



#### COACH NAME

Stacey Morton

#### TYPE OF ACTIVITY

Multi Sports

#### LOCATION

Copeland

#### COACHING DETAILS

Active communities officer for the  
Copeland area (GLL)

“Do what you  
love; if you’re  
passionate  
enough you can  
do it and if you  
want to do it go  
for it and don’t  
let anyone dull  
your sparkle!”

## #PassOnYourPassion

### How long have you been coaching?

I have been coaching 10 years, I am currently an Active communities officer for the Copeland area (Formally Community Sports Coach) and coach a wide variety of activities from chair based exercise classes and multi sports sessions to fitness classes within the community to get as many people active as possible, regardless of their age.

### How did you get into coaching?

I used to help running a disability sports session once a week whilst I was studying for my a-levels, I loved the impact the session made to those



Colour Run – outreach for GLL

Be part of it!



Coaching children

attending not just physically but socially and mentally too. I loved the fact that I was making a difference to their day and decided that this was the direction I wanted to take. I Began coaching fitness sessions whilst studying at university (PE and Sport Development) and once graduated gained a job as a community sports coach as part of the Be Active project targeting those deprived groups within the community who wouldn't normally participate in physical activity for a variety of reasons and breaking down their barriers to promote a healthy and active lifestyle.

### Why are you passionate about Coaching?

I have always been active and known that I wanted a career within this industry since I was small.

I love the impact what I do has upon participants whether it be the kids in school learning a new skill and working with their peers or the little old lady who's 94 who struggled moving her arms but can now reach over her head showing you with a big proud smile.

Seeing the enjoyment on people's faces is what does it for me, exercise isn't just about being physical it could be a lifeline both socially and mentally to a number of people, It's fantastic watching someone making new friends and gaining confidence as they try something new.



Exercise session at Whyndam Manor

### Do you have any tips that would help the next generation of female coaches?

Do what you love; if you're passionate enough you can do it and If you want to do it go for it and don't let anyone dull your sparkle!

Be part of it!