



#### COACH NAME

Chris Regan

#### TYPE OF ACTIVITY

Hockey

#### LOCATION

Ulverston

#### COACHING DETAILS

Junior and umpire coach

*"Be yourself keep up  
to date with any  
new ideas, and  
never stop learning,  
by doing so we  
grow."*

## #PassOnYourPassion

### Coaching story

I coach Hockey for Ulverston Hockey Club at Ulverston Leisure Centre.

I coach mainly juniors at the club & support Ulverston VHS & Cartmel with after school hockey. I have been coaching for approximately 40 years. As well as coaching players I also coach Hockey umpires. I got into coaching as the next step after a long career playing & being Captain. As Club Captain you need to know how people play & be able to determine where their best position is. You also need to know playing patterns all



Junior coaching

*Be part of it!*

of which help in your development as a coach.



Passing the baton onto Charlotte Bower

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

The great thing about coaching is see players develop. In the beginning a player may not be able to complete a skill & through coaching they start to use that skill & get better. Helping them to achieve their goals is a positive experience & one which I enjoy. I have a great passion for my sport & I hope to pass that passion on to the next set of players in order that they too can enjoy & get as much out of the sport as I have.



Chris was nominated for Heart of Ulverston Award 2017

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

Be yourself keep up to date with any new ideas, and never stop learning, by doing so we grow.

*Be part of it!*