

TAYLA MOUNTER

PROFESSIONAL EXPERIENCE

PHD STUDENT

University of Edinburgh

2022 - Present

I am currently undertaking research into Talent Development and Skill Acquisition in Sport. My speciality is regarding the practice regimes and structures within sport, specifically individual sports such as squash. I have recently published an academic paper titled *"The mismatch between squash practice and theory"*.

LECTURER IN SPORT, HEALTH & EXERCISE SCIENCE

East Coast College

October 2023 - Present

I am lead lecturer on the following modules: Anatomy & Physiology, Contemporary Issues in Psychology, Exercise Prescription & Testing, Public Health Promotion, Skills in Research, Social Psychology, Wider Determinants of Health, Work Experience as a Resource for Learning, and the undergraduate Dissertation module. My responsibilities are vast, however can be summarised as: development of academic and educational resources to meet curriculum and the course specifications, conference attendance, working within a close team of academics, inspiring and relating to students, safeguarding issues, incorporating online students into in-class lectures and working within a virtual learning environment, regularly presenting in front of large audiences, working independently to meet deadlines and targets, marking and grading students work, aiding data analysis throughout the dissertation process, and management of multiple projects at the same time. I must deliver engaging lectures, assess student work, and have recently led the degree revalidation, including additional modules incorporating contemporary and representative coaching pedagogies.

SPORTS DEVELOPMENT OFFICER: HEAD COACH, PARTICIPATION AND PERFORMANCE

Squash ACT

January 2022- September 2023

As the Squash ACT (Australian Capital Territory) Sports Development Officer and Head Coach of Participation and Performance, I had a range of responsibilities. These varied considerably based on the specific nature of the task, however I was the driving force of the organization to increase squash within the ACT. My main responsibilities were: developing links with stakeholders and organizations throughout the ACT, promoting squash across the community, running coaching and educational projects across ACT, working with the elite ACT juniors and coaching them to excellence, creating development environments suitable for all with resources and reducing the barriers to participation, working within a close team, establishing links with staff members, board members, and clients. I would also oversee strategic planning and implementation of squash programmes and sessions, run the budget for the junior programme and club shop, coordinate and deliver group sessions for squash, aimed at specific target groups, work within specific guidelines and offering individual coaching and supervision where appropriate, as well as developing and implementing educational resources based on my Master's and PhD background to enhance the community.

CONTACT



07581 215620



taylamounter1997@gmail.com



Bluebell House, Whimpwell
Green, Norfolk, NR12 0AJ

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EXPERIENCE CONTINUED

LEAD UK DISTRIBUTOR

OLIVER Squash UK

2020-2024

I established and managed UK operations for OLIVER Squash. I oversaw stock management, marketing, and sponsorship agreements, as well as maintaining e-commerce platforms and social media engagement. During my time running OLIVER, I provided opportunities to over 50 aspiring athletes and coaches to remove barriers and work with coaches to develop initiatives.

HEAD SQUASH AND RACKETBALL COACH

City of Peterborough Sports Club

2019-2022

Responsibilities: Coach members of all standards in individual sessions, achieve clients personal goals, adapt to individual's needs, develop new training programs and resources, work with key business stakeholders, plan and market PSA tournaments, obtain sponsorship opportunities, and implement and maintain the COVID-19 regulations.

PROFESSIONAL SQUASH PLAYER

Professional Squash Association

2018-2022

Represented England in international competitions in Women's Squash, reaching 140 in the world.

SCHOOLS SQUASH COACH

University of Cambridge

2019-2022

I designed, implemented and ran school squash sessions for primary schools in and around Cambridge.

SENIOR RECEPTIONIST

University of Cambridge

2018-2022

During this role I significantly enhanced my inter-personal skills by resolving customer complaints and problem-solving.

OTHER EMPLOYMENT

Other employments held include: Regional Squash Assistant Coach, Cambridgeshire County Girls Coach, Customer Assistant with Marks & Spencers, Squash Coach at Cambridge Squash Club, Bar Staff and Racket Stringer. I also have extensive volunteer experience within professional sports events, committee positions and sporting organisations.

EDUCATION

PhD in Skill Acquisition and Talent Development

UNIVERSITY OF EDINBURGH

2022 - Present Day

Looking at the talent development environment, practice systems and regimes.

Master's in Performance Psychology

UNIVERSITY OF EDINBURGH

2020-2021

Thesis in Understanding Elite Squash Players Practice Behaviour Engagement, Changes, and Influences

Second Class Upper Division Bachelor of Arts

(Honours) in Psychology and Sport Studies

UNIVERSITY OF NORTHAMPTON

2015-2018

Dissertation in Contribution of Displaced Aggression, Athletic Identity, Success and Motivation among Individual and Team Sport Athletes

OTHER

4 x A-Levels, 2 x AS-Levels, 15 GCSE's including English and Maths.

QUALIFICATIONS

- England Squash Talent Development Coach Level 3,
- Squash Australia Level 3 Coach,
- Mental Health Awareness for Sport,
- Safeguarding in Sport,
- Advanced Cognitive Behavioural Therapy Diploma,
- Psychology Diploma,
- Level 3 in Fitness Instruction.

REFERENCES

References are available upon request.