

## Motive8 Team Sheet

### Management

#### Nick Sadler, Director (CRB 001220993060)

##### Education

- BSc (Hons) Double Major in Sports Science and Leisure Management
- FA Leaders Award
- FA Teachers Award
- FA Preliminary Coaching Award
- 7 x NCF Awards



##### Professional Experience

- Worked for Brentford Football in the Community (FITC) for 8 years
- Worked for Major League Soccer (MLS) in the USA for 6 years
- Founded motive8 in 1998

##### Sporting Success

- Set up Disabled Football Club

#### Layla Smith, Schools & Marketing Manager (CRB 001234529959)

##### Education

- BSc (Hons) Sports & Exercise Science
- MBA Marketing Management
- motive8 Child Protection & Welfare Officer



##### Professional Experience

- 4 years as an Athletes' Agent at Linford Christie's Sports Management Company
- Event Marketing at the Olympic Games, Athletics World Championships, Commonwealth Games and Grand Prix Athletics
- Event Management for Street Athletics, designed by Linford Christie OBE & Darren Campbell MBE
- Marketing Manager for the BlackRock Masters Tennis and the Rugby World Cup
- Marketing Manager for motive8 for 3 years
- Schools Manager for motive8 for 1 year

##### Sporting Success

- London Marathon X2,
- 3 Peaks Challenge X2
- Tough Guy X4
- Climbed Mont Blanc
- Member of Elmbridge Road Runners, previously Track & Field athlete

**Philippa McGregor, Schools Co-ordinator (CRB 001217444283)**

**Education**

- MSc in Applied Sports Psychology
- BSc (1<sup>st</sup> Class Hons) Sports Science degree
- UKA Level 2 Athletics Coach
- Community Sports Leadership Award (CSLA)
- Appointed First Aider
- Trained in Child Protection by Sports Coach UK



**Professional Experience**

- Lead Coach for motive8 for 2 years, delivering a range of Curricular and Extra-Curricular sports sessions
- Coach for Inter Milan FC's Football Next Star TV Show
- Coach for SMU Athletics Club for Children
- President of SMU Athletics Team 2008-9
- Intern Sport Psychologist for Fulham Football Club's Academy - present

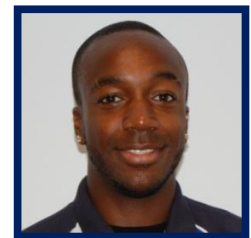
**Sporting Success**

- Sprinter at National, University and Club level
- County standard Netball

**Shawn Mullix, Assistant Schools Co-ordinator (CRB 001251965283)**

**Education**

- BSc Sports Science with PE in the Community
- FA Level 2 Football Coach
- Level 2 Street Dance
- FA Key Stage 3&4 Football Teaching
- Appointed First Aider
- Trained in Child Protection by Sports Coach UK
- FA Safeguarding and Protecting Children



**Professional Experience**

- Coaching football to children aged 4-18 years with Brasilia Soccer for 5 years
- 5 years Experience in delivering multi-sport activities in Primary Schools
- 5 years coaching Basketball and Athletics at club level
- Behavioural Support Assistant, James Elliman School (working with challenging pupils, in classroom environment)

### **Sporting Experience:**

- Currently training and competing in weightlifting.
- Former Sprint Athlete specialising in 60m, 100m and 200m
- Played football, rugby and national level Junior Basketball

### **Support Team**

**Sarah Cleland-Smith, Director & HR Manager**

**Kim Mead, Marketing Support**

**Aimee Weston, Administrative Support**

### **Lead Coaches**

**Aylia Hamilton-Bannis, Competitions Coordinator (CRB 001186611354)**

#### **Education**

- BSc (Hons) Sports Health and Exercise Science
- Level 2 Qualified Coach
- YLA, JSLA and CSLA qualified
- Level 1 Gym Instructor (YMCA Award)
- Level 2 Trampoline Coach
- Level 1 Basketball Coach
- Level 2 Basketball Coach
- Level 2 Street Dance
- SAQ Qualification (Level 1)
- Mentor Training
- Appointed First Aider
- Trained in Child Protection by Sports Coach UK
- Motive8 training in Netball, Football, Hockey and Tag Rugby



#### **Professional Experience**

- Lead Coach for motive8 for 3 years, delivering a range of Curricular and Extra-Curricular sports sessions
- Greenhouse Schools Multi-Sport , Dance and Basketball Coach
- Capital City Academy Assistant Coach

#### **Sporting Success**

- County standard Athletics
- University standard Basketball

**Emma Rudelhoff, Schools Liaison Officer (CRB 001257466815)****Education**

- BA (hons) Physical Education & Sport
- Level 1 Gymnastics Coach
- Level 2 Gymnastics Coach
- Level 2 Street Dance Coach
- Level 1 Cheerleading Coach (BCA)
- Level 2 Handball Coach
- Appointed First Aider
- Trained in Child Protection by Sports Coach UK
- Young Sports Leader Tutor

**Professional Experience**

- Coached Gymnastics for 9 years for recreational club and elite squad
- Worked in Brazil coaching multi-sports with children
- Coach for Inter Milan FC's Football Next Star TV Show

**Sporting Success**

- Club level Gymnastics since 5 years old
- Club level Athletics (High Jump, 100m, Hurdles)
- Club level Netball

**Moe Younes, Schools Liaison Officer (CRB 001264147590)****Education**

- BSc Sport Science
- Appointed First aider
- Basketball Level 1
- Rugby Coach

**Professional Experience**

- PE assistant at Grey Court Secondary School
- Gym Instructor
- motive8 assistant coach
- St Mary's University College basketball coach 2009-2010 season

**Sporting Success**

- Middlesex county Rugby
- Middlesex 10's and 7's county
- South East Basketball
- Sunbury Sonics Basketball – Surry premier

**Alex Thomas (CRB 001236811150)****Education**

- BSc (Hons) Exercise & Sports Science
- PGDip Sport Rehabilitation
- ITEC Aromatherapy
- Level 2 Qualified Coach
- APP1 Matwork Level 1
- Level 2 Kayak
- RFU Preliminary Coaching Award
- Appointed First Aider
- Trained in Child Protection by Sports Coach UK
- Young Sports Leader Tutor

**Professional Experience**

- Lead Coach for motive8 for 6 years, delivering a range of Curricular and Extra-Curricular sports sessions

**Sporting Success**

- Regional and University standard Netball
- Club level Ladies Rugby

**Suldan Adde (CRB 001258429245)****Education**

- Level 1 Basketball Coach
- Level 2 Basketball Coach
- Referee & Table Official Level 1 Basketball
- FA Level 1 in Football
- Level 1 Athletics Coach
- Sport Leader Level 1
- YMCA Fitness Instructor Level 1
- Access to Higher Education Diploma
- Level 1 Progression Award in Sport & Leisure
- First Btec in Sport
- Appointed First Aider
- Trained in Child Protection by Sports Coach UK

**Professional Experience**

- Royal Borough of Kensington & Chelsea Basketball & Football for 3 years
- Linford Christie's Street Athletics Assistant for 2 years
- London Youth Games Volunteer

### **Sporting Success**

- Royal Borough of Kensington & Chelsea Football & Basketball competitor for 7 years

### **Andrea Costello (CRB 001195349575)**

#### **Education**

- Professional Tennis Registry (PTRuk 2004 – 2009) with a PTR2 Certificate
- LTA Licensed Coach (Club Coach March 2009)
- LTA Licensed Coach (Development Coach Award DCA) - (2007-2008)
- Licensed Borough Coach for Richmond-Upon-Thames since 2005
- BTCA County Member (2007) now TenniscoachUK (2008 - 2010)
- Courses attended: BTCA Roadshow, Munchkin Tennis, Impact Tennis, PTR Symposia, Teaching Tennis in Schools, Situation Games & Practices, Teaching tennis to Performance players, Coaches Forum, National Conferences



#### **Professional Experience**

- Referee : Mini Tennis Red (2004 – 2006)
- Talent ID : LTA Initiatives (2005 David Lloyd Heston and Westway 2005)
- Tennis for underprivileged children (Boston Manor 2006)
- Tennis Programme 2008 in Waldegrave and Orleans Park Clusters
- Teaching tennis in Primary and Secondary sectors 2005 - 2010
- Tennis Manager leading the London Youth Games team (2008 & 2009)

### **Alexander March (CRB 001258526708)**

#### **Education**

- Lawn Tennis Association Level 1
- RPT Qualified (equivalent to Level 3)
- Appointed First Aider



#### **Professional Experience**

- Tennis and Cricket coach at Starlight Sports Academy
- Assistant Tennis Coach at Ipswich Tennis Club
- Tennis Coach at Chantry Sports Centre

### **Sporting Success**

- Played 2 matches for Northampton U14 Hockey Squad
- Club-level Squash inc 1 match for Buckinghamshire County
- One season for Loughborough University 2nds Rugby League team
- Club-level Tennis, Hockey, Cricket and Rugby

## **Assist Coaches**

### **Sharon Walsh (CRB 001290290171)**



#### **Education**

- Currently studying a Sports Science degree at St Mary's University
- UKA Level 1 Athletics Coach

#### **Professional Experience**

- Head Group Leader at Easter and Summer Camp for children aged 4-16 years of age
- Gym assistant helping with admin and inductions
- KS2 & KS3 Learning Mentor at Harlequins Rugby Club helping children improve literacy, numeracy and ICT through sport

#### **Sporting Success**

- Club and county-level Athletics at Enfield and Haringey Athletic Clubs and St Mary's University College

### **Lisa Trodd (CRB 001290279870)**



#### **Education**

- Joint Honours Sport Science and Management Studies
- BTEC National Diploma in Sport & Exercise Science
- Level 1 Athletics
- Coaching Children & Teenagers Award
- YMCA Fitness Instructor Level 2
- YMCA Nutrition Level 2
- Paediatric and Infant First Aid
- NPLQ National Pool Lifeguard Qualification
- Safeguarding & Protection of Children

#### **Professional Experience**

- Group Assistant/Coordinator at Barracudas Kids Camp since 2007
- Athletics Coach
- Primary School Rounders Coach

#### **Sporting Success**

- Club-level Netball and Athletics

**Adam Field (CRB 001252155499) – Richmond College****Education**

- Undertaking an apprenticeship with motive8 as part of the Activity & Leadership NVQ at Richmond College
- FA Level 1 Coach
- FA Level 2 in progress
- FA Referee Level 7

**Professional Experience**

- Manager/Coach with Whitton Wanderers Youth FC
- 6 Weeks at Victoria Junior School leading Football sessions in preparation for the borough Football tournament
- Coaching at Summer Football Camps for 3 years

**Sporting Success**

- Trials with Staines Town FC
- Played for College Football Team in Midfield

**Steven Charlick (CRB 001254597938)****Education**

- BTEC in ICT
- FA Level 1 in Football
- FA Level 2 in progress
- NCFE Level 2 in Coaching
- Level 1 in Community Sports Leader
- RFU Starter Rugby Coaching
- FA Emergency Aid and Child Protection
- Emergency First Aid
- Trained in Child Protection by Sports Coach UK
- Young Sports Leader Tutor
- Motive8 Training: Netball, Tag Rugby, Hockey & Football

**Professional Experience**

- Assist Coach for motive8 for 1 year, delivering a range of Curricular and Extra-Curricular sports sessions

**Sporting Success**

- Plays Sunday League football

**Stephen Cowley (CRB 01287670270) – Richmond College****Education**

- CSLA Level 2
- BTEC National Diploma Sport and Exercise Sciences

**Professional Experience**

- Work experience at motive8 for 2 weeks, delivering a range of Curricular and Extra-Curricular sports sessions
- Two weeks work experience at RFU Twickenham Rugby Store
- First Aid

**Sporting Success**

- Twickenham Rugby Club
- Richmond –upon-Thames College Rugby Academy
- Middlesex Rugby Club
- Twickenham Cricket Club

**Jenny Peel (CRB 001287564709)****Education**

- Level 3 personal trainer
- Body pump teacher
- Body balance teacher
- Exercise to music qualification
- Circuit training certificate
- Core stability certificate
- Fitness yoga certificate
- Level 1 British Gymnastics (pending)
- Emergency first aid

**Professional Experience**

- Group exercise instructor in body pump, body balance, aerobics and circuit training.
- Personal trainer
- Fitness instructor

**Sporting Interests**

- Group exercise classes
- Yoga
- Weight and circuit training.

**Ashley Ironmonger (CRB – 00124837309)**



**Education**

- HND sport and exercise science
- BSc (Hons) sport studies
- RFU community leaders award

**Professional Experience**

- Life guard – Richmond Pool
- Summer Uni London – Coaching 13-15 years olds in multi sport during holidays

**Sporting Interests**

- Rugby – London Welsh, Richmond, South East England 7's.
- Cricket – Middelsex Under 15's, Marbel Hill (c)

**Kyle Martin (CRB - 001257386772)**



**Education**

- BTEC certificate in Sport and Excellence
- Junior Sports Leader Award (JSLA)
- BSc Sport Science

**Professional Experience**

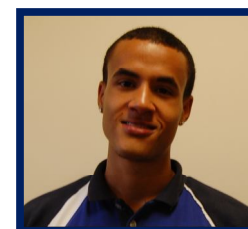
- Two years coaching in American Camps
- Voluntary work experience 2009-2010 with motive8

**Sporting Interests**

- Club level football, cricket and rugby
- University level football (first team)
- Competed in Ultra Marathons

**Apprentice – Richmond Upon Thames College**

**Cale Edmunds (CRB – pending)**



**Education**

- BTEC National Sport level 3
- Level 3 sports, health and exercise NVQ

**Professional Experience**

- Assistant athletics coach for young athletes

### **Sporting Success**

- Barnes Eagles FC 2007-2008
- Club and national level Athletics competitor at 100 meters and long jump

### **Elite Ambassadors**

#### **Danusia Francis**

#### **Professional Experience**

- Junior Level Gymnastics 2008
- Heathrow Gymnastics Club



#### **Sporting Success**

- 2009 Silver All-Around at British Championships
- 2009 Silver Medal at British Team Championships
- 2009 AA title at the GBR vs. Romania friendly competition in Northern Ireland
- 2009 Two Bronze and a Silver Medal at Australian Youth Olympic Festival
- 2008 Team Bronze Medal at British Team Championships
- 2007 British National Espoir Champion
- 2007 AYOF Bronze Team, BB
- 2007 Australian Youth Olympic GB Team Member
- 2006 Espoir British Nationals Silver AA
- 2006 British Team Champion
- 2005 Level 2 British Champion
- 2003 Level 4 British Champion



### **Volunteer Policy**

In order that we maintain high standards of service provision and that volunteers feel confident, competent and enjoy their work with us, all volunteers are issued with a Handbook.

- The involvement of volunteers within the organisation will be encouraged and supported whenever possible
- All volunteers offering their services to  **motive8**  will have their offers dealt with promptly and be given a warm welcome which reflects the value we impart to volunteers
- It is recognised that volunteers play a very important role and their efforts contribute highly to the overall success of  **motive8**
- In every situation where a volunteer is to be involved, an agreed statement of tasks will be drawn up and volunteers should be adequately prepared for the tasks which they will be

undertaking. The roles of all volunteers will be clearly defined and agreed by both staff and volunteers

- Volunteering will never be seen as a substitution for paid employment. The work of volunteers will be that of a supportive, complementary nature alongside paid staff.
- Training and ongoing reviews will be given to all volunteers where necessary and this will be reviewed and updated regularly