

SAM PORTLAND

Elite Strength and Conditioning Coach



PERSONAL DETAILS

9 Stanley Hill, Amersham,
Bucks, HP7 9HP

+447908686410

Sam.sportland@gmail.com

CAREER HIGHLIGHTS

- Presenting at Catapult Rugby performance seminar 2018.
- Attaining multiple life time Speed and other performance best with athletes which transfer to competition.
- Coaching a Track athlete to three national championships.
- A complete season without single lower limb soft tissue injury.
- Rehabilitating players through significant injuries.
- Completing applied MSc research into Artificial playing surfaces.

EDUCATION & QUALIFICATIONS

- MSC Strength and Conditioning, St Marys University, London
- BSc Human Performance, Brunel University London
- Level 2 Rugby Coach

PERFORMANCE PROFILE

- Strength and conditioning coach with significant experience within elite athletic populations.
- Leading and developing sport science programs within professional sporting organisations.
- Proven record of developing speed across multiple sports.
- Coach mentor and development of young coaches.
- Skilled testing, programming and training monitoring skills.
- Experienced working within multi-disciplinary team for athlete rehabilitation.

SUMMARY

I am an experienced coach with a Sound knowledge and understanding of the complexities of performance based training. As a coach I aim to provide the athletes I work with the platform to perform at their chosen discipline. Through developing empowered relationships, my coaching is driven to earn respect by creating results. With a relaxed coaching style I reward freely and commend failure. This allows for learning opportunities. People only care when they know you do.

With responsibility of up to 40 athletes I have developed tools to allow me to monitor responses to training in order to make informed coaching decisions.

I seek out CPD opportunities through hosting talks, visiting coaches and running my own small podcast.

CAREER HISTORY



- **Kenya Rugby 7s** – HSBC World Rugby 7s Tour – European Legs
- **Consultant Performance Coach – Alex Gray** – NFL player for Atlanta Falcons – Complete Off-season programming.
- **Ealing Trailfinders Rugby – Senior Strength and conditioning coach** (May 2016 – October 2018). Lead for **Speed**, Sport Science (**GPS**, **Force platform** etc), Strength and **Power** programming for Backs, **Injured player program** and return to perform.
- **Wasps Rugby – Senior Strength and Conditioning Coach** (January 2013 – November 2015). **Injured player** programming, **Sports Scientist**, Assistant weight room coach.

- **West London Track and Field – Lead Strength and Conditioning Coach** (September 2015 – September 2016).
- **Wasps Academy AASE – Lead Strength and Conditioning Coach** (August 2012 – January 2013)
- **Sportland Training and Fitness Consultancy –** (2008 – Present) Design and implement Strength and conditioning programs for a wide range of athletes in a 1-2-1 and remote capacity which include;
 - Dutch Championship Hockey player
 - Academy level rugby players
 - National level track athletes
 - Multiple semi-professional Rugby Teams
 - On-going group coaching with young developing athletes supported by assistant coaches.
 - Presenting at educational seminars
 - Delivering strength and conditioning courses to current professional rugby players to assist in life after sport.

PROFESSIONAL SKILLS

- **Leadership:** developing and building an internship development syllabus. Moving forward the training and return to perform process in sport environments.
- **Communication:** Working with non-English speaking athletes, developing non-verbal ways of communicating through coaching. Also learning some key phrases to assist in concurrent coaching practices.
- **Innovation:** Developing training programs to work within constraints of the environments that still achieve ultimate performance goals. Building appropriate assessments to track and monitor injuries.
- **Networking:** Hosting and attending CPD events, public speaking, hosting a podcast, seeking out opportunities to visit coaches of all sports and disciplines.
- **Technology:** Delivery and interpreting diagnostic data, sophisticated database skills,

REFERENCES

- Dan Howells – Strength and Conditioning co-ordinator, Huston Astros – Dhowells@astros.com
- Keir Wenham-Flatt – Strength and Conditioning Coach University of Richmond, Virginia – Keirwf@gmail.com
- Tom Farrow – Head of Strength and Conditioning England Sevens – tomm7f@hotmail.co.uk