



ALEXANDER JAMESON

Professional Football Player & Sports Coach

Dedicated athlete with over 12 years of experience competing at high levels in tennis, achieving significant success in national and international competitions. My journey has deepened my understanding of high-performance athletics.

I aim to leverage my athletic expertise, competitive spirit, and strong teamwork skills to transition into a coaching or sports management role. My experiences have equipped me to strategize effectively and foster collaboration.

As a coach, I am committed to inspiring the next generation of athletes and promoting values such as discipline, perseverance, and sportsmanship.

EDUCATION & COACHING QUALIFICATIONS



- University of Stirling
- MSc in Performance Coaching, 2017
- Thesis: The Relative Age Effect in
- Scottish Youth Football



- University of Edinburgh
- MSc in Sports Coaching, 2019
- Thesis: The Impact of Coaching Styles on Athlete Development

CAREER HISTORY



- Research Assistant
- Assistant Coach
- Sports Development Intern
- Head Coach
- Strength and Conditioning Coach
- Youth Development Officer
- Technical Director
- Coaching Volunteer
- Fitness Coach
- Research Assistant
- Football Analyst



- Scottish Football Association, Scotland (Aug 2017 – Present)
- Local Youth Football Club, Scotland (Sep 2015 – Jul 2017)
- University of Stirling, Scotland (Jun 2016 – Aug 2016)
- Community Football Initiative, Scotland (Jan 2018 – Dec 2019)
- Local Sports Academy, Scotland (Mar 2016 – Dec 2018)
- Regional Football Association, Scotland (Jan 2020 – Present)
- Grassroots Football Club, Scotland (May 2015 – Aug 2017)
- National Sports Event, Scotland (Jul 2016)
- Health and Wellness Center, Scotland (Sep 2014 – May 2015)
- University of Stirling, Scotland (Jan 2017 – Jun 2017)
- National Coaching Conference, Scotland (Nov 2020 – Present)



CURRENT ROLE



- Research Assistant
- Scottish Football Association, Scotland (Jan 2017 – Jun 2017)

- Collected and analyzed data on coaching strategies and their impact on athlete performance, using statistical software to identify key trends.
- Assisted in developing research methodologies, including surveys and interview questions, to support project goals.
- Conducted literature reviews to inform research direction and contributed to the writing of reports and academic papers.
- Presented findings in workshops and meetings, effectively communicating insights to faculty and the best stakeholders.

KEY SKILLS

- **Coaching and Mentoring:** Proficient in developing training programs and providing individualized support to athletes.
- **Research and Data Analysis:** Experienced in qualitative and quantitative research methods, including data collection.
- **Communication:** Strong verbal and written skills, capable of presenting complex information clearly to diverse audiences.
- **Team Collaboration:** Effective team player with experience working collaboratively in academic and coaching environments.