



COACH NAME

Ally Ratcliffe

TYPE OF ACTIVITY

Rugby

LOCATION

Cumbria wide

COACHING DETAILS

Head Coach at Cumbria County Womens Rugby Team

"Continue to learn from everything around you, take every opportunity and continue the journey because it will be worth it".

#PassOnYourPassion

How long have you been coaching?

5 years although being a PE teacher could argue for an awful lot longer! Since 1997 when I went to University to study PE teaching in Liverpool but only really focused on coaching when I couldn't play anymore due to injury.

I currently coach Cumbria County Women's rugby team have done for past 4 years. The county programme runs officially from January to May each year but involves guest sessions and visits to clubs plus development sessions through the season. Prior to this I was Langholm Men's 1st XV in Scotland. I was the first female coach of a men's rugby team in Scotland. This got me quite a bit of media attention and coverage.



Head Coach at Langholm Mens

Be part of it!

How did you get into coaching?

Being injured and told I could no longer play by a very good rugby surgeon without serious risk to my future career. He put the idea in my head and as I wanted to stay involved in rugby. So the next natural progression was to stay involved and pass on my passion and knowledge to players by coaching.



The sport I love

What do you enjoy most about coaching?

Camaraderie, team work, staying involved in a sport I love. The challenge of preparing a team for competition and seeing the journey and progress they make with your coaching teams input and their positive attitudes and effort. Seeing what the players get out of sessions and the journey both individually as players, collectively and also personally as people.

Why are you passionate about Coaching?

Being able to make a difference, giving something back to a sport I love, staying involved and inspiring the next generation of players.

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

Continue to learn from everything around you, take every opportunity and continue the journey because it will be worth it.



Teamwork

Be part of it!