

Case Study

Spotlight on Coaching

Georgia Darlington

Occupation: Student

Sport: Trampolining

Club: Ultimate Trampolining Club

Georgia has recently completed her UKCC Level 2 Coaching Qualification. Her interest for coaching began at school where she got involved with activities through the Sports Leader Award. She started volunteering at one of the school clubs that enabled children with disabilities to have a go in sport.

Once she started college, she felt as though she wanted to take more responsibility by leading sessions so she completed her Trampoline Level 1 Coach qualification.

Georgia to set up her own Satellite Club at Windsor High School. She coaches approximately 50 children per week.

Coaching has improved her confidence and communication skills, and she works with a variety of children both mentally and physically disabled. Georgia has done a Makaton course to help her to communicate with some children and she has learned to be more precise with what she is asking and more structured as a lot of the children like routines.



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I would definitely encourage others to coach! If anyone is unsure about what to coach I would suggest volunteering first.

Georgia Darlington

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