

## **BMC Coaching Symposium**

13 – 14 September 2014, Plas y Brenin & The Beacon Climbing Centre

Supported by **Sport England**

### **Speaker Biographies**

#### **Shauna Coxsey**

BMC Ambassador Shauna Coxsey is Britain's most successful international competition climber, having won two world cup events and maintaining a high ranking since competing internationally. Shauna began climbing aged four and competing at seven, winning her first national competitions in 2007. Shauna has won the CWIF for the last three years and achieved the national double in 2011 and 2012, winning both the senior lead and bouldering British championships. Shauna has also led the pack on rock, being the first British woman to climb V12 & V13. In supporting the wider climbing community, Shauna is a trustee of Climbers Against Cancer and co-founder of the Women's Climbing Symposium, an ever popular event now in its fourth year. Shauna is sponsored by Adidas, Five Ten and The Climbing Hangar.

#### **Tom Greenall**

Tom's passion for coaching began in 2004 when he enrolled on Sheffield Hallam's Bsc in Sport Development and Coaching. This allowed Tom to gain the theoretical knowledge underpinning coaching practice, training, psychology and skills development within a range of sports. This led to a five years working in Sports Development and Education within South Yorkshire. Tom is now a full-time coach, volunteer Team Manager for the GB Junior Bouldering Team and coach for both the BMC Regional and National Academies.

Tom is also a coach educator. He is one of Mountain Training's Coaching Scheme providers, is overseeing the development of profiling tools for coaches working with talented young climbers and is co-developing a coaching children workshop. The development work is funded by Sport England, managed by the BMC, and involves working with a team of coaches and academics.

#### **Lucinda Whittaker**

Lucinda graduated from Leeds University in 2000 with a BSc (hons) in Sport Sciences and Physiology before lecturing and teaching in HE, FE and secondary education. Alongside this Lucinda was an active climber and focusing on competition climbing. She represented GB on both the Lead and Bouldering Team. Lucinda was British Indoor Climbing Champion (lead) and British Bouldering Champion in 2002/3 holding both titles simultaneously.

After retiring from competition aged 26 Lucinda decided to focus on her outdoor climbing. Her notable achievements include an ascent of End of the Affair E8, Austrian Oak (F8b) and numerous Font 7c+'s. One of her highlights was climbing The Lotus Flower Tower big wall in the Northern territories in Canada and climbing as part of The North Face Athlete Team.

Lucinda was involved in establishing The Climbing works in Sheffield seven years ago and began to coach and climb on a more full time basis. This then sparked her interest in Nutrition and she is now a qualified Nutritional Therapist running her own clinic for climbers and active people alike.

In early 2011 Lucinda was a coach for the Junior Climbing Team and has now helped to set up the Junior British Bouldering Team for which she is Head Coach and Assistant manager. Lucinda remains an active climber always wanting to push harder and reach new levels of fitness.

#### **Martin Chester**

Martin Chester is a leading adventure sports coach with over twenty years' experience of managing,

consulting and coaching for key governing bodies and organisations in the Outdoor Industry. As an International (IFMGA) Mountain Guide and a Level 5 Kayak Coach he is one of the most highly and broadly qualified professionals in the sector. Martin is currently the Executive Officer of the ABC Training Trust; the Coaching Development Officer of Mountain Training UK; The Director of Development for Plas y Brenin; and working on the Talent Profiling project for the BMC, to name just a few of his exciting projects.

### **Victoria Hadnett**

Victoria is currently in the last stage of her PhD in Sport Psychology and Motor Control, specialising in specificity of training within the construct of anxiety. Victoria has worked as a sport psychologist with a number of athletes and teams including the GB Biathlon and GB Bouldering teams.

### **Simon Rawlinson**

Simon has been involved in coaching climbers for many years, working as a Mountain Instructor and Kayak coach. But over the past 6 years he has channelled his energies towards 'Performance coaching' within climbing.

His clients range from young climbers competing for Team GB, to individuals wanting to push their grade past their current boundaries.

Currently Simon is the Centre Manager at 'Dynamic Rock' a climbing centre in Swansea but can be found route setting and coaching all across the South West.

He is an all-round climber with significant ascents in most styles. He is equally at home on Ice as he is clipping bolts in Spain.

Over twenty years of climbing has led to Simon's climbing cv containing 8a onsights and first ascents of many routes up to 8b+. He shares his climbing passion with a love of photography and surfing.

### **Graeme Hill**

Graeme has played a key role in the development of British paraclimbing and is the current GB Paraclimbing Team manager. He has worked in the outdoors for 20 years and in the disability sector for 15. Cutting his teeth at the Lake District Calvert Trust he now advises Mountain Training England on developing disability access, sits on the BMC Equity Steering Group and BMC Competition Committee. He also oversees and delivers Climbing for All, an MTE accredited CPD course. He holds his MIA. Much of his work has been based around promoting opportunities and developing environments for disabled people to access climbing but is now keen to work with the vast wealth of knowledge that exists in climbing coaching to develop coaching programmes to include disabled people and improve skills of the GB Paraclimbing Team. His single most important goal is to make the GB Paraclimbing the best team in the world!