

NAME: LARA EVERALL MSC

COACHING POSITION: MANAGING DIRECTOR

STATUS: FULL BRITISH GYMNASTICS MEMBER, ENHANCED CRB, CHILD PROTECTION, FIRST AID

RESPONSIBLE FOR : MANAGEMENT, MENTORING, TUTORING, SQUADS, TUMBLING STARS AND PRE SCHOOL.

- ❑ MENTOR COACH
- ❑ BRITISH GYMNASTICS TUTOR & ASSESSOR
- ❑ BRITISH GYMNASTICS TEACHERS AWARD TUTOR
- ❑ TUMBLING REGIONAL JUDGE
- ❑ GENERAL SENIOR CLUB COACH, ACROBATIC CLUB COACH, WOMEN'S CLUB COACH, PRE SCHOOL CLUB COACH, TUMBLING COACH, LEVEL 2 MEN'S COACH

QUALIFICATIONS:

- ❑ MSC IN EXERCISE & HEALTH BEHAVIOUR
- ❑ ADVANCED DIPLOMA IN EXERCISE & HEALTH STUDIES
- ❑ SAFE GUARDING AND PROTECTING CHILDREN
- ❑ ENHANCED CRB
- ❑ BRITISH GYMNASTICS QUALIFICATIONS
 - GENERAL SENIOR CLUB COACH. WOMEN'S ARTISTIC CLUB COACH, SPORTS ACROBATIC CLUB COACH, TUMBLING & TRAMPET CLUB COACH, PRE SCHOOL CLUB COACH & FUN FOR BABY QUALIFIED CLUB COACH, L2 MEN'S COACH, BRITISH GYMNASTICS TUTOR, ASSESSOR AND MENTOR, REGIONAL TUMBLING JUDGE.
- ❑ WEIGHT TRAINING, FITNESS TESTING, ADVANCED AEROBICS, TEACHING OF EXERCISE TO MUSIC, FIT KIDS HEALTH RELATED FITNESS, 50+ EXERCISE TEACHER.
- ❑ FIRST AID, SPORTS INJURIES & THERAPY.
- ❑ EQUITY IN COACHING & CLUB MANAGEMENT, FIRE SAFETY,

PREVIOUS EXPERIENCE: DRIVEN BY MY PASSION FOR THE SPORT, I BEGAN COACHING VOLUNTARILY AT THE AGE OF 14 AND QUICKLY PROGRESSED TO BECOME A QUALIFIED COACH. EX-SQUAD LEVEL GYMNAST AT REGIONAL LEVEL. AS A TEENAGER STARTED VOLUNTEERING AT A LOCAL CLUB AND TOOK THE FIRST FEW COACHING QUALIFICATIONS. WORKED AS AN EXERCISE TO MUSIC TEACHER FOR A NUMBER OF YEARS BEFORE MOVING TO LONDON TO COMPLETE A MASTER DEGREE. WORKED AS A PERSONAL FITNESS CONSULTANT AND AS A UNIVERSITY LECTURER IN EXERCISE PHYSIOLOGY AND HEALTH RELATED FITNESS FOR 10 YEARS. LARA SET UP NORTH EAST LONDON GYMNASTICS CLUB AND IS NOW THE DIRECTOR OF COACHING .