

# Pádraig Casey For ~~Ass~~ Head

2022/23

23/24

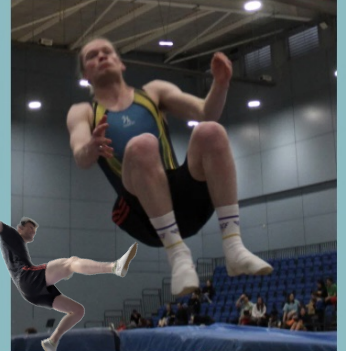


Egg

## Who?

- I am Po.
- I'm a ~~third~~ <sup>fourth</sup> year tramp, and I study physics (ew)
- I've been a part of the club since 2019, but I've been chucking things on my garden trampoline since I was small
- I am a ~~soon to be~~ qualified level 1 coach! (BG UKCC Level 1)
- I love music and I play guitar

Kinda?



• I am currently doing my

GI TRAMP Level 2!



# Moi

*lots*

I love trampolining! I have taken a very active role in trampoline this year. I've been a 'trainee coach' for the year and I've loved every minute of it, from helping others achieve new skills to teaching freshers how to mat.

*and this year too*

*& 2010/11*

*I was ass head last year too, went pretty well*

In the past year I have discovered the welcoming environment UCDC has for all of its coaches. I would love to keep this up and encourage more people to start coaching or even just helping out.

*and helped add to it too*

*again*



## Why choose me?

- I'm *motivated*. I'm driven and will give this role all I got.
- I'm *dedicated*! I've dedicated many an early morning and late evening to trainings, and I don't plan on stopping that any time soon.
- I'm *organised*. This would help me ensure that there are always coaches available for trainings, and help me to keep all the equipment organised and safe.



# A LOOK BACK ON LAST YEAR'S PLANS

## Scheming

I've got some plans

**Conditioning Sessions** - I'd love to bring back conditioning sessions in the team gym. The team gym is a great resource for UCD clubs and if there was demand for conditioning sessions I could definitely get behind booking it maybe once a week.

✓ Did this



## There's More!



**Extra Training Sessions** - I think it would be a great idea to organise longer sessions in supersonic or UCD open to the whole club. These sessions happened more often in my first year and they worked wonders for my skill progression.

✓ This happened! Credit to Kieley



**Publicise move up requirements** - Peeps need to know the differences between levels and I would encourage people not to skip/avoid skills. Well rounded tramps woo!

✓ Also mostly Conor well done but me this year

# Finally

**More Coaches** - I would like to promote coaching courses throughout the year <sup>again</sup> and always keep my eyes open for any budding coaches in the freshers or newer tramps. I think matting is something that I could also work on, <sup>skill!!</sup> and everyone at trainings should be able to mat safely given a bit of practice. I could run a matting workshop or just teach people to mat at trainings. <sup>✓</sup> We can't have too many good matters!



Good mat woo :)



## Thanks for reading <3

<sup>alright</sup>  
You're the ~~best~~

I knew you could do it!



8 movies and 7 books, he didn't even bounce once.

*No voting RON*

*;-)*



**Vote Pádraig Casey**

~~**14/04/22**~~

*19/04/23*



*Can't wait to teach you all some more!*



