

# 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.

# FRANKIE ALLEN

## COMBINED EVENTS



### PERSONAL STATEMENT

I first joined NSAC back in 2005 after Chris had carried out a taster session at my primary school, this was when the club was only very new. I got invited to the Academy in 2006 and progressed all the way through until I got to Year 11. I have trained and competed for NSAC for around 12 years and have loved every minute of it and I consider it to be one of the things that has helped to define me as an individual, instilling my love for sport. I have never really found that one event that I really enjoy competing in as I like them all (except endurance!!), this has led to me becoming a multi-eventer and training/competing in Heptathlon. Which coincidentally, has led to me thoroughly enjoying coaching all of the Athletics events, even endurance!! I first started to help coach back in 2009 by assisting with the Athletics fundays and have since coached at a range of training sessions,

### QUALIFICATIONS

- Leader in Athletics
- Sports Leaders
- Level 2 Athletics Coach
- Disability in Athletics qualification
- 1<sup>st</sup> BSC (Hons) Sports Science and Physical Education from Cardiff Metropolitan University
- First Aid
- Safe Guarding
- Schools Direct PGCE in Physical Education with NSTA and Bath University
- Qualifications in several other sports (e.g. swimming, basketball and tennis).

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### EXPERIENCE – COMPETITION

#### Track and Field

- Team Avon Heptathlete at English Schools National Final (2013)
- Team Avon Lower and Upper Age Group YDL National Final
- County Championships (2006-2016), medalled in 100m, 200m, Shot Putt, Long Jump, Triple Jump, Hammer and Javelin.
- Indoor and Outdoor South West Championship (medalled/champion) 100m, 200m, 60m Hurdles, 60m, Long Jump and Shot Putt
- Welsh Championships – 60m, Long Jump and Triple Jump
- Avon League – Multiple Events
- South West League – Multiple Events
- Various Open Competitions e.g. Cheltenham, Mendip, Wales, Exeter, Birmingham etc.

including NSAA, Clevedon and Nailsea. The experiences and coaching opportunities that I have gained through being part of NSAA/AC have played a central part in my decision to train to become a PE teacher so that I can further develop my knowledge of a range of sports and help to support and inspire young people to enjoy and participate in regular sport.

- BUCS – 60m, Shot Putt, Long Jump and Triple Jump.

#### **Sportshall**

- South West Champion in Speed Bounce
- South West medallist in Shot, Vertical Jump and 2-lap sprints
- South West all-rounder Champion
- 3 x National Final Competitor with Team Avon and 4<sup>th</sup> in the Speed Bounce Sportshall Athletics National Final

#### **Other**

- 2<sup>nd</sup> at the UK National Finals for Judo
- BUCS – Lacrosse
- Netball
- Cricket
- Hockey
- Rounders
- Gymnastics
- Swimming

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#### **EXPERIENCE – COACHING**

- Assistant Coach at North Somerset Athletic Club and Academy (2009-present)
- North Somerset Athletic Club Ambassador
- NSAC Fundays
- Secondary School – Athletics, Sportshall Athletics, Netball, Rounders, Hockey and Cricket
- Primary School – Football, Cricket and Athletics.
- University – Athletics, Swimming, Basketball and Tennis.