



**COACH NAME**

Helen Kinrade

**TYPE OF ACTIVITY**

Netball

**LOCATION**

Whitehaven

**COACHING DETAILS**

Netball and Rugby Coach

*"Observe different sports, observe different coaches. Not one coach is similar and coaching styles differ".*

# #PassOnYourPassion

**How long have you been coaching?**

I coach girls from 11-18 from all areas of West Cumbria, Schools across the districts of Allerdale and Copeland. The main sport I coach is Netball but another sport I also coach is Rugby. This club is based at Whitehaven sports centre. Girls who are deemed to be better than school average players play for my netball club and have to successfully pass a trial to play for West Cumbria. I run my own Netball club; West Cumbria Netball. My club has been running for 9 years. In this time, I have coached some very good athletes and some athletes have also gone on to represent junior super league teams and some now have careers as P.E. teachers.



Receiving Golden Globe for Young Coach of the Year

*Be part of it!*

### **How did you get into coaching?**

When I played for Cumbria's county team I was the only athlete on the team from West Cumbria. At times this was difficult, other players could organise lifts with players they lived near, other players would play against one another at school competitions, this was never the case for me being the only player from my area of the county. When I secured a place at the University of Cumbria on the Physical Education course my lecturer (a county coach at the time) asked if I would be interested in developing a club in West Cumbria to enable more girls to reach the County team... I couldn't wait to take up this opportunity. My Lecturer Lindsay Sander helped me organise a training venue and gave me contact numbers for teachers and helped me during my coaching qualifications. I set up my Netball club at the age of 18 years old. West Cumbria have gone from strength to strength. Each season we have successfully secured more and more of the percentage of the Cumbria team. Last season 8 of 15 players on the Cumbria Netball Team were from West Cumbria

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

I enjoy developing my athletes and watching each girl progress and grow as an athlete. I enjoy pushing my players to succeed and publishing our achievements. I also enjoy getting to know all the personalities on my team at the start of each season this being a large range which helps the team work so well.

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

I like to encourage the opportunities for girls in West Cumbria. I feel so passionate about this because growing up I did not have many opportunities to participate in sport outside of school. Being a PE Teacher also I feel team sports can be used as a tool to understand social situations and a good way to develop your own personality in a group. Some of my dearest friends are my team mates.

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

Observe different sports, observe different coaches. Not one coach is similar and coaching styles differ. Make contacts in the coaching community and don't be afraid to ask questions. Speak to parents regularly parents are often the unsung heroes in the smooth running of clubs. But most of all make your time spent coaching fun; this is the key to a long life of coaching.

*Be part of it!*