



FRAN SMITH

ATHLETICS COACH

SPEED

HURDLES

AGILITY

PROFESSIONAL PROFILE

I have been coaching sprints and hurdles for over 10 years now. having completed my coaching qualifications over the last few years as an athlete. I have won over 20 scottish national championships in sprint and long hurdles as well 200m. I brings all that experience to my coaching and have current squad of around 20 athletes at my local club.

WORK

SCOTTISH ATHLETICS 2018 - CURRENT

I currently work in club development with scottish athletics. developing strategies with clubs for volunteer, athletics and athlete development.

OPERATIONS MANAGER 2015 - 2018

managed a book companies operation for 3 years. looking after 3 ops departments managing 48 staff, controlling costs and project management.

BUSINESS DEVELOPMENT 2008 - 2015

working in the sport and leisure industry as a business development executive in scotland looking after 13 areas managing volunteer committees.

COACHING ACHIEVMENTS

ATHLETES

- 20 x National Champions
- 3 x Scottish Record Holders
- 24 x PRs in 2019 from 18 athletes

INTERNATIONAL

- Selected as sprints coach for scottish team at the loughborough international 2019.
- Selected as a coach for the schools international team.

EDUCATION

- MODERN APPRENTICESHIP MANAGEMENT
- SVQ L3 MANAGEMENT
- COACHING AND FACILITATION
- FUNDAMENTALS OF OPERATIONS MANAGEMENT
- DIPLOMA SPORTS MASSAGE

COACHING

- EVENT GROUP DEVELOPMENT SPRINTS & HURDLES
- UK ATHLETICS COACH
- ALTIS SPRINTS
- L3 PERSONAL TRAINER
- CHILD SAFEGUARDING