



WHERE ARE THEY NOW

Rob O'Mara **Director of Sports at St Andrews** **School, Turi, Kenya**



Did you go to the Howard School?

When did you leave The Howard School?

I left The Howard School towards the end of Year 8 (1991).
My family relocated and we moved North to Humberside.

What are your favourite memories of School?

I loved being part of the Cross Country team which often got me an afternoon off school!
I really got into my sport whilst at The Howard School and this shaped my future career.

What do you do now?

I have been a PE teacher for the past 18 years and currently work as a Director of Sport in one of Kenya's top schools.

I teach in the Rift Valley which is where all the top Kenyan athletes come from and where world class athletes come to train.

How did you get to where you are today?

As I said before I started to really get into sports when I was at the Howard School. I played football for Rainham Kenilworth and ran for Medway Athletics Club.

When I moved north, this passion continued to grow so I first studied GCSE PE; then moved on to my A-Levels followed by a Sports Science degree in Lincoln then finally my PGCE in Hull.

What are your plans for the future?

I'm returning to the UK at the end of this term having just been appointed as National Head of PE for a group of alternative provision schools.

I'll be based near Manchester which I'm really excited for as my children share my love of sport and that city has so many opportunities for them.

Finally, what would be your advice to students?

My advice would be that you should follow your interests and passions. If you do a job you love then it never feels like work.

Its also important to set your goals high, no matter what your set backs. I failed my A-levels first time out but now I teach very successful A-level students.

You can do anything if you refuse to give up.

