as a young athlete
- So why Combined events?
- Learning as an athlete to coach myself (important)
- Competing in individual events



...topping out at top 1.0 in a match Bishop Lovett teams (pict



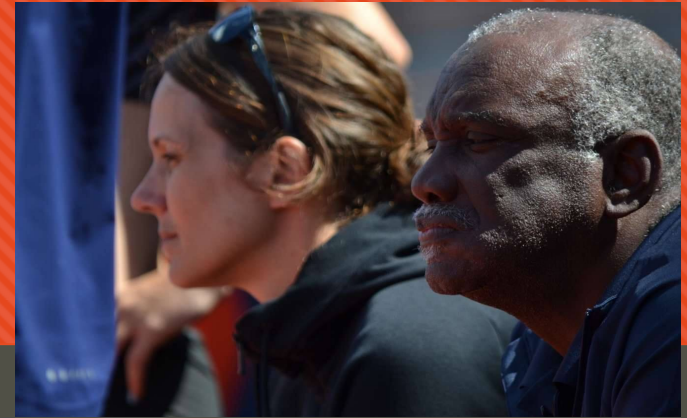


Combined events – Event Specialisation

- What's in it for the athlete and the coach
- The gains
- Resilience - Injury Prevention
- Ability to move around disciplines
- Fun
- It is possible to be great at one event
And seven or ten ;)



The Coach/Athlete Environment



- Values & Behaviours are critical
- Coaching doesn't have to have the perfect physical environment for grassroots, development or elite to learn
- Communication is the key
- Letting the athlete learn with you – discuss & plan, give them choice
- Emotions – keep them in check
- Always remember why you do this (athlete & coach)

My philosophy in Coaching

- What I learned from my own coaches – good & bad
- How I have changed my outlook on coaching
- I am not coaching ME – THE hardest lesson
- Coaching in another sport has helped me to develop my thinking and learn new ideas – recommended !!!



Coaching (for me)

- From a resistant coach – to a ‘love coaching’ coach
- What I thought I wanted to be – to what I love to do now
- How I want to help the next generation of athletes and most importantly coaches
- How can I help you....?
- And where does it take me now.....



Keys Messages for you



- Be Experimental – fail and learn
- Ask your peers – if you don't know, you don't know... they might
- Let the athletes decide their own paths – you are only a guide
- Every lesson is a blessing
- Enjoyment is key for both

Q & A

ASK ME ANYTHING

(even about the javelin)

