

WORKING IN SPORT & FITNESS



Name

Kathryn Pemberton

Job Title

Expert Coach

Organisation

YWCA Bury Netball Club & Greater Sport

What are your main responsibilities?

Coaching the U15 team at the club, Manchester University Netball, NW Netball High Performance Coach. Plus part time as a Coach mentor for Greater Sport in the Women in to High Level Coaching

Do you work alone or in a team?

At the club I have an assistant coach. At the university we coach in a team of two. As Coach Mentor there are three mentors working on the project and over 18 months we will mentor 150 female coaches

What would a typical day contain for you?

A typical day would involve visiting coaches and mentoring them usually in hour sessions, completing paper work including personal development plans for the coaches, sometimes I can spend time doing paperwork for the club or planning session. Evening will be a 2 hour coaching session.

How many members of the public do you meet on a day-to-day basis?

I visit 2 to 3 coaches and around 20 players in a coaching session

Why did you chose a career in the coaching industry?

I always played sport as a kid including netball. I started coaching at my daughters primary school and progressed by taking coaching awards and started up the Junior Netball club. Career-wise, I worked as a Netball Development Officer then progressed to being a Coach Development Officer and now moved into Coach Mentoring. Also trained as a Coach Tutor.

What is your educational background? (Any specific qualifications?)

Level 3 Netball Coaching Award, Tutor of Netball 7-11 course. And will now have to retrain as the new UKCC Level 1 tutor

How did you find out about your current job?

Through Greater Manchester's Sports Partnership

What do you most enjoy about your job?

As a coach helping the players develop their skills and achieved success. As Coach mentor helping coaches develop and grow in

confidence.

What do you like least?

Too much paper work in obtaining funding, you have to justify everything and evaluate every last pennies worth

What skills are important in your job?

Communication, listening, planning, organisation, being approachable, evaluation, observation, being fair

Coaching and mentoring you are passing on knowledge all the time, which means you have to keep up to date all the time.

What training have you received whilst in your job?

Constantly up dating knowledge by attend courses and workshops and watching other coaches work

Is there anything you wish you had the chance to learn, develop or practice?

Video analysis

What are your career aspirations?

Retiring need to find a young coach motivated to take on the club coaching

What is the strangest thing you have ever been asked to do?

Coach shooting in a shopping centre

What do your friends think about what you do?

Most of them coach as well. Those not interested in sport do not ask

Whats the best way to get into the coaching industry?

Start volunteering coaching to gain experience and gain coaching qualifications if you want to make coaching a career