



COACH NAME

Kathryn Osborne

TYPE OF ACTIVITY

Cycling / Swimming / Running

LOCATION

Carlisle

COACHING DETAILS

Coach, sports therapist and
rehabilitation practitioner

*"The feeling of
seeing an athlete
you have coached
achieve their goal
is amazing."*

#PassOnYourPassion

How did you get into coaching?

Having always been interested in sport, I represented Carlisle City Swimming Club until the age of 17 and had played rugby league at junior school. Once I started St John's Uni in York my love of rugby was rekindled when I started playing for the uni team, I was fortunate to be coached by Andrew Jepson who was involved in the England set up at the time and his dedication and passion for the sport and the girls he was coaching sparked my interest in becoming a coach. I took my level 1 award in rugby union aged 19 and then became part of



On the Rugby pitch

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the RFU Youth Development programme coaching kids throughout York, I later went onto to complete my level two and coached around Middlesbrough until 2004.



Undertaking the Lakesman

Why are you passionate about Coaching?

Having completed degrees in sport and exercise science and then sports therapy, I have been fortunate to use the skills gained through my coaching to help those I work with on a daily basis.

I spent 5 years working at the national Fire Service rehab centre just outside Penrith and would spend my days rehabilitating injured fire service personnel and this led me into strength and conditioning coaching.

I spent two seasons as the Head Sports Therapist at Workington Town RLFC and a large part of this role was to work alongside the first team coaches to ensure the players were as fit and strong as possible to cope with the demands of the game and reduce the risk of injury. We would be running through drills and working to incorporate rugby specific drills into both prehab and rehab work with the players. I spent as much time on the training pitch and gym as I did in the treatment room.



Triathlon selfie

I have worked in the NHS with amputees since 2010, and I have been passionate about getting amputees back into physical activity to help with their rehab and to prevent secondary complications as a result of life as an amputee. I took on a new role in 2014, that of Rehabilitation Exercise Practitioner, where alongside day to day gait training I am responsible for training amputees in the gym both in the hospital setting and in the local community. I have helped to set up a weekly amputee tennis session with the coaches from Bitts Park, amputee football in conjunction with The Cumberland FA, boccia in Workington with the help of Cumbria Wheelchair Sports Club, I have taught amputees to swim and run and through working with Watchtree Wheelers helped them get back on two wheels. I was

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able to qualify as an England Athletics Leader in Running Fitness in November 2014 with the help of Active Cumbria and DH Runners.

On a personal note, I started training again in 2012 to complete the Great North Swim and Great North Run in 2013. I started running with DH Runners in early 2014 and was one of their run leaders until the middle of 2015. I also joined Carlisle Tri Club in January 2015 to progress my open water swimming and quickly became hooked on all three disciplines. I have now completed numerous triathlons, half marathons and open water swims which includes 8 Iron distance swims (3.8km). Following a serious cycling accident in April 2016, I decided to get involved with the coaching of the club in summer 2016 as a way to keep my involvement in the sport as I recovered from injury. I coach both at the track sessions and swimming sessions approximately 4 times a month and will be starting my level two coaching award in October 2017, completing this in January 2018.

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

The skills and experiences you gain from being part of sport and coaching give you crossover skills for your working and personal life. It's really important to recognise these.

I have made so many friends through involvement with sport and the feeling of seeing an athlete you have coached achieve their goal is amazing.

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