

RUGBY COACHING CURRICULUM VITAE

R. MIKE COOGAN
3 Cartmel Drive,
Dunstable,
Bedfordshire, LU6 3PT
01582 663514 home
07796938893 mobile
mike.coogan@rexam.com

I have been coaching for almost twenty five years working with all groups from youth to adult. During this time I have achieved considerable success, winning county and regional cups, winning the national NPI intermediate cup final at Twickenham and gaining the prestigious honour of being named Rugby World team of the year. Each team I have coached has gained promotion in the first or second season. One of my greatest satisfactions has been watching the Midlands and East Midlands boys under my coaching and guidance achieve England honours.

A Team orientated coach who can delegate and still be responsive to ideas from others, always seeking a positive and safe environment in which to coach, where players and coaches abilities are tested and stretched to achieve maximum impact from each coaching session. Constantly searching for the key to unlock every player's ability to enable them to play at the highest level whilst ensuring they get utmost enjoyment from a great team sport.

To prove my commitment to my coaching development, In April 2010 I took a (self funded) three weeks trip to New Zealand where I spent time with Todd Blackadder and his coaching team at the Canterbury Crusaders, watching how elite teams and performers operate. I was given access to all areas and joined in the team meetings and strategy sessions. My host was Wayne Smith, current coach with the Waikato chiefs and ex All Blacks coach and I spent a lot of time talking with him and picking up on his knowledge. I have come away a better coach not just for the knowledge I have picked up but it has confirmed to me that a lot of philosophies and coaching methods they use are similar to mine. Wayne is willing to provide a reference if required waynes@chiefs.co.nz

Through networking developed whilst at the IRANZ course in 2008 I was able to gain access to the premiership club, Saracens for the season 2008/2009 and on a regular basis went along to watch their senior squad training. I was given access to all the sessions and could see first hand new ideas/innovations in coaching from Eddie Jones and his coaching team. After the sessions I was able to sit down with Richard Graham "coaching coordinator" to talk about new ideas and the game in general. This feedback has been a great help to confirm that my approaches and standards regarding coaching are comparable to that of a professional rugby team. Richard Graham former skills coach for the Australian Rugby Union and now head coach with the Western Force can be contacted at Richard.Graham@rugbywa.com.au for a reference.

To improve my coaching education I travelled (self funded) to New Zealand in August 2008 to take part in the "advanced coaches" course with the International Rugby Academy of New Zealand and was awarded a high pass rate and have been accepted should I wish to apply for a place on the two week "High performance coaches course" primarily aimed at Super 14 and Premiership coaches. Peter Thorburn, the course facilitator, who is a former All Black 7's coach,

“A” team coach, All Black national selector and was the USA Eagles Head coach from 2006 to 2007, is willing to provide a reference if required: peter@TheThorburns.co.nz

- 2012 – 2015 – Head Coach Midlands U16’s, I have now been promoted to head coach and see this as a next stage development to coaching England U16’s which is my next level. My aims will be to improve upon previous standards and ensure the developmental pathway is followed and at the same time increasing the percentage of boys selected to play for England. I have two new coaches and will need to make sure we challenge each other as well as the boys to ensure we are delivering sessions that ask questions each time. Our goal is to deliver communicators, decision makers and problem solvers for coaches at the next level. The coaching team will need to gel quickly and that is my responsibility to ensure this happens and that everyone is given their areas of responsibilities and that each coach is accountable for their delivery of quality coaching sessions.
- 2011 to 2012 – Director of Rugby for Luton RFC who play in National London & SE Division 3. This is a fantastic opportunity for my own personal development and I believe will benefit my Midlands U16’s post as the role with Luton will allow me to investigate new styles and methods of improving player’s performances through the player centred style of coaching. My remit is to oversee the coaching programme for the adult and colt sides, developing a generic style and patterns of play for all to follow enabling a smoother transition for young players moving up to adult rugby.
- **2009** to 2012 - Midlands U16’s, I am currently the Midlands forward coach. I will be joining a new coaching/management team and I look forward to the challenge of working with the next level of players developing their skills and creating a strong culture of self belief and continuous improvement. As part of my Midlands role I perform selector duties. Through the training techniques provided by the England selectors/management this has enabled me to make informed decisions on selection.
- **2008** to 2009 - Midlands U16’s, I attended all the Midlands training weekends and was again invited to be part of the coaching team for the trials. I was also involved with coaching at the development weekends and the Festival 1 weekend.
- **2008** to 2009 - East Midlands U16’s Head coach. As in previous seasons the challenge was to stimulate my team of coaches so they brought new and challenging ideas to our training sessions and maintain our high level of representative players. This was another successful season with wins in three out of four games providing twelve players for the Midlands trials and one player selected for England A.
- **2007** to 2008 - Midlands U16’s, I was invited by the then Midlands head coach (Ian Williams) to assist with the Midlands trial weekend and asked to be part of the coaching team for one of the trial teams, I also attended one development session. I found this to be a very challenging and stimulating environment where a high level of coaching ability is expected, I was invited back for the season 2008/2009. Ian Sharp current England U16’s Chairman of selectors is willing to provide a reference if required: I.SHARP@ivanhoecollege.leics.sch.uk
- **2007** to 2008 - East Midlands U16’s Head coach and appointed EM National 10’s Head coach (finished overall 5th in the country). The challenge for the coaching team was to improve on the number of Midlands and England players we provided as against the previous year and also

challenge our own coaching abilities and look at new and innovative ways to get this across to the players. All the above were successfully accomplished with twelve players playing for the Midlands with four achieving England honours.

- **2007** to 2008 - East Midlands schools of rugby U15's lead coach, these sessions are held once a month working with elite players from East Midlands. The challenge for me was to motivate the coaching team so that they provided a standard of coaching above that received at club/county level.
- **2007** to 2008 - Dunstablian's Academy Head coach. I set new standards for fitness and rugby skills, introduced a code of conduct, a mission statement and season's goals with a 90% success rate. Six of the team were selected for county honours and two were selected for the East Midlands U20's squad in 2008/09. This was a success for me because in the last seven years no academy players have been selected for representative rugby from Dunstablians RFC.
- **2006** to 2007 - East Midlands U16's Head Coach
This was a new and exciting challenge for me, one level above County rugby but two levels below England, it was therefore imperative my coaching abilities and that of my coaching team would need to be of the highest calibre to give the playing squad of 2006 the best chance for progression, firstly a Midlands cap and ultimately an England cap.
Working closely with the players we produced team goals, a mission statement and a code of conduct. For some players this was their first experience of working in this manner so management and maintenance of this and the players were key factors.
The squad of 2006 produced seven Midlands players and three England players which bears testament to the amount of hard work and dedication shown by the coaching team.
- **2004** to 2006 – Bedfordshire county youth U14/U15's & Dunstablians RFC U14/15's I also provided guest sessions for a variety of senior rugby clubs in Bedfordshire, Hertfordshire and Buckinghamshire.
- **2003** to 2004 – Dunstablian's 1st Team forward coach and Dunstablians under 13's coach. I was offered a coaching post with Bedford Blues but at that time my job did not allow me the flexibility to carry out both with 100% commitment.
- **2001** to 2003 – Bedford Blues RFC, Joined with Colin Jackson who was Director of Rugby and I fulfilled various positions from assisting 1st team forwards coach, attended all matches, planning sessions, and debriefings of team and players, I was also heavily involved in analysis of our players and in particular identifying strengths and weaknesses in opposition teams. My other responsibility was providing player profiles on potential new talent from scouting missions at clubs in the area. Contact Colin Jackson colin.jackson@northotagorugby.co.nz
- **2000** to 2001 – Dunstablian's, 1st Team Head Coach, Achieved promotion to Midlands 1, winners of the Bedfordshire & East Midland County cups and selected as "Rugby World" junior team of the season. Innovative coaching and training sessions with a strong focus on basic skills done well aligned with high levels of strength and fitness were the basis of this successful season.
- **1999** to 2000 – Dunstablian's, Forwards coach (work commitments prevented me from undertaking the head coach role) I played a vital role during the season in achieving promotion to Midlands East 2. Winners of the Bedfordshire & East Midland County cups and culminating

in winning the NPI Intermediate national cup at Twickenham, beating teams in the quarter, semi and final that all played a league above us.

- **1997** to 1999 – Dunstablian’s, 1st XV Head Coach, 1998/99 Finished 2nd in League, best league position in clubs history. Won the Bedfordshire & East Midland County cups in these years.
- **1994** to 1996 - Stockwood Park, 1st XV Head Coach, promoted to Midlands 1 1995/6. The success of my achievements at Vauxhall’s did not go unnoticed at Stockwood and I was asked to take over in the summer of 1994, that summer saw attendance records rise by over 40% on previous seasons. Basic skills done well along with high levels of fitness was my mantra for the season, this proved a good recipe as we were promoted to Midlands 1 at the end of that season. For work reasons I had to semi retire from coaching for two years.
- **1989** to 1994 Vauxhall Motors, Player Head Coach, 1991 to 1994 Coach, achieved promotion in 1992/1993. Vauxhall Motors played social rugby until I started coaching them attendance at training went from an average of five people to over twenty each session. For the first time in the clubs history we were promoted in my second season with them.

QUALIFICATIONS/AWARDS:

Level 1 Coach Educator (Started Feb. 2010, aim is to progress to full Coach Mentor)

RFU coaching level 3

Advanced coaching course – International Rugby Academy, New Zealand August 08

Diploma in psychology – Home study 2003 - 2005

Diploma in Strength and conditioning – Nene College, Northampton

SAQ Diploma level 1

National foundation Referee certificate Part 1 May 2005

DOB 30th August 1958

DISCLOSURE NUMBER: 1234561117