

Sutton Atkins – Speedskating Coach

Coach@Sk8skoolONline.com

I pride myself in being a fantastic motivator, imaginative and inspiring. I've been coaching Speedskating since 1989, and have competed at the highest level in the world. I formed Sk8skool in 2008 and it has been a lot of fun coaching motivated people in Denmark and online. I am always looking for new challenges in my career, and new athletes to motivate and educate in Speedskating. I look forward to work with you, in an exciting environment where value is placed on communication, energy and mutual respect.



Employment, experience and responsibilities.

- Sep 08 – Present** **Owner and Head Coach of Sk8skool Speedskating Academy**
www.Sk8skoolONline.com Responsible for coaching team-training sessions 4 times a week and personal training programs for each athlete. (Including strength development, stability, core training, endurance, aerobic base and maximal power output and technical speed development). Regular use of video analysis, motor-pacing, Olympic lifting, Goal-setting, Sports Psychology. Several athletes reached national team level, 2 athletes plus myself obtained medals at World Masters Championships 2011 – present.
- Sep 05 – Dec 14** **Manager and Coach – Gerlev CrossFit, Slagelse, Denmark**
www.Gerlev.dk Responsible for periodization, planning, structure, content, assessment and delivery of WOD's; including planning daily WOD's and development of new training methods, environments and WOD's. Personal development of each athlete is a high priority, so personal-development conversations and guidance are a big part of the job. The athletes receive guidance about their goals, lifestyle, training theory, diet and mental/social needs. Additional responsibilities; delivery of sports classes in Sports Psychology, Swimming and Speedskating. Other responsibilities include marketing of 'Gerlev CrossFit' and personal coaching during 'Gerlev CrossFit Camp' (5 day camp, twice annually).
- Mar 07 – Dec 09** **National Coach Denmark's Water-ski Team (Strength Training)** - Personal coaching of 6 national team water ski athletes in the area of strength and stability, toward participation in the European and World Championships. (Medals achieved). Personal guidance and strength training program design, supplemental to their ski training.
- Dec 97 – Feb 10** **Head Coach delivering International Skating Workshops** - Delivery of Speedskating workshops to clubs and groups. Giving personal coaching, technique correction via video analysis, verbal/written feedback and training programming.
- Sep 02 – Feb 05** **Head Coach Danish Speedskating Team** - DRsU - consisting of 25 athletes; preparation of their technical and physical form through winter training, pre-season preparation and pre-competition phase up to European and World Championships. Including tactical race plans, strategy advice, team moral, everything needed to successfully obtain Denmark's first ever medals at European Championships.
- Sep 02 – Feb 05** **Director of Coach Education DRsU** - Design and development of coaching education courses and handbook. Responsible for delivery of coach education weekends 3 times per year.
- Jun 01 – Feb 04** **Secondary School Teacher - Hays Education Teaching Agency, Staffordshire** - Responsible for physical education classes at various schools in Staffordshire.
- Feb 95 – Sep 99** **Professional Inline Speed skater** - Team Bauer UK, Fagans, London.
- Sep 87 – Nov 99** **Head Coach** - Derby Rollerspeed Skating Club - Derby, England.

Formal Education

Sep 00 – Jun 01	Post Graduate Certificate in Education - Physical Education Teacher Training University, University of East Anglia, Norwich, England Planning, preparation, execution and evaluation of teaching styles.
Sep 94 – Jun 97	Bachelor of Science Degree with Honors, Sport Science, Nottingham Trent University Including Student Exchange Program, Lock Haven University, PA, USA, Aug 95 - Feb 96
Sep92 – Jun 94	Advanced Levels in Human Biology and Physical Education, Loughborough College
Sep 87 - Jun 89	BTEC Ordinary National Diploma in General Engineering, D.C.F.E
Sep 82 - Jun 87	Ecclesbourne School, Duffield, Derbyshire - 7 G.C.S.E.'s

Additional Qualifications

June	14	IELTS Cambridge English Level 9
Jan	12	CrossFit - Level 1 Instructors Test, Copenhagen - Pass
May	10	CrossFit - Olympic Lifting Certificate, Copenhagen
Aug	09	CrossFit - Level 1 Instructors Certificate, Belgium
Nov	07	DGI training culture seminar
Aug	06	Dartfish Video Analysis Software Training Course – Level 2, Switzerland
Jun	06	Dartfish Video Analysis Software Training Course – Level 1, Copenhagen
Aug	02	Volleyball Level 1 for Teachers
July	02	EBA Basketball Full Coach Award
Jul	02	British Gymnastics Teachers Award - Trampoline
Mar	02	UK Athletics Teaching Certificate (Secondary)
Feb	02	Basketball Inset Day, Catholic Partnership
Jul	01	Hockey Coaching Certificate KS 3/4
Jun	01	BG Extra Curricular Gymnastic Teachers Award
Apr	01	LTA Nestlé Key Stage 3/4 Module, Tennis Coaching Award
Mar	01	Football Association Teachers Coaching Certificate
Mar	01	Outdoor Adventurous Activities Course KS 3/4
Feb	01	ECB Cricket Leaders Award
Feb	01	Preliminary Hockey Umpiring Award
Jan	01	GCSE Moderation Day, Eaton City Norwich School
Mar	96	NCF/BFRS Coaching Award Scheme level 2
Jun	95	English Basketball Association Assistant Coach Award
Apr	95	International In-Line Skating Association Level 1

Inline Speedskating Skating Career

World Masters Champion 2011 - Marathon - AK 40 - Dijon, France
European Masters Champion 2005 - Marathon - AK30 - Saarbrucken, Germany
53 times British Champion (300m sprint up to Marathon) and 14 times Danish Champion (500m up to ½Marathon)
4th fastest time in World, 10,000m Road 1996 and 5th Overall in World Championships 1998

Personal Life

I consider myself a people-person and enjoy the connection that meeting new people provides. I enjoy a variety of activities, and a varied social life. Of course I use many hours training Speedskating and CrossFit/Strength Training, but I also enjoy Cycling and occasionally skiing and or snowboarding. I still find time to practice DJing the latest House, Electro, Hard House, Dance music or you can find me occasionally relaxing with friends at the nearest coffee shop.

Reference 1

Finn Berggren (President)
Gerlev Sports Academy
Skælskør Landevej 28
4200 Slagelse
Denmark Tel. +45 5858 4065
finnberggren@gerlev.dk

Reference 2

Lars Mogensen (Vice-President)
Gerlev Sports Academy
Skælskør Landevej, 28
4200 Slagelse
Denmark Tel. +45 5858 4065
larsmogensen@gerlev.dk

Personal Reference

Maria Carstensen
Odsherred Efterskole Teacher
Esterhøjvej 50A
4550 Asnæs
Denmark Tel. +45 26 47 22 74
MariaCarstensen@hotmail.com