

# SAMANTHA ALLEN

## NAILSEA LEAD COACH



### PERSONAL STATEMENT

My daughter Frankie Allen started Athletics with Chris in 2005 (followed by my two sons), the club was small then and the parents used to sit around and watch the athletes train, as sometimes it was not worth going home to just come back again. As the club became larger it became obvious that Chris needed some help, so a few of us started to help out. Then we caught the bug and wanted to know more, so the club put us through our coaching qualifications, resulting in me becoming lead coach for the Nailsea session. It is lovely to see the young athletes having fun and learning some of the fundamental skills in Athletics, progressing on to other sessions as they develop and grow.

I have no real experience in Athletics, except doing it at school!! But I have always enjoyed participating within sport e.g. horse riding, skiing, hockey and going to the gym, to name a few.

My aim is to give something back to the club to which my 3 children have enjoyed and

### QUALIFICATIONS

- Children in Athletics
- Disability Inclusion Training
- Level 2 Athletic Coach
- First Aid
- Safeguarding Children

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### EXPERIENCE - COMPETITION

- Team Manager from 2009

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### EXPERIENCE – COACHING

- NSAC, NSAA from 2008
- Various coaching seminars, throws, jumps.

benefitted from, as it's a great club to be part of.



# DELLA HUDSON NAILSEA



PHOTOGRAPH TO FOLLOW

## PERSONAL STATEMENT

I was the skinny kid who was picked last in PE. I've grown stronger as I've grown older. I enjoy coaching youngsters who are prepared to work hard to improve at whatever level. They may be picking up healthy habits for life, or experiencing shiny-eyed thrill of finishing their first race, but I love seeing them realise that they've just done something that they couldn't do 6 months ago. The bonus is that people think I must be fit to hold a stopwatch!

## QUALIFICATIONS

- Level 2 Coach
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## EXPERIENCE - COMPETITION

- Various Triathlons from sprint to iron distance
  - Various road race and park runs
  - Various track events to pick up points for NSAC, and because somebody has to come last. PBs are 'not last' and 'smiled all the way round'
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## EXPERIENCE – COACHING

- I taught beginners swimming and trained lifeguards while at Uni
- I then switched to dry land and coached middle-distance athletics at Leamington C&AC at Club Coach level.
- I also picked up an FA qualification along the way
- I returned to coaching athletics in 2012 shortly after moving to Backwell in an attempt to get my kids involved in sport

# MEL CALLAS NAILSEA



PHOTOGRAPH TO FOLLOW

## PERSONAL STATEMENT

I started out helping out at sessions and league meetings as two of my daughters are members and compete for NSAC. I now help run the weekly sessions at Nailsea, as I find coaching the younger children very rewarding.

## QUALIFICATIONS

- Coach Assistant
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## EXPERIENCE - COMPETITION

- Competed over last four years in South West and Avon Leagues, and helped manage U13, U15 and U17 Girls team at these leagues and YDL. Also competed several seasons in the Gwent XC League
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## EXPERIENCE – COACHING

- Helping out at Nailsea for three years