



**TUMBLING**  
**PAUL WELCH**  
**Curriculum Vite & Nomination Form**  
**Chairman of Technical Committee**

# LONDON GYMNASTICS

*Providing the perfect balance of fun, passion and precision*



## NOMINATION FORM 2016

The person named below is nominated for the position of chairman of:

Acrobatic Gymnastics	Disability Gymnastics	Gymnastics for All	<b>Men's Artistic</b>
Rhythmic Gymnastics	<b>Trampoline</b>	<b>Tumbling</b>	Women's Artistic

Please indicate which Technical Committee the nomination is for.

Name	<u>Paul Welch</u>		
Address	<u>363 Hurst Road</u>	Telephone	<u>07894039633</u>
	<u>Bexley</u>	E-mail	<u><a href="mailto:paulbvqc@aol.com">paulbvqc@aol.com</a></u>
	<u>Kent</u>	BG Membership No	<u>116181</u>
Post Code	<u>DA5 3DU</u>	Club	<u>Bromley Valley Gym Centre</u>
		If applicable	<u>Bromley Valley Gym Centre</u>
		London Club Affiliation No	<u>19</u>
		If applicable	<u>19</u>

**I agree to my name being put forward for the position indicated above.**

Signature	<u><i>Paul Welch</i></u>	Date	<u>20/04/16</u>
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### Nominated by

Name	<u><b>Kay Ongley</b></u>
Address	<u><b>21 Palace View, Shirley</b></u>
	<u><b>Croydon</b></u>
Post Code	<u><b>CR0 8QU</b></u>
Telephone	<u><b>0208 405 9355</b></u>
BG Membership No	<u><b>021275</b></u>
Club	<u><b>Allstarz</b></u>
If applicable	<u><b>Allstarz</b></u>
London Club Affiliation No.	<u><b>137</b></u>
If applicable	<u><b>137</b></u>

Signature	<u><i>Kay Ongley</i></u>
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Position in club	<u><b>Head Coach</b></u>
If applicable	<u><b>18/04/16</b></u>
Date	<u><b>18/04/16</b></u>

### Seconded by

Name	<u><b>Karen Edney</b></u>
Address	<u><b>40, East Road,</b></u>
	<u><b>Kingston Upon Thames</b></u>
Post Code	<u><b>KT2 6E</b></u>
Telephone	<u><b>02085492798</b></u>
BG Membership No	<u><b>028193</b></u>
Club	<u><b>Sportac 76</b></u>
If applicable	<u><b>Sportac 76</b></u>
London Club Affiliation No	<u><b>58</b></u>
If applicable	<u><b>58</b></u>

Signature	<u><i>Karen Edney</i></u>
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Position in club	<u><b>Head coach</b></u>
If applicable	<u><b>18/04/16</b></u>
Date	<u><b>18/04/16</b></u>

## CV for position of Technical Committee Chairman

<b>Discipline</b>	<b>Tumbling</b>
<b>Name:</b>	<b>Paul Welch</b>

### How I became involved in gymnastics

- I became involved in gymnastics due to my Nursery school teacher she had a son involved in gymnastics and told my parents I had potential to be a good gymnast.
- At 5 years old I joined the local leisure centre gymnastics group and quickly got recommended to join a competitive gymnastics club.
- I was then offered a place at a local gymnastics centre and put into a squad. Where gymnastics became my passion I always wanted be in the gym.
- I competed in artistic gymnastics for 9 years and then on to acrobatic Gymnastics and Tumbling for another 10 years.
- I then proceeded to get my coaching exams and go on to teach.
- I found I was good at teaching and loved it.

### Current involvement with a club, Technical Committee and London Gymnastics

- I am currently at Bromley Valley Gymnastics Centre. I have been working here for about 20 years. I started part time teaching General Gymnastics.
- I knew that teaching gymnastics was what I wanted to do for a career. I went on to start teaching full time.
- I decided that I also wanted to push myself by teaching squad. I currently teach tumblers at all levels as well as general and acrobatics.
- I was invited to become a Director of the club and am now the Director of Coaching at Bromley Valley.

### What I would bring to the Technical Committee

- I feel I can bring a lot to the committee as I have perspective as a gymnast and a coach.
- I have also been involved in tumbling for many years.
- I also have a balanced view on all levels of Tumbling from the very beginners to the elite.
- I feel I am very passionate towards Tumbling and gymnastics and will be able to use my experiences as a former gymnast, a current coach and as a Director of a club to be competent in this Role.