



COACH NAME

Anna Nicholson

TYPE OF ACTIVITY

Netball

LOCATION

Carlisle

COACHING DETAILS

Head Coach for Carlisle Comets Netball Club

“Do it for enjoyment. Otherwise it won't be fun”.

“Understand the job will never be completed – there is always something to improve!”

#PassOnYourPassion

How long have you been coaching?

I started coaching netball in 2006. We started with only 10 young people and each year the interest grew. We now have over 40 players affiliated.

How did you get into coaching?

My love of netball directed me into coaching and volunteering after leaving school. I wanted to continue volunteering and working with young people like I had at sixth form, therefore I started working with sport development officers and



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coaching at the Sands Centre. I wanted to encourage more girls to play and fall in love with the sport like I had.



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What do you enjoy most about coaching?

I love seeing people work hard, compete and aim to be their best. I love seeing players work as a team and the joy when they succeed. Over the years I have also enjoyed seeing girls from different schools unite and become the best of friends, highlighting the social benefits to participating.

Why are you passionate about Coaching?

I love bringing people together to play netball. I organise many tournaments throughout the year across Cumbria to give players a chance to celebrate their success and show off their skills. This is what I loved to do as a child and I want to ensure girls get the same enjoyment and thrills I did when playing netball.



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

Take the lows with the highs. Always think how to do it better. Understand the job will never be completed – there is always something to improve! Do it for enjoyment. Otherwise it won't be fun.

Be part of it!