



COACH NAME

Katie Harper

TYPE OF ACTIVITY

Rugby Union

LOCATION

Carlisle

COACHING DETAILS

Beginner Coach at Creighton RUFC

"It's important to help women breakdown barriers to sport & physical activity, so they can be themselves, challenge themselves, make new friends and feel good."

#PassOnYourPassion

How did you get into coaching?

I have long been a volunteer at both club and county level. I have just recently stepped into the coaching arena though, as we develop a social women's rugby team at Creighton RUFC and #O2TouchRugby. I am slowly building confidence....and developing my style and skills, but I am just a beginner....

What do you enjoy most about coaching?

My love for coaching has come from my experiences of sport. I want to help women get what they want from sport & physical activity because it can bring so much! I have been privileged to have been coached by a



The Creighton #RugbyWomen

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wide variety of coaches, who have all taught me something different – whether about rugby, myself, sport, people and coaching. It's now my turn to give back.....



Creighton Awards 2016

I have enjoyed sport and activity since being a child when I tried my hand at swimming and ballet. I still remember being very proud to have achieved what I thought was an 'Extinction' in my first ballet exam. My coordination wasn't cut out for that or the synchronised swimming which I tried hard at, but I did enjoy trying!

I recall the constant sound of cricket matches during our weekends and holidays, and have been a Leicester Tigers fan since my dad took us along on a Saturday

afternoons - aged 5. We moved house when I was 11, and at the secondary school I attended, hockey and netball were the norm as a continuation of activity from the local primary schools. They were new to me, so I don't have very fond memories of PE. On moving to Sheffield we also started watching rugby league. One of my favourite ever sporting moments was the Sheffield Eagles took the Challenge Cup final from Wigan in 1998 as complete under dogs. When I headed off to University my first port of call was to find the rugby team. It was Union which to be fair probably suited me better. I have now played rugby for over 20 years!

Why are you passionate about Coaching?

It's important to help women breakdown barriers to sport & physical activity, so they can be themselves, challenge themselves, make new friends and feel good.

It's why I recently set up #ThisCumbrianGirlCan I have just secured funding for the project so we can make more of the #ThisGirlCan campaign across the county - to encourage more women to be more active in Cumbria. I am hoping community groups and sports and activity providers will come together with a wide range of individuals to make this initiative successful.



The Squad

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

Remember to focus on the fun side for you and everyone involved, and you will develop tremendously as a person. I think it's always good to keep perspective, and if you are prepared to commit to encouraging, inspiring or supporting others to be active - be prepared to learn, to enjoy challenges, but also to accept when the outcome you had hoped for doesn't always happen.

Be part of it!