

**JudoScotland Limited**

**2023 Annual General Meeting: Pro-Forma Nomination Document**

**Position Applied For: Director**

**Non-Executive Director Overview**

|                               |                    |                        |                    |
|-------------------------------|--------------------|------------------------|--------------------|
| <b>Delivery Team:</b>         | JudoScotland Board | <b>Reports to:</b>     | Chair of the Board |
| <b>Budget Responsibility:</b> | Circa £1,000,000   | <b>Direct Reports:</b> | Not Applicable     |

**Nomination Overview**

| Personal Details        |                 |                                    |       |
|-------------------------|-----------------|------------------------------------|-------|
| <b>Nominee Name:</b>    | Sarah Adlington |                                    |       |
| <b>Club Membership:</b> | EdinburghJudo   | <b>JudoScotland Membership No:</b> | 30325 |

| Background, Qualifications and Experiences <i>(Relevant to the position of Director)</i>  |
|---|
| Elite Athlete for 20 years<br>BSc Sport and Recreation Management<br>HNC in business<br>Programme Coordinator for EdinburghJudo<br>Athlete Mentor |

| Knowledge, Skills and Abilities <i>(Relevant to the position of Director)</i>  |
|--|
| <p>Hold Sport &amp; Recreation Management honours degree earned from Edinburgh University while competing at highest level of sport. To achieve this, while still succeeding in other areas of my life, required me to develop my time management and planning skills. Able to earn degree and achieve some of my best sporting results in the same period. This built my confidence in working under pressure, which accompanied by increasing knowledge of sport psychology, allowed me to subsequently pass these skills onto other athletes/staff members.</p> <p>Elite athlete and qualified judo coach, confident in my knowledge of the policies and procedures around clean sport. Ensure that first aid and safeguarding qualifications valid, completing regular refresher training. This knowledge provides confidence when dealing with incidents/issues.</p> <p>Trained in media relations, experienced in both recorded and live interviews. Responsible for business' social media accounts, and am fully aware of the benefits and risks of proper/improper/safe/unsafe use of all social media.</p> <p>Confident in IT ability, using various pieces of software/hardware for daily business tasks, compiling/delivering presentations, recording and analysing information, finance and planning etc.</p> <p>Pride myself in decision making and problem-solving abilities developed over years of elite sport and business.</p> <p>Skilled leader with strong team building skills. Frequently using these to great effect, whether</p> |

working with a group of athletes, running corporate team building events, forming a new business or as an athlete in a previously disjointed group. Use infectious enthusiasm, clear instructions/expectations, honest and open approach, share experiences to build rapport.

#### Disposition and Personal Qualities

I pride myself on being approachable, honest and supporting. I enjoy and excel in leadership roles and often use a coaching style of management, providing others with tools to improve their performance and ability without stifling individual approaches. Inclusivity is a behaviour that I take seriously and I have experienced at first hand, what a positive impact inclusion can have on people, teams and the wider community.

Approaching the end of my competitive career as an athlete, and conscious of continuous personal development, I am excited of the potential that being on the board would provide. I feel that I have a lot to offer in the role but that I would also benefit in business and personal practices and would wholeheartedly seize and commit to the associated opportunities in order to develop myself and conversely, those around me.

The skills and experience acquired during my sporting career will directly benefit the JudoScotland Board. My ability to listen, manage highly pressurised situations, absorb/evaluate information before taking action, alongside good organisational skills, will stand me in good stead. The importance of sport and physical activity is a subject I'm very passionate about, sport has played a major part in making me into the person I am today.

#### Declaration by Nominee

- I confirm that the information contained within this nomination form is true and correct to the best of my knowledge;
- I am aware that in accordance with the General Data Protection Regulation (GDPR) we will use the information provided on this form solely for the purpose of the 2023 AGM ;
- I am not disqualified from holding a Directorship of a Limited Company.

Signed:

S.Adlington

Date:

30<sup>th</sup> August 2023

**This form should be returned prior to 1630 hours on Wednesday 30 August 2023:**

- **Via email to:** [hr@judoscotland.com](mailto:hr@judoscotland.com), or;
- **Via post to:** Board Nomination, JudoScotland, EICA-Ratho, South Platt Hill, Ratho, Newbridge, EH28 8AA.