

# HENRY HAMILTON

## CONTACT

- +44 7951646132
- Henrywillhamilton@gmail.com
- <https://www.linkedin.com/in/henry-hamilton/>

## PROFILE



I am a self-motivated and athlete-centred coach with a passion for strength and conditioning, and a proven ability to lead effective pitch- and gym-based sessions while managing strong relationships with athletes and colleagues. Alongside this, I am currently pursuing my MSc in Strength and Conditioning and working with youth athletes in a school environment, allowing me to apply academic learning directly to practice. I bring energy to my coaching and aim to inspire lasting engagement in strength and conditioning.

## EDUCATION



### St Marys Twickenham

2024-Present

MSc Strength & Conditioning - Modules include: Physiology, Biomechanics, topical issues

### Nottingham Trent University

2020-2024

1st class BSc Sport and Exercise Science.

### LVS Ascot

Berkshire / UK / September 2020-Present  
A-levels or equivalent:

PE - B  
Chemistry - C  
Food Science and nutrition - Distinction

### LVS Ascot

Berkshire / UK / September 2020-Present  
A-levels or equivalent:  
9 GCSE's 4x7's, 3x6's and 2xB including Maths and English

## COACHING PHILOSOPHIES



• Energy



• Nurture  
Cohesion



• Adaptability



• Empowering Self  
confidence

## AWARDS, QUALIFICATIONS AND CPD

- Level 3 Sport Massage (VTCT)
- SpeedWorks GameSpeed Model
- David Drake creating a coaching impact
- David Drake agility workshop
- First Aid
- Duke of Edinburgh Gold Award



## WORK EXPERIENCE



### Graduate Athletic Development Coach

2024 - PRESENT

Radley College / Oxford

- Lead and assist S&C sessions for a wide range of youth athletes following LTAD model.
- Lead movement screening and testing sessions.
- Deliver on-pitch warm-ups
- Sporting involvement:
  - Rugby, Hockey, Cricket, Rowing, Football, Sailing, Golf and Rehab



### Strength and Conditioning

2023-2024

Nottingham Trent University / Nottingham

- Assisting in Delivery of S&C and on pitch warm ups for athletes for the: Women's Football performance squad, Canoe Performance athletes.
- Lead the Rugby League S&C programme designing an appropriate, specific and well organised gym programme for all the athletes.
- Be a part of a multidisciplinary team and contribute in MTD meetings



### Private S&C Coach and Sports Massure

Jun 2023 - Aug 2023

Bromley

- Design and delivery of specific Strength and Conditioning sessions to a member of the India squad for the world test championship as part of his athletic performance programme.
- Assist in the recovery of the athlete by providing soft tissue manual therapy.



### Athletic Performance/Development Coach

2022-2023

Ulster Rugby / Belfast

- Assisting in delivery of S&C for athletes across the athletic pathway from the age of 15 up to first team players.
- Assist with warm-up, SAQ and movement health for first team, academy and pathway players.
- Data collection using VALD, Microsoft Office input sports, Gymaware and Pearch systems.
- Working as part of a multidisciplinary team and attending MDT meetings.



### Assistant S&C Coach

Jan 2023 - Jun 2023

Derrygonally Harps Gaelic Football / Belfast

- Assist in the delivery of S&C for the athletes in the squad
- Assist in fitness testing and data collection



### Fitness Coach

Dec 2019 - Jan2020

Mumbai Cricket Club / Mumbai

- Delivering fitness focused sessions for all athletes that are part of the academy.
- Overcame language barriers developing non-verbal communication skills to provide high quality sessions.