



# *Yana Stride, 2009*

## **What Career are you in, and what sort of things does this entail?**

Sports Science - Performance Analysis and Performance Data at the English Institute of Sport (EIS) . Began my career as a Performance Analyst for GB Taekwondo which entailed supporting the high performance coaching team with technical and tactical analysis through video and statistics of GB elite taekwondo athletes, their opponents and the sport as a whole to find gaps, trends and fundamentally strategic advantage. Supported through 3 Olympic Games; multiple world, European and other major and minor championships worldwide. After a decade of working as a front-line practitioner I stepped up and out into a dual role, one as Performance Analysis Technical Lead supporting and mentoring analysts working across the elite sporting system through the EIS and contributing to the strategic direction of the discipline. The second role, as a Performance Data Lead, focussed on supporting the entire EIS and their elite sport customers with their data through education, training, communities and hands-on problem solving and data projects.

## **What inspired you to go into your chosen career?**

Loved sport and physical medication and enjoyed science so combining the 2 was the perfect fit for me. GCSE PE and A-Level Sports Studies grew this passion and ultimately helped to shape my uni course choice and direction.

## **What advice would you give to anyone interested in working in your career area?**

A Sports Science Degree or similar is fundamental and desirably a Masters Degree in your chosen sports science discipline. Sport science is a broad degree with lots of avenues so it's worth exploring the options before committing to a discipline. In terms of employability post degree, applied experience goes a long way to getting noticed so take any opportunities to uni provides and proactively seek opportunities if not.

## **What do you know now, that you wish you'd known when you were leaving Malbank?**

It's ok to not know exactly what you want to do as a career yet. Focus on what you enjoy and what you're passionate about. I knew I liked sport and science and I picked appropriate subjects and later my degree in Sports Science because it was broad and could translate to lots of different careers. I thought I wanted to be a PE teacher when I started it but I had no idea of the other possibilities. Through experience and taking opportunities a different career path emerged for me.

***If you would like to get in touch with Matt to find out more about careers like this, please contact Mr Batty in the Sixth Form Office, or via Teams***