



**COACH NAME**

Belinda Rigby

**TYPE OF ACTIVITY**

Golf

**LOCATION**

Workington

**COACHING DETAILS**

County Junior Girls Organiser for golf based all over the County and Get into Golf coordinator at Workington golf Club. Plus junior helper when I have time.

*“Join networks such as Connected Coaches or Whatsapp groups for discussion advice and tips”*

# #PassOnYourPassion

**How long have you been coaching?**

I have played golf for 32 years and during that time have encouraged Juniors and new members and done lots of committee work. However the coaching side began when I became County Captain for Cumbria Ladies County Golf Association 2012.

**How did you get into coaching?**

I could see that there was a great need for promotion of Ladies Golf and the need for a Players Pathway for Girls Golf as our set up was sadly lacking.



Easter Bunnies Themed Day

*Be part of it!*

During my time as County Captain the new pathway and coaching pyramid was set up with the help of England Golf and the successful application for grants from England Golf and the CGP. Since then from having one squad with two sessions of coaching a year we now have six squads and 32 sessions a year and the Under 18's and Under 14's now play regular County matches again. I attend international, national and regional competitions with the girls and arrange inter county matches to give them experience. This year has been the most fulfilling of life in that the years of building up a coaching pyramid has led to two England selections for the Under 16's, a GB and Ireland selection Under 18's and four girls out of six taking places in the North of England Golf Under 16 squad. Five Juniors out of a senior squad of eight have also taken County places to go to the Northern Counties Match Week next week.



Get into Golf

I also arrange Easter Bunnies, Summer Sunshine and Halloween Girls Golf Fun Days to aid recruitment of girls to golf and offer subsequent coaching and memberships to all who attend. The older squad girls all come to help and inspire and pass on their passion.

This year Cumbria will host the Northern Counties Junior Jamboree at Carlisle Golf Club over two days with six counties attending with team of girls vying for the Trophy. A year's worth of organisation.

Locally in Workington I have been an avid supporter of Get into Golf Scheme for Ladies and have arranged 10 groups which has led to an Academy Scheme for new members and successful recruitment of new ladies to the club. We continue to mentor them and I accompany and coach them on the course weekly.

The County, Regional and national selections are what I have worked for with the girls over the last 6 years and is rewarded by the greatest feeling of pride considering Cumbria has only 27 golf clubs compared to 270 in Lancs . It is equally rewarding to see new Girls and Ladies playing golf in Cumbria and at my home club.

*Be part of it!*

### **What do you enjoy most about coaching?**

I just love coaching days and seeing all the girls and the new ladies progress. A new club member is like a jewel and a new girl taking up golf and progressing along the Pathway even more rewarding.

### **Why are you passionate about Coaching?**

I love passing on my knowledge and enthusiasm and our success at Northern Counties Match Week in Morecambe last week just takes the biscuit.

Fun is what I enjoy and seeing new golfers enjoying themselves. I can also be serious and I hope inspirational but who knows!

Why am I passionate about girls and Ladies golf? Well I love golf and want more people to play golf and experience the joys of exercise, fresh air, comradeship and competition.

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

The next generation of female coaches need to be identified and nurtured. They need to adopt mentoring methods to suit ages and sex. They need to be developed and retained & taught advocacy. They need to join networks such as ConnectedCoaches or Whatsapp groups for discussion advice and tips.



Golf Fun Day

*Be part of it!*