

# COACH MENTOR



## NAME

Amrit Bains

## LOCATION

Bedfordshire

## CONTACT EMAIL

Amrit.bains2@thefa.com

## ABOUT ME

Coaching truly changed my life, it was the first time I felt I had a natural talent with, it left an amazing feeling which is the reason I still coach today. Having the ability to positively impact individuals through football is something I truly cherish as I hope to give others the opportunity to fall in love with the game.

I am currently involved within football in a number of roles, ranging from foundation phase players to senior adults. It is not only coaching that I am interested/involved with, I am very keen to develop my knowledge and experience of different areas of the game.

Inclusion and diversity has been at center point of my journey. Coming from a Punjabi background, I have first hand experineced some of the barriers and difficulties that some individuals may face within becoming involved within football. What is truly inspiring are the brave trail blazers that have challenged the stereotypes to enable the next generation to flourish.

As a coach mentor, I hope contribute to the development of individuals who are involved within the programme. I am able to provide a variety of support to those that wish to be supported, both virtually and in person.

For more infomation, please do not hesistate to contact me.

# COACH MENTOR

## EAST REGION



### NAME

Chris Samways

### LOCATION

Hertfordshire, East Region

### CONTACT EMAIL

Chris.Samways@thefa.com

### ABOUT ME

I've spent the past 9 years coaching across a variety of community settings from schools to grassroots football clubs in Hertfordshire. A passion for coaching that started from inspiring young people to be active and have a lifelong passion to play and be involved in football.

I've had a variety of roles in football that have provided valuable insight and experience that I am keen to share with others to develop and enrich their skills. For the most recent 5 years I have been coaching in pan-disability football, supporting young people transition to adult participation. Working with people with a variety of physical and cognitive impairments continues to be a learning journey that I'm passionate to support others with.

My time spent studying coaching at the University of Hertfordshire, developing my knowledge through FA qualifications and CPD and most importantly delivering coaching has been an absolute joy. Every session I deliver and reflect on supports my understanding to help players develop and enjoy football and create truly inclusive opportunities.

I look forward to supporting others who have a passion to improve and make football a fun and welcoming environment to grow and thrive.

# COACH MENTOR



NAME

Harbir Rana

LOCATION

Leicester

CONTACT EMAIL

harbir.rana@thefa.com

ABOUT ME

I am currently working for Leicester City FC as a Academy Performance Analyst. Alongside this I am a UEFA B qualified coach.

# COACH MENTOR

## EAST REGION



### NAME

Harry Diggins

### LOCATION

Norfolk

### CONTACT EMAIL

Harry.Diggins2@theFA.com

### ABOUT ME

With a County FA and coaching background, I have previously been involved with the FA Mentoring Programme for Norfolk FA on both Wildcats and Club Improvement Programme.

Since the restart of the mentoring programme, I am looking forward to covering Norfolk as the FA Mentor for the Women and Girls section. I have been fortunate enough to work with young people in Norfolk for the last 6 years.

I have been involved delivering CPD, workshops and coaching regularly to create an effective and positive, learning environment for everyone to be a part of. I have aspirations to continue to involve myself within Coach Development and encourage more females to grow and be the best that they can be, along with signposting them to relevant and appropriate learning opportunities to aid their development and coaching philosophy.

I am looking forward to supporting and developing coaches in the Women and Girls game this season.

# COACH MENTOR

## EAST MIDLANDS REGION



### NAME

João Almeida

### LOCATION

Leicestershire

### CONTACT EMAIL

Joao.almeida@thefa.com

### ABOUT ME

I have been coaching Futsal since my 17 years old, becoming profesional with 26 years old. During this time, accumulated experience with youth set ups and after that with senior set ups, all of them in Portugal. My first experience abroad was leading Bahrain National Teams for three years, followed by leading the Loughborough University Futsal Teams.

I have been lucky enough to coach all type of players and ages, what allowed me to develop all the set of communication skills that I have today, to develop my capacity to react, adapt and lead trainings, games and teams.

Alongside with my Coaching career, I also finished my Degree in Sports Science and my Master in Sports Science with Futsal specialization, more recently I published my first books, focused on the Futsal Coaches Decision-Making.

It is great to be part of the Mentors Team, on unique and incredible tool provided by The FA to all the Coaches around the country and can't wait to be able to have the opportunity to share experiences, learn and help the development of others with the same passion, interest and ambition that I have.

Futsal is not only a continuous Project under development, but also a sport that offer different tools for the Young players development, not only in Football and Futsal, but also for their day to day life, and being able to support the spread and the increase of coaching capacity on this game is just exciting.

# COACH MENTOR

## MIDLANDS REGION



### NAME

Leah Grant

### LOCATION

Leicestershire

### CONTACT EMAIL

Leah.Grant@thefa.com

### ABOUT ME

After a 15 year playing career, I began to coach football to 5-11 year olds as part of a football in the community setting. I then worked as an FA Skills Coach for almost 5 years, working in different counties including Lincolnshire, Birmingham and Leicestershire.

Since leaving the FA as a full time staff member, I have continued to work in a community setting working within sport and education.

I have coached within the women's game for the past 5 seasons, coaching at Leicester City FC Women's and now managing a team in the FA Women's National League.

My role as a coach mentor will focus on supporting female coaches within Leicestershire.

# COACH MENTOR



## NAME

Steve Worrell

## LOCATION

Luton, Bedfordshire

## CONTACT EMAIL

Steve.Worrell@thefa.com

## ABOUT ME

I have been coaching within the Grassroots Game since 2007. I am currently the 1st team at Luton Town Ladies FC.

I started my journey as a Mentor for the FA in 2016, where initially my role was to work with coaches from a Black and Asian background in the county of Bedfordshire. I was also a member of the local Inclusion Advisory Group.

I am lucky enough to have been given the opportunity again to work as a Mentor in the county and I look forward to building relationships and working alongside the coaches.

# COACH MENTOR



## NAME

Stewart Rowley

## LOCATION

Derbyshire & Nottinghamshire

## CONTACT EMAIL

Stewart.rowley@thefa.com

## ABOUT ME

My football journey started as a 4-year-old by when my father took me to watch his beloved Notts County and this ignited in me a passion for a game that I have been involved in as a grass-roots player, grass-roots coach, professional coach, coach educator and mentor.

I spent many years working in male and female academy's including Chesterfield FC, Derby County, and Nottingham Forest and consider myself privileged to have worked with so many talented players and coaches.

In 2005 I was delighted to have been given a role as FA Educator and this was enhanced in 2014 when I was appointed FA Mentor for Derbyshire followed by a role as Derbyshire Support Mentor which involved supporting other mentors.

Mentoring and Mindfulness have become strong passions in my life and I feel incredibly fortunate to have found "Mentoring" to be such a motivating force and a profession which affords me a sense of purpose and provides such great pleasure and fulfilment.