



SOPHIE LOUISE MEISTER

Assistant Director of Sport and Head of Girls Games - Heath Mount School
August 2020- Present

PROFILE

Assistant Director of Sport and Head of Girls Games at Heath Mount School. Qualified PE teacher (with QTS) with experience in teaching both academic and core PE, plus games from pre-nursery through to A level. Previous assistant houseparent and form tutor experience.

AWARDS

National Teacher of the Year- Presented by England Netball Dec 2023.

East Region Teacher of the Year- Presented by England Netball July 2023.

Academic Excellence Award- for top PGCE student - Presented by Cardiff Met University

Key Achievements.

- Tripple Back-to-Back U13 IAPS Netball National Champions (2026 2025, 2024)
- IAPS U11 and U12 National Netball Runners up (2025 and 2026)
- SNS U12 National Cricket Cup Champions (2025)
- IAPS U12 National Netball Champions. (2024)
- National IAPS U11 Netball Bronze Medalists. (2024)
- National U12 SNS Netball Champions. (2024)
- X4 U11 IAPS Regional Netball Champions (2022, 2023, 2025, 2026).
- X2 U13 IAPS Regional Netball Champions (2025, 2026).
- X2 U11 IAPS Regional Hockey Champions (2024, 2025)
- 7 x female year 9 entry sports scholarships awarded to pupils (2026 leavers)
- 6 x female year 9 entry sports scholarships awarded to pupils (2025 leavers)
- 5 x female year 9 entry sports scholarships awarded to pupils (2024 leavers)
- 4 x female year 9 entry sports scholarships awarded to pupils (2023 leavers)

Sweatball Netball

- Run my own coaching company and contribute to school holiday camps.
- Offer weekly 1:1's private training for pupils as a paid extra. Instagram: @sweatballnetball.

Coaching Experience

London Mavericks Netball NPL

U19 PDP Assistant Coach- 2024-2025 and 2025-2026

England Universities- Assistant Coach

(England team- comprising of all the best BUCS players across the country). 2024-2025 and 2025-2026.

Saracens Mavericks Netball NPL

Head Coach- U15 Futures- 2024

Head Coach - U15 Futures- 2023

Assistant Coach- U17 Futures- 2022

Wales Netball

Head Coach- Welsh Netball U13 Academy_2017 and 2018.

Kings Camps U.K.

Multi- Sports Coach
Part Time over 5 years' experience in school holiday camps coaching multi-sports

Headkick Martial Arts-

Running school holiday MMA coaching camps.

Club Netball Coach-

Brentwood Netball Club, Essex (7 years), Heath Angels Netball Club, Cardiff (1 year).

EDUCATION

Higher Education -Cardiff Metropolitan University
PGCE secondary PE (with QTS)

Higher Education -University of Exeter
BSc Exercise and Sports Science (High 2:1)

Further Education - Brentwood School

A levels
A- Psychology
A- Physical Education
A- Theatre Studies

GCSE's- Brentwood School

A Mathematics
A English Language
A* English Literature
A* Spanish
A Art
A Music
A* RE
A Drama
AB IGCSE Science



- UKCC Level 2 Netball Coach
- ECB Level 1 Foundation Cricket Coach
- UKCC Level 1 Trampoline Coach.
- ASA International Level 1 Swimming
- Lifeguard Qualification

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