



Case study

Liam - Multi-sports coach at Stoke Mandeville

My name is Liam, I am 25 years-old and I have Cerebral Palsy. I currently work as a multi-sports coach at Stoke Mandeville Stadium coaching both football and gymnastics. I believe myself to be a fun, fair and enthusiastic person which is reflected throughout my coaching.

Why gymnastics and football, and what made you choose to coach at Stoke Mandeville?

Football has always been a passion of mine, and has played a big part in our family as my great Grandad was an assistant coach at Wycombe Wanderers in the 1940's. He became someone that I admired and inspired me to become a coach.

Gymnastics was a very new sport to me, however as soon as I became involved in the sport, I realised what a fun and exciting sport it was. It was something completely different to what I had been involved in previously and now I love being involved in coaching gymnastics.

I have been coming to the Stadium since I was young, and I now want to give back to those who are going through similar challenges as I did in inclusive sport. As a young participant I often found it difficult to relate to coaches and therefore by becoming a coach I hope to remove some of those challenges and become a role model in sport to those with disabilities. Coaching seemed like a natural progression from being a participant.

What is the most rewarding part of being a coach and how important is it to provide opportunities for disabled people?

The enjoyment of being involved is a fantastic feeling, and watching the children involved grow and being able to be a positive influence on them is great. I like to think I can be a role model for them.

Creating opportunities and delivering those opportunities with confidence is extremely important. Sport is there for more than the physical exercise, and those with disabilities still need it. It makes sure people like me socialize and engage with society, as well as with others in the same situations, and in that way, we can then support each other outside of sport. Therefore, I need to be enthusiastic and engaging about what I coach.





What is your message to disabled people who want to get into coaching but not sure how to go about it or confidence to do so?

Start off by looking at what is available locally to you, we all start somewhere in coaching and there is plenty of opportunities. If you have friends and family involved in sport, see if they can help you get you going, but do not be afraid to ask for help from others.