

# Aimee Lamb

## Email

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## Address

London, UK

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+44 5377 947358

## Personal Profile

Passionate and committed Athletics Coach with a demonstrated history of guiding athletes to maximise their capabilities. Skilled in creating and executing personalised training plans. Devoted to cultivating a positive and inspiring atmosphere that elevates team achievements. Excellent communication and leadership abilities, dedicated to instilling values of sportsmanship and promoting a wellness-oriented lifestyle.

## Work Experience

**Athletic Coach**  
Elite Sports Academy, London  
2021 - Present

Plan and conduct regular training sessions to enhance athletes' skills, fitness, and overall performance. Oversee strength and conditioning programs to ensure athletes are in optimal physical condition. Foster a positive and motivating environment to inspire athletes.

Provide leadership and guidance to help athletes navigate challenges. Collaborate with sports scientists to integrate the latest research and methodologies into training sessions.

- Facilitated the development of five professional athletes who received invitations to elite national team tryouts or professional sports organisations.
- Received coaching awards and recognitions at both regional and national levels for outstanding contributions to athlete development and team success.

**Sports Club Assistant**  
Community Sports Club, Birmingham  
2016 - 2019

Assisted in the development and implementation of training programs for youth athletes. Organised and managed inter-school tournaments and friendly matches. Worked closely with parents to address concerns and communicate progress. Coordinated with local schools to promote sports participation and community engagement.

- Increased sports club membership by 20% within the first year through proactive assistance with targeted marketing strategies, community outreach, and member referral programs.
- Successfully co-organised and executed 20+ fundraising events, generating a consistent increase in non-membership revenue for the sports club.

## Skills

Player Assessment  
Tactical Training  
Strength and Conditioning  
Sports Psychology  
Injury Prevention  
Team Building  
Game Strategy  
Performance Analysis  
Fitness Testing

## Education

Bachelor of Science in Sports Science  
University of Birmingham, 2019

## Certifications

Level 3 Coaching Certificate (National Coaching Certification Program), England Athletics 2020  
First Aid and CPR Certification, Mandatory Training, 2020

## Languages

English - Native  
French - Fluent

## References

Available upon request.