



**COACH NAME**

Karen Dudley

**TYPE OF ACTIVITY**

Rugby

**LOCATION**

Carlisle

**COACHING DETAILS**

Volunteer & Coach at Creighton Rugby

*"Just go for it! I feel it's important that women are recognised for being coaches. Often volunteers are doing all the work that is not always seen."*

# #PassOnYourPassion

**How did you get into coaching?**

I have been instrumental in getting a youth mini/midi section started within the club and have had a fantastic response from the clubs players to become valuable coaches including the first team coach who has supported getting a youth side and coaching them.

I have supported Katie Harper in getting a Creighton's women development team and this also an ongoing project but new players are coming down.



Promoting #RugbyWomen

*Be part of it!*

I am also an #o2touch ambassador and this involves promoting the club and the #o2touch brand in getting people down to play touch rugby. It's to encourage both men and women and we have opened it up to youth. This is becoming a great success.



On the pitch!

I have been Creighton Rugby Club Secretary for a number of years and have supported the club and building on our future both financially and within rugby. I am now the youth secretary as well as secretary for the club which in itself feels like a full time job. I have helped raise thousands of pounds for our main Charity The Lorraine Hough Diabetes tribute fund.

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

I enjoy encouraging others, seeing the club develop with the women's side and youth side has been fantastic. We've created a real community here at Creighton and it's great to see us all come together.

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

I am passionate about building a club with the youth section developing further so that we have a future and that the women's team become successful and competitive.

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

Just go for it! I feel it's important that women are recognised for being coaches. Often volunteers are doing all the work that is not always seen.



My wedding day, then 9 years later playing again

*Be part of it!*