

Case Study

Rhys Turnbull-Bester

Topcoach Academy was launched in August 2016 with 40 coaches & instructors selected with a variety of qualifications and experience.

The project aims to;

- Create a more diverse coaching network to meet Suffolk's needs.
- Develop a suitably qualified workforce able to respond to the changing sector requirements.
- Raise the profile and demonstrate the impact of coaching across the county.
- Support partners to understand the benefits of matching the right coach to participant group.
- Embed a culture of self improvement within the coaching network.
- Link coaches with appropriate delivery opportunities.

#ExcellentEveryTime



Rhys, pictured at Topcoach Academy social media training.

#TopcoachAcademy

Rhys is a promising young athlete who competes mainly as a runner in T20/F20 classification. Rhys got into coaching by supporting youngsters at his local athletics club. Rhys tells us why he wanted to get into coaching;

“Sport has helped me socially and in so many other ways, I wanted to inspire others and help them have access to sport“

“It makes me feel good that I am able to help people of all ages. Sport gives people so much more than fitness and I am able to be a part of that.”

As a coach with a disability Rhys talks below about some of the barriers he has faced;

“I suffer intellectual disabilities so the planning and paperwork side can be challenging, I get tired quicker than most as I often have to try and work harder than most people to achieve my goals.”

“Due to my disability I often become anxious in a new surrounding with new people.”

Rhys comments on the impact of being a member of Suffolk's Topcoach Academy;

"The opportunity has opened many doors for me. I have gained the confidence to volunteer at Abbeycroft Leisure and feel part of the coaching team there. I have had access to workshops and mentors to help me on my coaching journey. I have been totally inspired by the experience and feel very positive about my ambitions within the sports industry."

Finally, Rhys describes what transferable skills he has gained and how this has impacted on his life;

"My communication skills have improved greatly and I really enjoy the teamwork side of coaching."

"My coaching skills have really helped me as part of my level 1 Sports course that I am studying at West Suffolk College. I may not be good at reading and writing like the other students in my class but I feel my coaching skills are equal or even above the others."

Below is a comment from Rhys's mum;

Rhys went along to Abbeycroft today as a volunteer coach at the Big Sports Club. He absolutely loved it and is looking forward to next week.

I can't thank you enough for pointing us in the right direction and for Suffolk Sport giving Rhys this wonderful opportunity.

I can already see such a difference it is making to him and as I mentioned to you on Tuesday I know he really appreciates it also.



What do you coach, to what ages and abilities?

Athletics Under 12's and Adults and Multi-sports to disabled young adults

Are you a volunteer or paid?

Volunteer

How did you get into coaching?

Helping out with the warm up and cool down after my own athletics training with younger athletes at my local athletics club

How long have you coached for?

12 months

