



## Chris Brien Inspirational Award 2020 Nominee # 4 – Lauren Palmer – Kingsway Power

Lauren's enthusiasm for the game is phenomenal. This is reflected in the number of voluntary hours she commits, In addition to coaching, Lauren transports players/coaches unable to get to training/matches to ensure they can participate.

She goes above and beyond constantly. In 2019 she established Kingsway Power Lauren has encouraged 4 new coaches to gain their coaching certificates. 1 of the new coaches is Lauren's sister thus introducing her own family into the netballing family. Initially the new Club had one team (current U13's); in the space of 9 months Kingsway Power's growth has players aged from U5-U14 players and has 177 members affiliated.

She encourages coaches' CPD along with her own and mentors a young Assistant Coach.

She encourages U14s players to become umpires.

Players/parents/coaches always know that she is available to discuss any aspects of netballing or personal issues to support their wellbeing. She works for the NHS; her professional attitude and her empathy/ability to communicate at all levels benefits the wider netballing family.

Lauren has the ability to spot potential in players from an early age and develop them ensuring they have the opportunities to reach their potential. She has Club players moving through pathways into County/Super league/England.

She understands the emotions of sport & has a proven track record in coaching including national wins for club, county titles and tournament wins. As a player she endured highs and lows and this enables her to recognize the needs of her players and understand that players should be treated differently.

Lauren has reduced her paid working employment to provide voluntary coaching sessions in local schools providing free taster sessions/after schools clubs, promoting netball.

She has targeted schools with no netball teams in an attempt to give opportunities to both deprived schools and those with little netball focus. She mentors players within schools as an extra-curriculum activity to improve their standards.

