



Careers in Sport

KMPF
KENT & MEDWAY
PROGRESSION
FEDERATION



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Welcome!



Our Sports and Higher Education programme aims to help you find out more about the exciting and varied careers that are available in sport.

Working in sport is challenging but also rewarding and fun!

See pages 3-5 to read real life profiles of staff from Charlton Athletic Football Club about their jobs and how they got where they are today.

If you're not sure where to start, check out pages 6-7 for information, advice and guidance on your options post-16.

And on pages 8-10 student ambassadors who are studying Sport at university share their top tips for smashing their career goals!

Don't forget, if you have any questions, we are here to help.

Good luck!

Kent & Medway Progression Federation

Staff profile



Matt Faithorn | Careers in Sport Officer



Matt Faithorn is the Careers in Sport Officer at Charlton Athletic Community Trust (CACT).

His job involves planning and delivering a programme working with Year 10 students, to raise awareness of university opportunities and different career paths within the sports industry.

He also works in primary schools delivering lunchtime and after school clubs, as well as sports mentoring sessions.

A typical week for Matt involves a lot of active work, with most of his time spent delivering sessions. Around this he does some admin work to prepare for his sessions and keep everything up-to-date and well-organised.

Matt finds this kind of balance really suits him. He said, *"The best part of my job is the active nature of my role. Being a very active person, I enjoy spending much of my time being on the move and delivering sessions."*

In terms of qualifications, Matt believes the courses he's taken have helped him in his job.

"If you have a type of job you aspire to reach, be patient and keep working hard to reach it."

He said, *"I have my FA Level 2 Coaching badge as well as FA Youth Modules 1, 2 and 3, which have helped give me the football coaching knowledge needed to deliver good sessions."*

"I also have a variety of qualifications with the Professional Football Scouts Association (PFSA), which have developed my ability to recognise talented players."

Matt hasn't stopped there. He added, *"I am currently doing a full-time online degree in Football Coaching with the University Campus of Football Business. With my degree being online it allows me to work full-time alongside my studies."*

He also offered some advice to anyone interested in a similar kind of job in sport.

"If you have a type of job you aspire to reach, be patient and keep working hard to reach it."



Segun Oladele

Performance Analyst and Coach



This is what a typical week at work looks like for Segun Oladele, who is the Performance Analyst and Coach at Charlton Athletic Community Trust (CACT):

"My job involves planning and undertaking warm-up for training, matches and sessions, clipping footage of the pros and cons of matches in line with the manager's instructions, completing individual analysis of players to further develop them, and making presentations for team analysis."

"On Mondays and Tuesdays there are two training sessions on each day... with the different squads - Tuesday would be a more tactical session for the match."

"Wednesday is matchdays and we can have up to four matches home or away. I am mainly needed at home to film the matches."

"Thursday is analysis day. This is where I would watch the game back and clip videos."

"Friday is back to training as normal."

"Working with the young people and trying to improve them as much as possible is the best part of my job..."

One of the things Segun likes most about his job is the difference he can make to the children.

He said, *"Working with the young people and trying to improve them as much as possible is the best part of my job. I like building relationships with them and feeling like I've added a little something to their football journey, or just to them as a person."*

Segun studied Sport and Exercise Science at the University of Kent. He has also gained coaching qualifications too. He feels they've given him confidence in his job role.

Segun said, *"They've been useful in my job as they've helped me with my understanding of football. This means that when I'm putting videos together, my explanations and the clips I choose are better quality."*

To anyone interested in starting a similar career, Segun advises, *"Get your coaching badges as early as you can and go and get some experience wherever you can to get your journey started."*

Staff profile



Chris Baker

Head of Fundraising and Development



Chris Baker works for Charlton Athletic Community Trust (CACT) as the Head of Fundraising and Development.

His favourite thing about working in sport is being able to make a difference within the local community.

Chris said, *"I fundraise for a wide range of CACT's projects, so I get to go out and see a lot of our initiatives first hand and learn about the difference we make within our communities every day.*

That is the best part of my job and the most rewarding.

"It also helps that I am a keen football fan, so being able to host people at games and get a lot of my work done on a matchday is a real positive."

Chris also enjoys how flexible and varied it is working for a sports club. He said, *"I will usually be in the office at CAFC Training Ground or at The Valley two or three times a week.*

On these days I go to as many meetings with donors and funders as possible.

"This will allow me to catch up on emails, prepare funding bids and work on event management and contracts when I am working from home."

Chris studied American and English History for his BA degree at the University of East Anglia. His four-year course included a year abroad studying in Ottawa, Canada.

He then went on to study an MA in Contemporary History at the University of Sussex.

Although his qualifications aren't directly linked to his job role, Chris believes they have really helped him in his career.

"At university I learned how to write, do public speaking, build relationships and partnerships, and communicate with senior people. These skills have meant I am a lot more employable."

Careers in Sport

There are dozens of different jobs and careers available within the sport sector.

This chart aims to give you just a flavour of some of the roles available, and the qualifications and training you could do to help you get there.

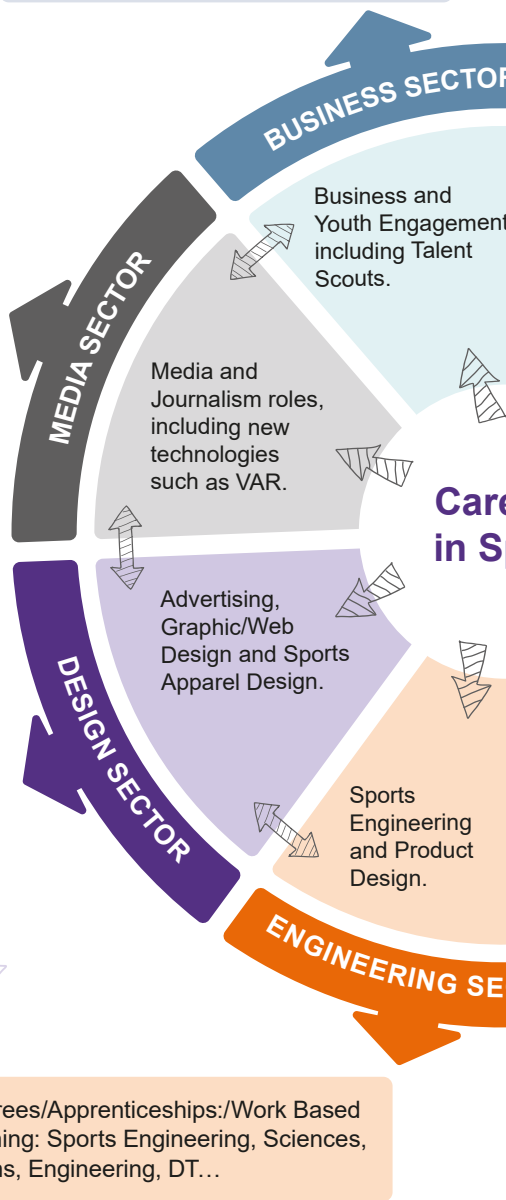
Degrees/Apprenticeships/Work Based Training: Sports and/or Art, Media, Graphic/Communication Design, ICT, Engineering, Journalism, English...



Degrees/Apprenticeships/Work Based Training: DT, Graphic Design, Art, Fashion, Sports Wear Design...



Degrees/Apprenticeships/Work Based Training: Sport and/or Business, Media, Business, Social Media, Marketing, Finance, HR, Youth Work...







Maddie Farrand

BSc Hons Sports Coaching Science,
Canterbury Christ Church University



Maddie Farrand is studying for a degree in Sports Coaching Science at Canterbury Christ Church University (CCCU).

The 23-year-old, originally from Canada, is a footballer with Gillingham Women's first team.

She said that her degree helped her pursue a passion for football coaching.

"I've been playing sport all my life and always wanted to get into coaching to inspire the younger generation."

"I decided to apply to uni because having an education is important to me. My course has given me the tools to go out into the real world and coach properly."

"When I first started, I didn't realise coaching was so complex! Learning new things, like nutrition and psychology, has been challenging, but you have lots of support to help you. The lecturers are very hands-on, and we have sessions where we can learn from each other."

"I did a placement in my second year at Sittingbourne Lionesses, a women's football club. I'm now coaching the kids' teams at Canterbury Eagles. They're going to make me the lead coach thanks to the experience from my degree."

"My goal at end of uni is to play professional football in the Women's Champions League or pursue a full-time football coaching career at a university in America."

For more information about sports degrees at Canterbury Christ Church University, visit canterbury.ac.uk/search/undergraduate-courses

Student profile



Adam Elliston

BSc Hons Sports Science with Professional Sports Coaching, University of Greenwich



Adam Elliston is a student at the University of Greenwich. The 21-year-old is studying for a degree in Sports Science with Professional Sports Coaching.

Adam lives at home and commutes to his lectures three or four days a week.

He is hoping that his degree, alongside UEFA coaching badges, will help him stand out when applying for coaching jobs.

"Football is what I love doing. I decided when I finished my GCSEs that coaching was what I wanted to do."

"I passed my FA Level 1 in Coaching Football at 16, which is the youngest you can be. I then went on to do a Level 3 Diploma in Sport at sixth form, alongside A Level Psychology."

"I knew I wanted to go to uni as it will put me a step ahead when it comes to applying for jobs."

"The best part of my degree is having the coaches and the elite athletes come in from the professional clubs, like Charlton Athletic Football Club. Working with them gives you first-hand insight into what to expect if you want to work in a similar role. Coaching courses alone don't give you that understanding."

"I've been coaching for five years, alongside my studies, and it's been the most amazing job. Having the opportunity to put into practice what the course is teaching is the best way to learn."

"My goal is to pursue a career in academy football and progress to coaching in senior professional football."

For more information about sports degrees at the University of Greenwich, visit [gre.ac.uk/subjects/pe-and-sport](https://www.gre.ac.uk/subjects/pe-and-sport)

Student profile



Melissa Plane

BSc Hons Sports Therapy and Rehabilitation, University of Kent

University of
Kent

Melissa Plane, 19, is studying a degree in Sports Therapy and Rehabilitation at the University of Kent.

Melissa, who has Dyslexia, was told by teachers that university was out of reach.

However, with the support of university staff and the Disabled Students Allowance (DSA), she is on track for a bright future.

"When I visited university and saw the Sports department, I knew it was something I wanted to do. I want to have a job that helps people in the future and having a degree will help me go into a range of areas; from working pitch side in professional sport to doing clinical work with children and adults."

"My course is very anatomy based and the teaching is in-depth, covering all parts of the body. We are taught about how you can treat and prevent injuries, as well as how to assess injuries. It helps to prepare you for every situation."

"We have practical sessions as well as lectures, where we can go through each joint individually, and massage each other so we know what it feels like and how to do it. This is the way I learn best, by talking and visually seeing things. We also get to do placements in the summer where we can put our learning into practice."

"From a personal level I have found the reading challenging, due to my Dyslexia. However, thanks to the DSA I have a laptop and devices that will read and write for me. I also get a mentor who helps with time management and organisation, and other things that help me with uni life as well as my course."

"My advice would be do what you enjoy and believe you can, because if you want something enough you can achieve it."

For more information about sports degrees at the University of Kent, visit kent.ac.uk/sport-sciences

Next steps

There are many exciting careers in sport and lots of different ways to get into them. These pages are just a starting point for ideas and not a definitive list.

To find out more, check out these websites:

- careers-in-sport.co.uk
- nationalcareers.service.gov.uk/job-categories/sports-and-leisure
- cimspa.co.uk
- ucas.com/explore/subjects/sport
- instituteforapprenticeships.org

For further help, reach out to your careers adviser in school or college or contact gov.uk/careers-helpline-for-teenagers





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