

GRAHAM BROOKS

PRIORY LEAD COACH



PERSONAL STATEMENT

I have always enjoyed a wide variety of sport having competed for the local cricket and football teams growing up. I have always been interested in athletics and enjoyed watching the likes of Daley Thompson, Seb Coe et al from the early 80's competing at the highest level. When my daughter Stephanie showed an interest in the sport back in 2011 we used to bring her along on a Saturday morning for her to "burn off some energy" and Lee the coach asked if I'd help out by running some endurance sessions to help out with the group as I had run the London Marathon a couple times. When the club requested for volunteers to go on an Officials course was quite happy to help and since then I have gone on to become a regional level field official and recently qualified as a throws coach.

QUALIFICATIONS

- Athletics Coach (Throws)
- Coaching Assistant
- Safeguarding in Athletics
- Level 3 field Official
- Health and Safety.

EXPERIENCE - COMPETITION

I have represented the club in the Avon league primarily as a thrower but will try my hand at anything to win points for the team. I've competed in 3 London marathons and several local races in the build up to these events.

EXPERIENCE – COACHING

- I have supported the club since 2011 starting off as a coaching assistant running endurance sessions and supporting the head coach with jumps, sprints, throws etc and have run sessions at Nailsea for High jump previously. I have recently qualified as a throws coach and will be looking to continue my coaching development through additional modules for speed and jumps.

RICHARD BRUNSDON

HURDLES



PERSONAL STATEMENT

As my profile shows, I've loved athletics and fitness most of my life. I love to see kids try new things and hope that my experience and knowledge will help them to achieve the best they can be in all areas of athletics.

I'm a Rocky and Chariots of Fire addict, so as you can guess motivational quotes and films 'float my boat'.

Favourite quote "It's not how good you are, it's how bad you want it"

QUALIFICATIONS

- Assistant Coach
- Diploma in Sports & Exercise Science
- Advanced Level 3 Personal Trainer
- Advanced Senior Fitness Instructor
- Core and Stability Instructor
- Body Pump Instructor
- Spinning Instructor
- Group Exercise Instructor (Circuits, Aerobics etc)

EXPERIENCE - COMPETITION

- English Schools Combined Events
- Competed at Regional Level in Combined Events and Hurdles
- Completed 3 x London Marathons

EXPERIENCE – COACHING

- Coached in football, swimming and athletics over the last 8 years, as well as assisting golfers, tennis players and most sports you can think of when I was in the fitness industry
- I am currently a strength and conditioning coach for Weston Swimming Club

DEBBIE BROOKS



BIO + PHOTO TO FOLLOW

PERSONAL STATEMENT

QUALIFICATIONS

EXPERIENCE - COMPETITION

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EXPERIENCE – COACHING

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LEANNE BRIFFITT



BIO + PHOTO TO FOLLOW

PERSONAL STATEMENT

QUALIFICATIONS

EXPERIENCE - COMPETITION

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EXPERIENCE – COACHING

-

JAMES BRIFFITT



BIO + PHOTO TO FOLLOW

PERSONAL STATEMENT

QUALIFICATIONS

EXPERIENCE - COMPETITION

-

EXPERIENCE – COACHING

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STEPH BROOKS



BIO + PHOTO TO FOLLOW

PERSONAL STATEMENT

QUALIFICATIONS

EXPERIENCE - COMPETITION

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EXPERIENCE – COACHING

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