

#PassOnYourPassion

Northumberland
Sport



CASE STUDY - Eileen Duncan

'Eileen inspired me to start coaching 30 years ago. She had already been coaching for a long time then and was my first sporting coach outside of school as a 16 year old. She coaches the 6-8yr olds every Sunday (for 40+ years), their **lifesaving**, every Wednesday she teaches the little kids (3-6 yr olds) to **swim** and she also **leads walking groups for older people in her home village** of Belford. As far as I can tell she has been doing all these activities for decades without any expectation of thanks or reward, **she just loves doing it.**'

Eileen has been a coach at **Alnwick Swimming Club** for 45 years, she isn't exactly sure how she got into coaching, but that it was a case of once she had learnt how to swim, she started helping her friends who were struggling! She now coaches both nervous children learning how to swim and she also teaches swimmers basic lifesaving.

The thing that Eileen enjoys the most about coaching is seeing someone who was frightened of the water, jumping in at the deep end and laughing!

Eileen has already encouraged many to get involved in coaching over the years and has had several former pupils help her coach. She believes that **exercise should be fun and so should coaching** (to say nothing of frustrating, demanding and tiring!)

Eileen was also presented with a **gold community award by Berwick Mayor Coun Richard Patterson in 2006** to celebrate all the fantastic work that she does in her community.

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If you would like more information about #PassOnYourPassion in Northumberland, please contact **Joanna Tooley, Participation Development Officer, Northumberland Sport** by email: jtooley@activenorthumberland.org.uk or telephone: 01670 624767.