

**My approach to coaching  
through my lessons  
learned as an athlete.**

Susan Moncrieff

# Susan The Athlete



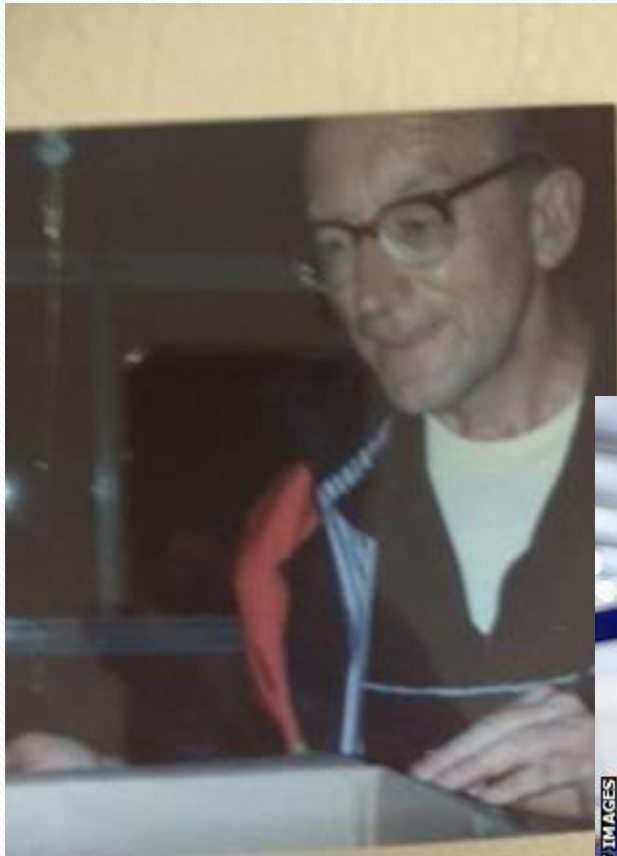
# Achievements

- P.B. 1.95m (6ft 4 ¼") – Former British Record Holder
- World Championships 2001 (13<sup>th</sup> Q)
- European Championships 2002 (7<sup>th</sup>=)
- Commonwealth Games 1998 (7<sup>th</sup>), 2002 (2<sup>nd</sup>) & 2006 (6<sup>th</sup>=)
- World Indoor Championships 2003 (11Q)
- European Indoor Championships 1998 (6<sup>th</sup>), 2002 (5<sup>th</sup>=) & 2005 (13<sup>th</sup> Q)
- World University Games 1997 (6<sup>th</sup>=), 1999 (10<sup>th</sup>) & 2001 (4<sup>th</sup>)

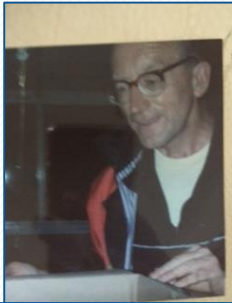
# Acievements

- European Cup 1999 (5<sup>th</sup>=), 2001 (1<sup>st</sup>), 2002 (4<sup>th</sup>=), 2003 (5<sup>th</sup>) & 2008 (6<sup>th</sup>)
- European Junior Championships 1997 (4<sup>th</sup>)
- AAA's Championships 2001 – 2005 (1<sup>st</sup>), Indoors 1998 (1<sup>st</sup>), 2001-2006 (1<sup>st</sup>) Event record seven indoor titles!!  
Record total of 12 wins!

# My Team



# Career Age Timeline



11 13 15 17 19 21 23 25 27 29 31 years old



# Why do coaching relationships end?

- Who decides when the time is right for the relationship to end?
- Does the end of the coaching relationship mean the end of that person's influence?

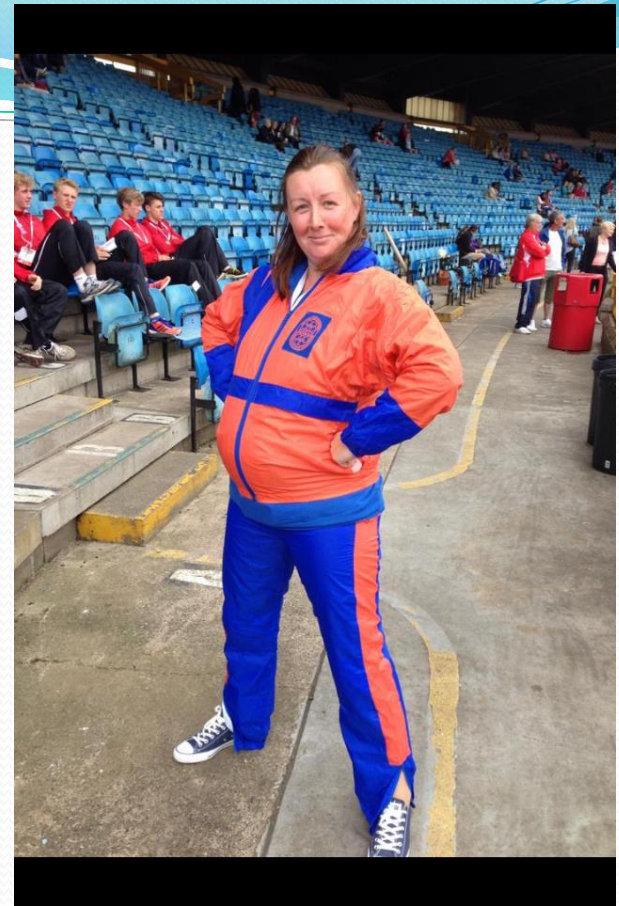
# Has being an International Athlete helped or hindered me as I become a coach?

- Higher Expectations from myself and my athletes of me as a coach.
- All this knowledge & experience but am I able to utilise it effectively?
- Do my athletes lose out due to my early stage of development as a coach?
- Who is my team now?



# Susan The Coach

- What is my philosophy?



With all these experiences as an athlete, how does it affect me as a coach?

# Defining moments, Greatest Lessons

- Learning from my mistakes...missing out on being an Olympian.
- Doing everything that you think you should doesn't always bring the rewards.  
Looked like a gladiator but couldn't get off the floor!!!
- Someone on the team needs to be able to push you outside your comfort zone to gain the maximum results/profile.

# Thank you for listening

**THERE IS  
NO NEED TO  
PROVE ANYONE  
WRONG,  
IT IS NOT  
BETWEEN YOU  
AND THEM,  
YOU MUST PROVE  
YOURSELF RIGHT  
FOR YOUR SAKE  
ONLY.**

KUSHANDWIZDOM