



JAMES HIND

UKA ATHLETICS & MULTI SKILLS COACH

GENERAL INFORMATION

- UKA Licensed Athletics Coach
- Dorset Leadership Academy Mentor
- Gym Instructor & PT
- DBS Checked (Through Poole AC)
- EduCare Safeguarding L2
- Fully Insured
- Collaboration with GB national coaches
- European Masters M40 High Jump Champion 2018
- British Masters M40 High Jump Champion 2018

CONTACT

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MY PROFILE

My passion is for sports coaching and the education of individuals and teams of all ages and abilities. I facilitate the achievement of their goals through a structured pathway that will improve skills, fitness and performance. I have a great understanding of running, jumping, throwing and the fundamental movement patterns that are required.

I have experience in delivering quality PE lessons in a team environment to aid in the support of teacher and assistant teacher development. The lessons are always positive, fun, safe, diverse, inclusive and encourage the understanding of wellbeing within the child.

I'm enthusiastic about coaching a range of sports and fundamental skills to a multi skill approach. I appreciate that high quality PE and Sports is a powerful medium to develop and improve the whole school in terms of behavior, attendance and attainment.

Being physically active is a great learning tool for a child in ways that are not instantly visible that develop the child as a whole. Confidence, creativity, empathy and resilience are all developed through physical activity and sports.

I've coached performance swimming teams in land based strength & conditioning at Canford School. I also volunteer at Poole AC and Bournemouth AC where I encounter children from 8yrs old and young adults up to 20yrs old with a range of abilities.

Finding the right language to suit the individual is key to unlocking their potential and understanding. As coaches our words are our most important tools.

On a corporate level I have trained and mentored staff and acted as a communications conduit between staff members and board level management. Transparency, knowledge sharing and teamwork are always at the forefront of what I do.

I'd love to work alongside your current team. If you'd like to discuss any opportunities where I can add value to your sport coaching set up, then please contact me directly.

I look forward to hearing from you.