

# CAREERS IN SPORT “LIVE”

Explore training and employment opportunities in the sports, fitness & wellbeing industries with Careers in Sport LIVE.

15th December

2016



CAREERS

IN

SPORT





## The mag is back, and **bigger and better** than ever!

Careers in Sport magazine is back with a fresh look and packed with incredible content for 2016/17. Coinciding with Careers in Sport LIVE at Surrey Sports Park this December, we're relaunching our successful magazine and this time, as well as essential careers advice from a wide variety of sports organisations and successful people, we've also pinned down some of sport's biggest names. From Sir Bradley Wiggins, Great Britain's most decorated Olympian, and Manchester United midfielder Juan Mata, to two-time Wimbledon winner Petra Kvitova and more, you can enjoy a mix of exclusive sporting content alongside the usual advice from a wide range of those successful in sporting roles. So, whether your students are looking to get into the media, teaching, fitness or sports science, we've asked those in the know how they made it and what advice they'd offer. There is something for everyone, with loads of useful information and compelling content packed into 64 pages.



## Get the App



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[www.careers-in-sport.co.uk](http://www.careers-in-sport.co.uk)

Find us on:



# CAREERS IN SPORT "LIVE"

Explore training and job opportunities in the sports, fitness and wellbeing industries with Careers in Sport LIVE.

Careers in Sport "LIVE" provides a platform for employers, trainers, students and professionals to interact with each other.

15th December

## 2016



## Careers Zone

The Careers Zone highlights the diversity of careers available within the sport and fitness industry. Experts working within different sectors will be delivering presentations on what their role involves and offer helpful advice on the right qualifications and experience required.



## Sports Zone

The Sports Zone offers delegates an opportunity to observe and/or participate in taster sessions in a diverse range of sport and leisure activities.



## Fitness Zone

The Fitness Zone provides guidance to students on how they can achieve their career and fitness goals.

We hope you enjoy your visit to Careers in Sport "LIVE" and that it helps you consider, develop and achieve your own goals.



# Careers in Sport LIVE



## Careers Zone

Hosted by John Inverdale

John Inverdale is a broadcaster who works for the BBC and ITV.

During his radio career, he has presented coverage of many major sporting events including the Olympic Games, Wimbledon, the Grand National and the FIFA World Cup. He was the main television presenter of Today at Wimbledon until 2014 and has hosted television coverage of sports programmes including Rugby Special and Grandstand.



available – from coaching and teaching; health and fitness, business and development, sport and exercise science. Careers in Sport LIVE will provide delegates with the opportunity to explore these varied fields – and talk to leading professionals and organisations in the sport and fitness industry.

# Careers Zone

# Welcome to Careers in Sport LIVE



**Harvey Grout**

**Managing Director, Careers in Sport**

Harvey is a qualified Teacher of Physical Education and taught in secondary schools in England and Australia. He progressed to become Course Director in the Leadership in Sport degree at the University of Reading and then moved to become a Senior Lecturer at the University of Southampton and the University of Gloucestershire and then Subject Leader for the Post Graduate Certificate in Education (PGCE) in Physical Education degree back at the University of Reading. Harvey is co-author of 'Improving Teaching and Learning in Physical Education' and '101 Classroom Games'.

Harvey set up Careers in Sport in 2008 to help young people know about the diverse careers available in the sport and fitness industries and understand the experience and qualifications required for young people to achieve their career goals.

Careers in Sport has since developed into the number one source for jobs in sport, with the website attracting over 200,000 visitors a year, in addition to being the go-to organisation for young people embarking upon their sporting career.

**CAREERS**

**IN**

**SPORT**



**09.45 – 10.00**



# The Diverse and Exciting Industry of Sports Science



**Dr Steve Ingham**

**Director of Science and  
Technical Development  
English Institute of Sport**

Steve Ingham BSc, PhD, FBASES is the Director of Science and Technical Development at the English Institute of Sport. A sports physiologist by trade he has track record of providing scientific support to some of the Great Britain's greatest athletes, including Sir Steve Redgrave, Sir Matthew Pinsent and Jessica Ennis-Hill.

His undergraduate degree in Sports Science is from University of Brighton and his PhD from University of Surrey. Steve began his career as a physiologist for the English Sports Council in 1996 and later joined the British Olympic Medical Centre in 1998, working with athletics, rowing and bobsleigh. In 2005 Steve moved to the English Institute of Sport, based at Loughborough University, furthering his work with athletics. In 2009 he took on the role of Head of Physiology at the English Institute of Sport and as Director of Science and Technical Development in 2013. Through 5 Olympic cycles Steve has experience of supporting over 1000 athletes culminating in 50 Olympic or World medals. Steve is a Fellow of the British Association of Sports and Exercise Sciences.

## Careers Zone



**ENGLISH  
INSTITUTE OF  
SPORT**



**10.10 – 10.50**

# Careers Zone



## Lancashire County Cricket Club



### Dave Roberts

**Director of Medical Services  
Lancashire County Cricket  
Club**

Dave Roberts straightforward, hands on, evidenced based treatment approach, has helped thousands of people from all walks of life make a full recovery following injury. Currently Dave is the Director of Medical Services for Lancashire County Cricket Club, based at Emirates Old Trafford, Manchester.

He founded David Roberts Physiotherapy from his garage over 28 years ago and grew the company to 7 purpose built clinics until the business was sold in 2014. Dave remains a Director of the new company, Total Physiotherapy as it continues to grow and expand. Dave is still actively treating patients from all over the UK and heads up the medical support teams for Sir Ian Botham on his Great Charity Walks, Lawrence Dallaglio on his Charity Cycle Slam rides across Europe and is an advisor to the Andrew Flintoff Foundation. He is the chosen physiotherapist to numerous figures from the world of sport, music and entertainment as well as business leaders from around the world.



**10.10 – 10.50**

## Careers Zone

## Sports Teaching and Coaching



**Jane Powell**

**National Talent Development  
Manager, English Lacrosse  
Association**

Born in Yorkshire, Jane Powell is a former England International in both hockey and cricket. Jane played cricket for England between 1979 and 1991. Jane also captained the side during the 1988 World Cup in Australia, where the team reached the final only to eventually lose to the host nation. Regarded as one of England's leading female coaches, Jane holds Level 4 coaching qualifications in both hockey and cricket. NO men have got Level 4 coach awards in 2 sports. In the latter, Jane coached the England women's 'A' Team to two European Cups and has also held the role of Head Development Coach with the ECB. Between 1988 and 1998, Jane held the position of Head Coach with England Hockey at U14, U17, U18 and U21 level. She has acted as a consultant to England Hockey on tutor training, assessor training and coach assessments. Jane also spent over 20 years as a PE teacher, including Head of PE at the Chase School, Worcestershire.

2005 - 2013 Jane held the post of Performance Coaching Manager with England Hockey, and subsequently Head of Coaching, where she was responsible for a wide range of coaching issues. Jane was a key member of the background staff for London 2012 where the mens team finished 4th and the womens team achieved a bronze medal.

In 2013 she was awarded an Honorary Doctorate for services to British Sport, so is now a Doctor of Science from the University of Worcestershire. She is now leading Performance at English Lacrosse setting up the Talent Pathway system - working towards the Womens World Cup in Guildford 2017 and Mens World Championships Manchester 2017.



**11.00 – 11.40**





## **Simon Padley**

**Course Leader Sports  
Coaching. University of  
Gloucestershire**

Simon Padley is a Senior Lecturer and Course Leader in Sports Coaching at the University of Gloucestershire. Simon has worked in schools, grass roots and performance coaching contexts and is currently Head of Hockey at the University and coaching with Cheltenham Hockey Club.

Simon is passionate about sport having played hockey at National League level and currently competes in World Ironman Triathlons.

A dad of 3, Simon is crazy about good quality PE and sports coaching from primary schools through to adult participation and regularly trains primary teachers to deliver innovative PE and sport.



**UNIVERSITY OF  
GLOUCESTERSHIRE**

at Cheltenham and Gloucester



# Opportunities for Women in Sport



**Shelley Alexander**

**Editorial Lead for Women's Sport. BBC Sport**

Shelley Alexander is the Editorial Lead for Women's Sport at the BBC and led the team that won the Women's Sport Trust Media Initiative award for their Women's Sport Week coverage. Shelley is a member of the FA's Inclusion Advisory Board and the FA Women's Football Board and she is the co-founder of Women in Football. Shelley sits on the Premier League/PFA Community Fund where she champions the inclusion of women and girls in all funding applications.

She is also a BBC Outreach manager where her partnership work helps to encourage inclusion and diversity in BBC Sport. Shelley has been mentoring for 20 years and works with Kick It Out on their Raise Your Game project.

## Careers Zone



**BBC**  
**SPORT**



**11.50 – 12.30**





## **Ebony Rainford-Brent** Head of Women's Cricket Surrey CCC

Ebony-Jewel Cora-Lee Camellia Rosamond Rainford-Brent is a former English cricketer, who was the first black woman to play for the England team and also captained the Surrey Women's team. Since retiring from cricket, Ebony has gone on to become the first Director of Women's Cricket at Surrey County Cricket Club; pundit for the BBC flagship radio programme Test Match Special (she is one of the first female expert summarisers to commentate on men's international cricket matches); and a Speaker on Peak Performance.

Ebony was a member of the England Team that won the 9th ICC Women's Cricket World Cup in Sydney 2009. In the three months following their World Cup win, the team went on to win: the ICC Women's World Twenty20, the Natwest One Day series and retained the Ashes.



## **Harriet Drudge** Social Media Executive FourFourTwo magazine

Harriet Drudge is Social Media Executive at one of the world's most respected football magazines, FourFourTwo. A Business Management graduate from the University of Surrey in 2014, Harriet has already worked for two of the country's leading sports charities (the Football Foundation and Women in Sport) as well as the BBC as a trainee sports broadcaster. Placing equal significance on experience and education, during her time at university Harriet secured a number of work experience placements.

These included: the Daily Mirror, The Non-League Paper and a local sports desk.

She also volunteered for an all-female fronted football podcast - The Offside Rule (We Get It!) - as their Social Media Manager.



# **FourFourTwo**



# Business, Commercial and Entrepreneurial Opportunities in Sport



**Charlie Hodgson**  
Commercial Director  
Surrey County Cricket  
Club

Charlie has pursued a career in sport since graduating from Durham University in 2000. Having worked for both World Sport Group and WSM, primarily on the event side of the businesses, Charlie took up a sales role at the Oval in 2004.

Charlie worked his way up at the Club, completed an MBA with distinction from Imperial College London in 2011 and has been Commercial Director since the same year. In recent years the Club has substantially increased its membership levels and grown its non match day and T20 match day revenues by nearly four times. The Club has also secured a long-term headline commercial partner in Kia Motors UK.



**12.40 – 13.20**





## **Geoff Durbin**

**Commerical Director,  
Careers in Sport**

Geoff began his extensive career in the sports business in 1986 when he joined Manchester City FC's commercial team, his key areas of responsibility being sponsorship, advertising and hospitality, staying at the club for 14 seasons. This was the era when City's "rags to riches" story began and Geoff played a key role as the foundations for the future transformation of the Club were laid. He moved to Lancashire County Cricket Club in 2000, responsible for driving all key commercial revenue streams.

Geoff was proud to be part of the executive team responsible for delivering the stadium re-development at Emirates Old Trafford, in addition to securing the ten-year stadium naming rights deal with Emirates, the biggest in domestic cricket's history in the UK.

# Fitness Industry Q & A Panel chaired by John Inverdale



## **John Inverdale**

**is a broadcaster who works for  
the BBC and ITV.**

During his career, he has presented coverage of many major sporting events including the Olympic Games, Wimbledon, the Grand National and the FIFA World Cup.



## **Sandra Radav**

**Fitness Professional**

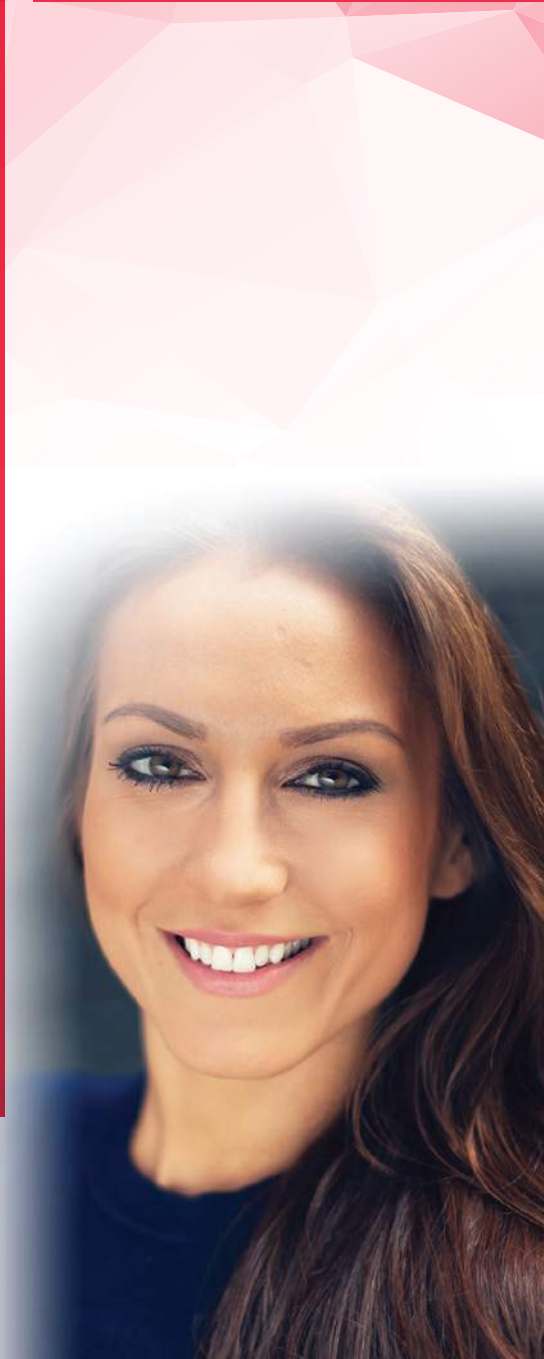
Sandra, who originated from Lithuania, was Master Trainer & Choreographer for Zumba fitness for 7 years. With a passion for working out, she start competing in bikini fitness 2012.

Sandra's true passions of travel, fitness, fashion, beauty and dance, performance has led her to presenting internationally, teaching, modelling and competing in all of the aforementioned fields. Her vast experience in the fitness industry includes Master Trainer for GymCube.com, USN Brand Ambassador, WBFF Bikini Pro, Wbff Pro 2nd place winner in the 2015 Worlds Championships, Las Vegas 17th August 2015 and MirelleActiveWear Brand Manager.

## Careers Zone



**13.30 – 14.10**





## **Adam Daniel**

**Owner, Life:lab**

Adam Daniel has been in the fitness industry for 17 years and has been fortunate enough to have accumulated a wealth of experience in both his sporting career as an International Athlete and Semi-Professional rugby player. He is a respected human performance coach, educator and presenter within the fitness industry, having been in recent years PTA Global Faculty, a ViPR Global Master Coach and the lead presenter for Fitpro.

He is currently a Master Trainer for Wattbike, allowing him to embrace his new passion for competitive cycling, as well as consulting for British Rowing, yet his most exciting venture to date is the launch of life:lab a pioneering and innovative training hub that is focussed on delivering results. The quest is to enhance human performance and maximise human potential.



## **John Shepherd**

**Magazine Editor (Outdoor Fitness), author, Track and Field coach**

John is responsible for the delivery of Kelsey media's Outdoor Fitness magazine, which caters for the endurance athlete. He commissions and edits articles, ensure photography is available, oversee design and control the budget to deliver the 13 annual issues.

John has authored over 10 books on health, fitness and sports – mainly for Bloomsbury. For example, Strength Training for Runners and Strength Training for Women. He also coaches athletics, mainly sprints, long and triple jump. Numerous athletes in his squad have become internationals.



# From Professional Playing Career to Business Career



**Warren Hegg**

**Business Development  
Manager, Lancashire Cricket  
Club**

Former Lancashire County Cricket Club and England wicket-keeper, Warren Hegg, is undoubtedly a Lancashire legend, having more dismissals to his name than any other Lancashire player in history. Warren started his career with Lancashire in 1986 and remained with the Red Rose County for the whole of his career, along the way setting a Lancashire record for taking 11 catches in a single first class match. Warren played in two Test matches for England, his debut being a memorable win for England against Australia at Melbourne in the 1998 Boxing Day Test. After his retirement in 2005, Warren successfully made the transition to Old Trafford's off-the-field team and currently he is responsible for generating new business partners and sponsors for the Club, which boasts one of the biggest commercial revenue streams in UK domestic cricket.



**14.20 – 15.00**

## Careers Zone



**Lancashire County  
Cricket Club**







## Paul Lake

**Club Support Manager,  
The Premier League**

Paul Lake was a born-and-bred Manchester City fan, and was scouted at the tender age of nine to play for the club's junior side. In 1987, at the age of 18, he would become a regular in the first team, capping off a successful season by being voted City's Young Player of the Year. Lake was instrumental in the sky blues' promotion back to the first division, wearing every shirt number except the goalkeeper's and playing in a side featuring six other home-grown players.

The 1989/90 season marked Lake's first campaign in football's top flight. He also caught the eye of England manager Bobby Robson, representing England u21's on six occasions as well as being called up to the provisional squad for the Italia '90 World Cup. Sadly, just three games into the following season, playing against Aston Villa (and while wearing the captain's armband) Lake suffered a serious cruciate ligament injury. The talented all-rounder would miss two years while undergoing gruelling rehabilitation and, after two unsuccessful comeback attempts, he reluctantly announced his retirement in 1995.

With his playing days behind him, Paul studied for A Levels in order to enroll onto a physiotherapy degree course. Drawing upon his experience as an ex-professional, he then embarked upon a physio career, working in all divisions with clubs that included Altrincham, Macclesfield, Oldham, Burnley and finally Bolton Wanderers in the Premier League. In 2004, Paul Lake was inducted into Manchester City's Hall of Fame. He became City's community ambassador four years later, and subsequently took up the position of Club Support Manager with the Premier League.



## Luke Sutton

**Co-Founder of Activate  
Group**

Luke Sutton is a former English professional cricketer, now enjoying great success in the sports business after co-founding the Activate Group in 2005, which incorporates kids' sport and activity camps, sports management and sports consultancy.

Sutton began his cricketing career at Somerset County Cricket Club, moving to Derbyshire in 2000. He made his mark there as a strong middle-order batsman and wicketkeeper and later captained the side. When Warren Hegg retired as wicketkeeper at Lancashire in 2006, Luke moved to the Red Rose County and stayed for 5 seasons, one of the many highlights being his first century for Lancashire 151 not out against Yorkshire, a score which is still a record for a wicketkeeper in a Roses



# Closing Keynote



## Peter Moores

Peter Moores is a globally renowned cricket coach who has twice held the coveted role of Head Coach to the England national men's team. He began his professional cricketing career as a wicketkeeper for Worcestershire and Sussex, being given the honour of captaining Sussex in 1997. He retired from playing first-class cricket in 1998 and made a hugely successful transition into coaching.

Under Moores' direction as coach, Sussex won the County Championship in 2003 for the first time in their 164-year history and his success at County level was quickly recognised by the England and Wales Cricket Board when he was asked to look after the English National Cricket Academy in 2005. He was subsequently appointed coach of the full England team in April 2007, a role that he held until January 2009 when he was removed following the much-publicised debacle involving Kevin Pietersen, who also left his position as England captain. Moores' dignified silence at the time not only won him widespread respect, it also made possible a re-appointment to national duties five years later.



15.15 – 16.00





## Careers Zone

Lancashire County Cricket Club seized the opportunity to recruit Moores as their Head Coach in February 2009 and just two seasons later he guided the Red Rose County to their first County Championship in 77 years, in the process becoming the only coach to have won the Championship with two different Counties.

In 2014, Moores was re-appointed to coach the England national men's team, serving until shortly after the 2015 World Cup. Arguably his tenure was brought to a premature end, and his contribution to individual player development was widely recognised. When England subsequently went on to win the Ashes later that year, England Captain, Alastair Cook, notably gave a specific mention to acknowledge Moores' contribution to the team's success.

A brilliant and inspirational public speaker, Moores now runs a consultancy business, his most notable role to date being at Nottinghamshire County Cricket Club where he currently acts as coaching consultant to the first team.



# Careers in Sport Seminars



## USA Summer Camps

10.30 – 11.00

**AMERICAMP**



## Careers in Football

11.15 – 11.45

**UCFB**

UNIVERSITY DEGREES AND EXECUTIVE EDUCATION IN THE FOOTBALL BUSINESS



## Sports Media

12.00 – 12.30

Chris Ostict, Assistant  
Publishing Editor,  
Manchester Evening  
News



## Careers in Health

12.45 – 13.15



Public Health  
England



## Apprenticeships

13.30 – 14.00

**Active iQ**



## Sports Management

14.15 – 14.45

**CIMSPA**

CHARTERED INSTITUTE FOR THE MANAGEMENT  
OF SPORT AND PHYSICAL ACTIVITY



# Fitness Zone

The Fitness Zone provides guidance on how visitors can achieve their career and personal fitness goals and also offers a chance to join in and try the latest fitness crazes with 20 minute demonstration sessions.

Bring your trainers and take part in the latest fitness crazes.



## JOIN IN



### Powerhoop

10.10 - 10.30



### Boogie Bounce

10.40 - 11.00



### BOKWA

11.10 - 11.30



### Fight Klub

11.40 - 12.00





## Fitness Zone



### Totally Shredded

12.10 – 12.30



### Powerhoop

12.40 – 13.00



### Boogie Bounce

13.10 – 13.30



### BOKWA

13.40 – 14.00



### Fight Klub

14.10 – 14.30



### Totally Shredded

14.40 – 15.00



# Sports Zone

Learn from the best and receive coaching from elite professional sports coaches. Careers in Sport have invited an array of professional sports clubs and coaches to run live coaching sessions. This is a fantastic opportunity to observe high class coaching and, for some lucky ones, the chance to join in.



# JOIN IN



## Surrey Scorchers

10.00 - 10.30



## Harlequins RFU

10.45 - 11.15



## Surrey Storm Netball

11.30 - 12.00



## Chelsea FC

12.15 - 12.45





# Sports Zone



**Surrey Smashers**  
**13.00 – 13.30**



**Surrey CCC**  
**13.45 – 14.15**



**Surrey Stingers**  
**American Football**  
**14.30 – 15.00**





# Teqball

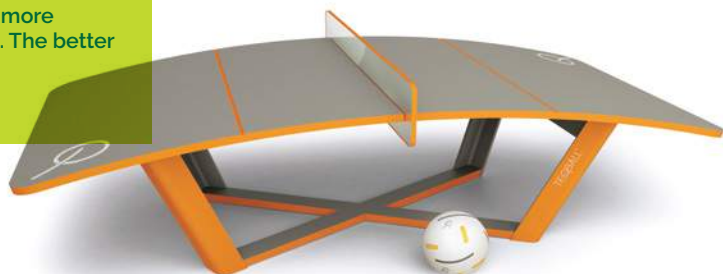
Teqball is a new sport equipment and a new sport based on football. The equipment is a training tool for both professionals and amateurs to develop their technical, concentration skills, and stamina.

Teqball is a supportive tool to enhance your skills and master air-to-air ball handling. It helps you play more confident and develop quicker decision making. It helps you to improve your decisive 'first touch' moves and eventually grow you into a more confident, spectacular, and skilled player.

Teqball can be played by 2, 4 or more player and is not a game of luck. The better player wins.

## Squash Court One

TEQBALL<sup>®</sup>  
ARE YOU TEQ?



## VX

VX is one of the fastest growing and simplest sports around. In seven years it has gone from nothing to a presence in 23 countries with 13 NGBs and international competition.

In the workshop players will be taught the basics and then thrown straight into game play demonstrating that beginners can be playing this sport at a fast pace almost immediately and, most importantly, having fun.

## Squash Court Two

# Elite Skills Arena

The Elite Skills Arena is will give you access to one of the world's most advanced football training aid.

The challenge in the arena is around a mantra of repetition and a high intensity environment for developing your passing skills in football.

 Squash Court Three





## Careers in Sport LIVE

**Sign Up!**

Sign up so you never miss out!

Sign up at [www.careers-in-sport.co.uk](http://www.careers-in-sport.co.uk) to receive our monthly newsletter.

You'll get sports jobs, advice, events and info direct to your inbox.



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