

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

QUALIFICATIONS

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

EXPERIENCE - COMPETITION

- Team Manager from 2009

EXPERIENCE – COACHING

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