

# Welsh Gymnastics Women's Artistic National Coach

Candidate Information Pack  
May 2025





# Overview of Welsh Gymnastics



**Welsh Gymnastics** is the recognised national governing body for gymnastics in Wales. We are proud of our long-standing contribution to the sport at all levels — from community participation to elite competition. Our strategy *Where Sport Begins* outlines a clear commitment to athlete-centred development, technical excellence, and safe sport environments.

The benefits of gymnastics are unrivalled and all encompassing. Flexibility, agility, strength, balance and coordination are the core skills that provide solid foundations for a life-long enjoyment of any and all sport and physical activity. Our strategy heralds a new era for gymnastics in Wales and for Welsh Gymnastics which is the governing body for the sport in Wales, recognised by Sport Wales and Welsh Government. We now have an opportunity to build on our successes. We continue to respond to the challenges that have arisen at a UK level and we are firmly committed to ensuring everyone in our community feels safe. The key ingredients that have always driven success in our sport will form the basis of this strategy and will pave the way for an even brighter future

# The Role

As part of our performance programme, we are seeking an exceptional **National Coach for Women's Artistic Gymnastics (WAG)** to support the development and delivery of the national pathway, working closely with the Performance Team to support Welsh athletes in their pursuit of international success — including the **2026 Commonwealth Games in Glasgow, Scotland**.

This is a unique opportunity for an ambitious and technically strong coach — based in the UK or internationally — to play a key role in shaping the next generation of Welsh talent. You will coach national squads, mentor club coaches, and contribute to the long-term development of gymnasts aspiring to compete at the highest level.





# Main Areas Of Responsibility

## Coaching & Athlete Development

- Provide a high standard of coaching to Welsh national squad gymnasts across the performance pathway.
- Co-design and implement individual training plans and progression strategies.
- Apply a person-centred coaching philosophy, aligned to the Welsh Gymnastics Athlete Development Framework.
- Attend and lead squad training sessions, camps, and preparation events as agreed with the Executive Director of Performance.
- Provide technical feedback and communicate clearly with gymnasts, parents, and personal coaches.

## Programme Support & Commonwealth Games Preparation

- Support the implementation of the national WAG performance plan and contribute to performance monitoring.
- Work with support service providers (e.g., S&C, medical team) ) to ensure holistic athlete development.
- Assist with the selection and preparation of gymnasts for the 2026 Commonwealth Games in Glasgow.
- Attend key events, competitions, and preparation camps as required in the build-up to major games.

## Coach & Workforce Development

- Support the upskilling of personal coaches through clinics, CPD sessions, and mentoring support.
- Strengthen technical alignment across Welsh clubs and the national pathway.
- Actively contribute to a culture of excellence, learning, and collaboration among coaches and staff.

## Operations, Safeguarding & Compliance

- Ensure all training delivery meets safeguarding, health & safety, and wellbeing standards.
- Complete risk assessments and administrative duties for squad sessions.
- Collaborate with the safeguarding team to address any wellbeing concerns and uphold duty of care.

# Person Specification

## Qualifications and Training

- Minimum Level 4 or international equivalent high-performance coaching qualification in Women's Artistic Gymnastics.
- Safeguarding and Protecting Children (training can be provided).
- An enhanced with barring list criminal records check is required.
- First Aid qualification (desirable).

## Experience

- Demonstrated success coaching gymnasts at national or international level.
- Experience in delivering athlete development plans within a performance system.
- Exposure to major event preparation (e.g. Commonwealth Games, European Championships) is an advantage.
- Experience supporting and mentoring club-level coaches.

## Knowledge and Skills

- In-depth technical knowledge of Women's Artistic Gymnastics, training methodologies, and competition preparation.
- Strong planning and organisational skills with attention to detail.
- Effective communicator with athletes, parents, staff and partners.
- Comfortable working with athlete monitoring systems and performance data.

## Personal Attributes

- Passionate about athlete-centred coaching and long-term development.
- Collaborative, supportive, and professional under pressure.
- Flexible and committed to working evenings, weekends, and international travel.
- Aligned with the values and mission of Welsh Gymnastics.





# The Package

**Salary/Banding:** Competitive and negotiable, based on experience and experience

**Contract:** Full-time (37.5 hours), Fixed Term (14 months – with potential for extension)

**Location:** Cardiff, Wales (National and international travel required)

**Reporting to:** Executive Director of Performance

**Team:** Performance

## Equality & Diversity

Welsh Gymnastics is an equal opportunities employer.  
Details of our equality policy can be found on our website.

Welsh Gymnastics wants to meet the aims and commitments set out in its employee equal opportunities policy. This includes not discriminating under the Equality Act 2010 and encouraging equality, diversity and inclusivity within the workforce.

Filling this form is voluntary and can be completed anonymously. The information provided will be kept confidential and will be used for monitoring purposes.

For further information regarding the equal opportunities form, contact Carys Kizito via [carys.kizito@welshgymnastics.org](mailto:carys.kizito@welshgymnastics.org) and, should you wish to, please return the form with your application (details on next page).

## Privacy Policy

For information about how we use and store your data can be found [here](#).





### How to apply

Applicants are required to submit their CV and cover letter (no more than 2 A4 sides) to explain how their skills and experience align to the person specification of the role to [hr@welshgymnastics.org](mailto:hr@welshgymnastics.org). The applicants' cover letter will be used for shortlisting, and we recommend you support your answers with examples.

The deadline for applications is **5pm on Monday 9th of June**. Interviews will then be arranged virtually with shortlisted candidates

