



Vote Lydia for Comp Captain!!



WHY ME

I love everything about this society and have gained so much from it. It has been a massive part of my first year at uni and I would love to be part of the committee to help others enjoy it as much as I do and make sure it continues to be the best society in Leeds!

I have extensive gymnastics and coaching experience and a very good knowledge of all things gymnastics related so will be more than happy to help with any questions / routines etc. I'm reliable and organised and will make sure all things run as smoothly as possible. I am committed to the society and go to loads of training (usually 2x a week) as well as most comps and socials so will be around a lot and a friendly face to help anyone who needs it.

MY EXPERIENCE

- I have been in gymnastics for 16 years, regularly competed at North West level and I compete in advanced at uni.
- I am Level 1 qualified with 5 years coaching experience of both squads and rec and have taken gymnasts round competitions.
- I coached 4+ days every week in my gap year and had my own 4-piece advanced squad so have plenty of experience getting people ready for comps and putting routines together.
- Last summer I ran a gymnastics program for 2 months at a summer camp in Canada and am running it again this summer.
- I've been in the sport for ages so am very familiar with the code of points, skills matrices and competition formats.
- I organised the badge system at my old club so have admin experience and can manage spreadsheets and information.



WHAT I WILL DO

- Be at every comp I can be at and make sure everyone feels comfortable and supported.
- Be available at training to help with making routines, understanding comp rules and requirements or just for a friendly chat.
- Complete the UGC judging course so I can judge at comps if needed.
- Make sure everyone is as prepared as possible with correct and signed off routines.
- Encourage as many people to get involved in comps as possible – they're so fun!
- Help and support other committee members.
- Make sure comps are organised and all info is communicated clearly.