



COACH NAME

Caroline Smith

TYPE OF ACTIVITY

Variety of activities

LOCATION

Ulverston

COACHING DETAILS

Swim teaching
Ulverston Tri Club
Formerly Ulverston Hockey
Boccia to community groups

"You have to coach for the love of it, it's more than just a job."

You don't have to be great at the sport at grass roots level, you have to be passionate and want to bring the best out of people"

#PassOnYourPassion

How long have you been coaching?

I have been coaching for about 12 years now!

How did you get into coaching?

My coaching journey has been incremental, I love coaching and have followed my heart somewhat.

I started coaching through working at the local leisure centre as a gym instructor. Through work I then became a Level 2 swim teacher.



Teaching swim safe

Be part of it!

I found I was involved with a lot of people with additional needs and that's what I enjoy coaching most so I added disability specific swimming to my qualifications and for many years taught school swimming.

I also had kids who played hockey so took my level one and coached with Ulverston hockey too. I found that I really enjoyed working with people with additional needs which lead me to take a Boccia coaching course and I have now set up and run a number of coaching groups.

I was part of the original group who set up the award winning Ulverston tri club and my role as communities manager enables me to have contact with many sports and groups. I have also been the lead on swimsafe in south lakes since it first began; the thought that you are delivering an activity that could save lives is amazing.



Westminster receiving an award

What do you enjoy most about coaching?

Seeing the achievement, and seeing children who set out worrying they can't do it to the sheer joy when they do.

It was also an honour last year to go to Westminster and pick up an award for 'Satellite Club of the Year' for our disability youth group, having beaten off competition nationwide to pick up this prestigious award.

Why are you passionate about Coaching?

Because sport and physical activity affect every part of our lives - trying and achieving, taking part, being part of a group or team are such great ways to boost confidence and get support.

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

You have to coach for the love of it; it's more than just a job.

You don't have to be great at the sport at grass roots level; you have to be passionate and want to bring the best out of people.

Be part of it!