

Apex Multisports Coach Profile



Name: Lizzy Duck

Coaching Qualifications:

- Level 2 Football Coach
- Level 1 Basketball Coach
- Level 2 Basic Treatment and Management of Injuries in football
- Multiskills Coach
- Tag Rugby Coach
- Level 1 and 2 Sports Leaders UK Tutor Course
- Level 1 Handball
- Goalball Leaders Course

Other Qualifications:

- BSc Sport Science and Psychology
- MSc Sport Psychology
- First Aid- 12 hour course
- Child Protection (2005,2007 & 2008)
- Advanced Child Protection
- Level 2 & 3 'play' training (Common Threads)
- Playwork Basics
- Introduction to Futsal
- How to coach disabled people in sport
- Changing Negative behavior into Positive- Youth Conference

Experience:

- Group Leader- Camp Beaumont (2002)
- Head Youth Worker- Mill End Youth Project
- Deputy Play worker- Three Rivers Playscheme
- 'Move It' Project- Testing physical fitness of children
- SHADE Project- Sports Camp for 10-16 year olds
- Play Ranger Project
- Fit 4 Fun- Provision of fitness sessions for school children
- Bedmond Football Club- Football coach for girls section
- Croxley Guild Girls Section-Manager
- Herts Youth Games- Indoor athletics and Football Manger

