

BUSINESS START UPS

CASE STUDY: FOOTBALLER and FITNESS EDUCATION

Name: Scott Agnew **Age:** 33
From: Glasgow

Playing Career Summary:

Scott started his career as a youth player at Rangers aged 16. He then moved to Hamilton Academicals before playing for various other teams as both a full time and a part time player. He is now in his third season at East Fife FC playing part time alongside running his business.

New Career: Co-Owner, The Fitness Group

Support from Player Association:

When The Fitness Group became an accredited education centre in 2016 and ever since, PFA Scotland has worked closely with the business providing footballers to take part in a range of training courses they offer including gym instructor, personal trainer and other fitness related training. The PFA also use The Fitness Group to provide training to their members.

Career Transition Highlights:

- Quickly adapting their business to an online learning platform, providing dedicated tutors, recorded lectures and Zoom courses.
- Qualifying more students than any other provider in last 5 years and catering for players at every end of the playing spectrum, giving qualifications to those playing full time as well as players out of contract or between clubs.

Career Transition Challenges:

- Dealing with people's preconceptions (both fans and within football) who doubted whether it would be possible to combine a successful business with being a dedicated footballer.



“ I think it’s really important that there’s a shift in mindset among young footballers, I speak to them a lot and tell them that doing additional training will actually benefit your career and it doesn’t mean you’re taking the eye off the ball in terms of your playing career. ”

