



COACH NAME

Janice Knight

TYPE OF ACTIVITY

Judo

LOCATION

Whitehaven

COACHING DETAILS

Coach at Whitehaven Judo Club

"Attend as many coaching courses as possible to learn and utilise the information to add as many skills to your coaching repertoire as possible".

"Be yourself"

#PassOnYourPassion

How long have you been coaching?

I qualified as a (what would now be called a Level 1) Judo Coach when 18, in 1985.

How did you get into coaching?

I was encouraged very strongly by my personal coach Dennis Penfold (7th Dan National Kata Examiner and former British International and European Silver medalist) to attend a coaching being held locally.

Dennis was very keen for me to have a career option once my



Coaching in School

Be part of it!

competitive career was over and along with some of my club mates a future for Portsmouth Judo Club.



Hensingham Fun Day

Why are you passionate about Coaching?

I can honestly say that I have been extremely privileged and lucky to teach, coach, promote and deliver the sport I love. Especially, promoting and delivering Judo to young people in schools and the members of the club.

Being a Judo coach is not like having a real job where you struggle to get up in the morning because you don't want to go to work!

Judo is the only combat sport which is both an Olympic and Paralympic sport making it truly inclusive. Judo has a moral code which is not only adaptable to other sports but, life in general

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

Attend as many coaching courses as possible to learn and utilise the information to add as many skills to your coaching repertoire as possible. Be yourself and you will adapt to any coaching method.



Demonstration in School

Be part of it!