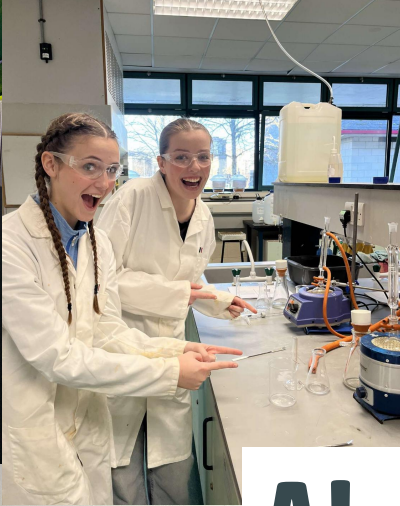


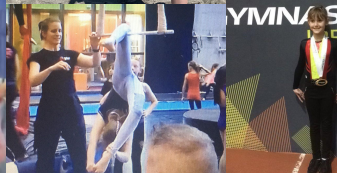
Neva for Asshead!!!

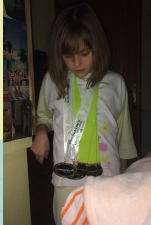
(Assistant Head Coach)
2026/2027





About me!





- ★ I'm 19 and I'm Serbian (viva la balkans)
- ★ First year of Sport and Exercise Management
- ★ I've been doing competitive gymnastics for 15 years (was cartwheeling before I could form a full sentence in English)(Artistic (6yrs), Acrobatic (6yrs) and now trampolining)
- ★ Represented Ireland in Portugal (MIAC) and Bulgaria (BIAC)
- ★ I've also played D1 hockey for 5 years (coached the younger teams too), ballet for 2 years, swimming for 2 years, and athletics if that wasn't enough
- ★ I finished every grade in piano and have been playing for 11 years (never ask me to play because I won't... :))
- ★ I've never been more defeated by a sport than I have been by raising a trampoline
- ★ I love my 20-40 min morning power naps

Fun Facts!

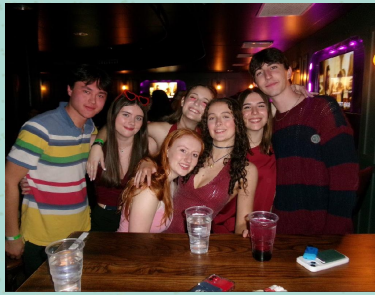
- ★ STEM girl forced into a business course
- ★ Never broken a bone (no idea how)
- ★ Managed to send my kneecap up my leg doing sled pushes... (wish it was something cooler)
- ★ My loyalty to my knee support & tape started in 2014 (still waiting for santa to bring me new knees)
- ★ Love a cheeky handstand photo
- ★ I have the fattest phobia of yeast
- ★ I've watched Pitch Perfect 87 times
- ★ I've spent 5 years with people falling on top of me because acrobatic gymnastics decided to be a twat...
- ★ I dabble in kleptomania...
- ★ I trained with Cirque de Soleil :)



me at bottom



My commitment to trampolining



01

Joined because I wanted to meet new people and it was the closest to gymnastics

02

I come to every squad training



03

I go to basically all of the social nights (and if not officially, you will see me there at some point)

04

I've been to and competed at every competition

05

I enjoy setting up and down and helping everyone (the trampolines hate to see me raising them tho...)

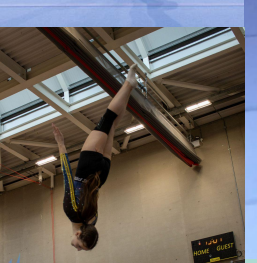
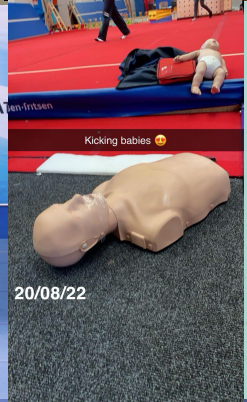
06

I come to every breakfast (Pi over class any day)

07

I'm doing my level 1 coaching course for trampolining





My actual experiences!

Coaching



- ★ Assisted in **warm-ups** and **basic rec skills** in Phoenix GC at **10**
- ★ Started **assisting** at **13** in Dynamacro GA
- ★ Officially started **coaching** and **had my own groups** at **14** and onwards
- ★ Became the **Junior Head coach** at **15** and **organised** the rest of the **junior staff** whilst working alongside the **senior coaches**



Qualifications

- ★ **BG General Gymnastics Level 1** (2024)
- ★ **BG trampolining level 1** (just waiting for my assessment! (27/06/2026))
- ★ Certified **first aider** and in **safeguarding**

Future Goals

- ★ Get qualified in **judging** with **GI**
- ★ Get my **level 2 coaching** in **trampolining** with **BG**
- ★ Get my **abs** back from when I was **10...**
- ★ Become the next **head coach**



Why I want to be your Asshead

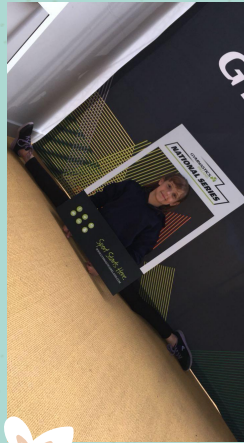
Coaching has been a part of my life for so long that it's part of **who I am**. I want to use my knowledge and experience to help others because **I love coaching and the feeling of actually being able to help others achieve the skills that they've been working towards** and then share their happiness with them. My first year in this club has been the **best experience** of my life and I want to help others enjoy it as much as I have. I really want to get **more involved and do my part for the club and expand my experiences, learn and grow through the sport and all the responsibilities** that come with the committee and being the asshead.



What I can bring to the committee



I love working in a team and with people in general. I'm a **team worker** who is **neurotically organised** and always plans way ahead of time. I love meeting new people. I always do everything that needs to be done and **on time**. I can **lead and be a leader** and I am genuinely very responsible. I hate being late (it stresses me out way too much). I work really well **under pressure** and hold myself to a **high standard** so all the work and coaching I will do will be with **100% effort**. I will **always support** everyone and help everyone if and when needed. As much as I love my naps and sleep I'll **never** sleep on the job. I will **work my ass off** and consistently try do what's **best for the the team, squad, and entire club**.



As your Asshead I will...

proud mama bear moment

- ★ Bring in **new ideas** into training (and new tunes:))
- ★ **Support** and **help** everyone in and out of training
- ★ Under the guidance of our fabulous Head Coach, I will;
 - Organise **extra training** sessions leading up to competitions
 - **Motivate** our lovely competitors to reach their best potential
 - **Organise extra coach/competition** sessions when necessary
 - Ensure all of our other coaches are **capable and informed** on a day to day basis
 - Ensure we have a **sufficient amount of coaches** at each training
 - Ensure the **well-being of all coaches** (time and coaching for themselves)
 - Keep everyone **informed** on important info and **last minute** changes/plans
 - Be the **main point of contact** with the coaches and **act as the rep**
 - **Represent** the club **well** at competitions and outside of training and the club in general
 - **Work hard** to become the **next head coach** and continue their work



As your Asshead I will, continued...



- ★ Keep everyone **safe** and **happy**
- ★ Bring **injury prevention** to practices as best as possible
- ★ Help everyone **progress** at a **steady** rate throughout the year
- ★ **Teach** those new to competing how competitions work and what they need to do there (salute, one touch etc.)
- ★ Make an **excess amount docs** and **sheets** for **plans** and **timetables** and **comps!**
- ★ Be there at **every morning training!** (and almost all evening trainings...)
- ★ Make **trainings/progression plans** for those that want that extra bit of help
- ★ Be at **every competition** to **help, support** and **motivate** our fantastic competitors
- ★ Be your **shoulder to cry on**, biggest **supporter, hairdresser, makeup artist**, your best **listener** and **advocate** that you can **rely on always**.
- ★ Take all your **feedback** and **criticism** and work to be the **best for everyone always**








My very serious AssHead Ideas

(primarily for morning squad trainings)

(Future Head Coach, ENTS, Treasurer and Comps approved)

- 
1. **Themed/focussed trainings** → e.g. Mon: basics and form, Wed: difficulty and new skills
 2. **Set weekly goals**
 3. **Only linking session** → no single skills (every move we learn or train has to be linked to another skill (even with just a shape jump))
 4. **Train sight during skills sessions** → e.g. write/stick something on knees to train keeping eyes open and being aware during a skill
 5. **Training routines tired** → do short conditioning set before doing half/full routine (handy for comps when hungover/sleep deprived)
 6. **Pressure ladder session** → move up skill difficulty by hitting skills well and drop back if they fall/don't do it well (not a race or comp!!)
 7. **Grouping of same levels** → have everyone doing the same level/one level above/below on the same trampoline bed before comps to be each other's eyes help each other better their routines (novice competitors know the novice routine the best... etc.)
- 
- 



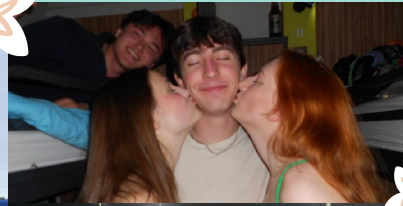
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A final note on why me for Asshead

1. I work my buttcheeks off
2. I LOVEEE this club (it's become my life and personality :))
3. Me and **google docs** are best friends when it comes to my **neurotic UCD comp timetables**
4. I loveeeee to boogie, drink, and listen to the goss
5. I've gotten the run down from the lovely **2025/26 Asshead Rachel French** (yes she's French) and the **2024/25 Asshead Sorcha Murphy** and I am **fully prepared** to take on the job and **follow in their footsteps**





The future coaching duo if you vote for me



Vote Neva for Asshead!!!

You'll Neva Eva regret it

How imma be if you don't vote for me



How imma be when you vote for me



We'll be waiting for your vote

