

Coach Mentors

We understand how powerful mentoring can be, and that it's one of the best ways to support coaches, especially when it comes to inclusive sport. As part of the Disability Coaching Network, you have the chance to learn from the best – our four county mentors are all expert coaches in their sports and can offer practical insight into coaching within disability sport.

The four mentors cover athletics, weightlifting, football, trampolining and multi-skills but their work at a high level means that they are able to offer advice, ideas and guidance that you can apply to any sport.

As you can imagine, spaces for mentors are limited and it's offered on a first come, first serve basis. We'll then arrange for you to observe your chosen coach and have some time afterwards to ask them questions, and talk about any specific areas you'd like help with. This is a unique opportunity so get in touch as soon as you can.

Meet the Mentors

Bronwin Carter has the magic touch – when she worked for Portsmouth City Council as their Disability Multi-Sports Coach she went from a two-year contract to eight and from 20 children entering sporting events to over 200.

As a Level 4 Athletics Coach and British Weightlifting Senior Coach, Bronwin has experience of working closely with the dwarf association and helping them to adapt throwing techniques. This guidance and expert eye lead to two participants with dwarfism becoming champions, one as European record holder. She has also been part of the GB Coaching team at the Athens and Beijing Paralympic Games.



Bronwin is now retired but continues to mentor coaches in weight lifting, javelin, wheelchair racing and seated throws.

Mick Conway has always worked to help disabled people access football – he's now the Head Coach at B1 Soccability, a hub site for blind and visually impaired players and he has delivered an extensive programme of events and opportunities across the county.

In terms of his qualifications, Mick is a UEFA B and Level 3 Football Coach, and works for the Hampshire FA as a Community Coach.



Justine Abraham is definitely dedicated – she started coaching trampolining at the age of 17 and has set up two clubs. One of the clubs ‘Just Jump’ is specifically for people with disabilities, producing over 7 British Champions and continues to thrive.

Justine is a Level 4 Trampoline coach and a former GB Trampoline Disabilities Squad Coach.



Mike Glanville has a lot of experience in inclusive sports. Not only does he specialise in coaching disability sports sessions at Osborne School in Winchester but he coaches football and multi-sports sessions at Eastleigh.

You can sign up for more Disability Coaching News on our website www.energiseme.org under the coaching section. Contact Di Murray (Coaching Development Officer) on 01962 676381 or di.murray@energiseme.org.

