

Athletics Wellington Community Coach Profile

COACH: Phoebe Edwards

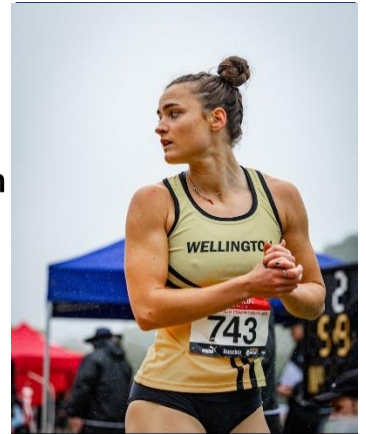
COACH ACCREDITATION: Community Accredited Coach

CONTACTS:

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COACHING DISCIPLINES: Sprinting, horizontal jumps, hurdles



Coaching Opportunities:

Available for up to two sessions per week on Tuesday, Thursday, or Friday. Sessions can be requested as one-on-one, or within a group setting (maximum of 6 athletes per session).

Bio Brief:

I am beginning my coaching journey with a focus on sprinters, hurdlers, and horizontal jumpers in the Wellington region. My goal is to help athletes aged 13 and above develop strong technical foundations and improve overall performance. I emphasize quality movement, sound mechanics, and long-term athlete development. I am looking for motivated individuals who aspire to elevate their performance and build confidence through a structured, fundamentals-driven approach.

Personal Athletics Profile:

- ✓ 2024 Senior Women's Long Jump Champion and 2025 Silver Medallist
- ✓ New Zealand Representative at the World Youth Champs in Colombia for the Heptathlon
- ✓ 10+ New Zealand Secondary School and Junior National Championship Titles in Hurdles, High Jump, Long Jump and the Heptathlon

Team Lead and Team Coach Roles:

- ✓ 5+ years' experience coaching competitive gymnastics for athletes aged between 5-12 years.

Coach Education Background

- ✓ I have gained a diverse coaching education through my own athletic journey. As a child, I was guided by dedicated community coaches who instilled the fundamentals of the sport. During my teenage years, I trained under Mike Ritchie, further developing my technical skills and competitive mindset. My experience expanded internationally through four years as a Wisconsin Badger in the American collegiate system, where I was exposed to advanced training methodologies and performance strategies. In recent years, I have worked closely with a high-performance coach, whose expertise helped refine my mechanics and mental approach, ultimately leading me to achieve a national title. These experiences have shaped my understanding of athlete development and inspired my commitment to coaching excellence.