

Ella Amory

Rugby Coach



Contact

46 Bloomsbury Close,
W53SF. London, UK.
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Education

Surrey Univeristy
Bachelor of Science in
Business Management.
July 2024.

Rugby Football Union
Coaching award level 1 and 2
February 2020, June 2022.

Ganenou High School
Certificat d'Enseignement
Secondaire Supérieur
June 2019.

S&C Education
S&C level 4 graduate
April 2025.

Key skills

Leadership
Emotional intelligence
Accountability
Honesty

Objective

My goal is to share my experience, to elevate player experience through coaching that is adapted and relevant. I want players to be able to express themselves through their rugby, and I believe being able to bring the expertise needed to allow it. I believe in integrity, hard work and simplicity.

Experience

July 2025 – Current
Backs and Attack Coach • Brunel University

June 2023-Current
Consultant • Ultimate Rugby 7s Academy

September 2020-Current
Professional player • Harlequins (2020-2023)
Professional player • Trailfinders Women (2023-current)

June 2023 – Current
Online S&C coach (for Rugby)

June 2018-June 2023
Belgium 7s Nationals Player (20 Selections)

June 2024 – June 2025
Head Coach • Bracknell Women's Team

June 2022-June 2024
Head Coach • Surrey Univeristy Women's Team

August 2021-June 2023
Girls Age group coach • Guildfordians Rugby Club

Volunteering

June 2024
Consulting • Israel Women 7s (training camp)

June 2023
Consulting • Farnham Rugby Football Club Women's team

September 2017-2019
Madricha • Hashomer Hatzair Belgium

Languages

English – Fluent

French – Native

Dutch – Basic understanding

Hebrew – Basic
understanding

Founder

Founder and CEO of Offload Agency – January 2025

References

Emiel Vermote: Belgium 7s coach

Phone: +32 495 70 80 74

Brent JRV: Harlequins Defense Coach

Phone: +44 7340 749118

Emma Cooper: Brunel University Head of Academy

Phone: +44 7843 424390