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Mr. Barry Winch

Barry is a highly qualified and very experienced gymnastics coach, having solid experience of working with all levels of artistic gymnastics. He is very knowledgeable in essential safe practice in the sport and related practises. He started coaching in Harlow, while still competing, and then moved to Nottinghamshire to become the Gymnastics Development Officer for the County. During that time, he managed to secure a lottery grant, and designed and project managed the building of the Notts Gymnastics Academy. As a coach he produced gymnasts who represented Great Britain at World and European championships. He was appointed National Coach for Ireland Gymnastics, taking teams to European and World Championships, coaching gymnasts who made several World Cup Finals.

As a gymnast he competed in 2 Olympic Games for Great Britain, making the all-around final in Moscow in 1980. He also competed in 5 World Championships, 3 European Championships and 1 Commonwealth Championships, as well as becoming British Champion in 1982.

Personal Information

I have been working in gymnastics for over 30 years, at club, National and International level, coaching gymnasts and teams, as a coaching director and educator of coaches. Directing and educating coaches and gymnasts from pre-school to International level.

Interests

I believe participants in gymnastics should be able to take part in a safe, structured environment. Skills should be taught to gymnasts who have been physically prepared, and are technically ready to attempt them. Coaches should follow structured guidelines, learnt from their achieved qualifications, and teach skills that they are qualified for.

Skills

- Vast knowledge of safe supporting techniques for gymnastic skills
- Very experienced high level coach of elite gymnasts
- Excellent knowledge of appropriate safe layouts for gymnastic apparatus
- I have tutored at all levels of gymnastics, with excellent awareness of safe practises in the sport

Education

- British Gymnastics Men's International Performance Coaching Award
- British Gymnastics Women's National Performance Coaching Award
- Held FIG Men's Level 3 Brevet Judging Award 2008 – 2016
- Bachelor of Education degree, from St Mary's college, Twickenham 1976 – 1979

Work History

April 2018 - Current

Bingham Gymnastics | Bingham Nottingham

- Started, administered and head coach of a Gymnastics for All programme - Bingham Gymnastics
- Online gymnastics mentor for coaches in UK and Ireland
- Travelled to Ireland and Singapore to deliver Coaching clinics to coaches

April 2014 – April 2018

Coaching Director Douglas Gymnastics Club | Cork, Ireland

- Coaching Director at one of the top clubs in Ireland, Douglas Gymnastics Club
- Designed and implemented structured development programmes for the competitive and elite sections within the club for both Men's and Women's gymnastics
- Worked directly with all coaches within the club structure, mentoring these coaches to deliver improved gymnastic coaching programmes
- Designed development programmes across the recreational sections of the club, resulting in greater retainment of gymnasts within the programme, and increased growth in membership

December 2013 – April 2018

Coach Education Tutor for Gymnastics Ireland

- Delivered National courses for coach education in Ireland (all based on British Gymnastics Coaching awards)
- Worked with other tutors in Ireland to support their delivery of these courses
- January 2014 – March 2016
- Technical Consultant Gymnastics Ireland | Dublin, Ireland
- Part time role as National Coach and Technical consultant to the Irish Gymnastics Federation
- Coached Irish team at World and European championships, European Games and Commonwealth Games
- Was instrumental in enabling Ireland to qualify gymnast to the 2016 Rio Olympics trial event
- Designed structured development programmes for the National competitive programme
- Worked directly with and mentored, coaches working with the National team.
- Delivered National coaching courses to both Men's and Women's gymnastics coaches

January 2012 – January 2014

Voluntary National Coach Gymnastics Ireland

- Coached Irish team at World and European championships, and World Cup events
- Began as personal coach to Andrew Smith competing at World Cups (making 5 finals and qualifying for the World Cup "A" series finals). These performances led to me being asked to coach the National Team at all the major competitions

April 2012 – April 2014

Coaching Director Waveney Gymnastics Club | Lowestoft, England

- Coaching Director, responsible for Men's, Women's and recreational gymnastic programmes
- Designed and oversaw the implementation of structured development programmes across all the recreational sections of the club, resulting in increased participation
- Mentored coaches working in elite and competitive programmes within the club
- Coached elite squad gymnasts within the club structure, increasing the performance of the gymnasts within the club

January 1999 – April 2014

- Requested by British Gymnastics, (jointly with Jeff Davis), to re-designed and produce resources for Men's level 3 coaching award
- Tutored and delivered the coaching award for both Men's and Women's level 3 courses
- Regularly tutored and delivered coaching courses to both Men's, Women's and general gymnastics.
- Qualified as a level 2 pre-school gymnastics

January 1999 – April 2012

Coaching Director and Head Coach Notts Gymnastics Academy (Formally Notts School of Gymnastics) | Nottingham, England

- Coaching Director, responsible for Men's gymnastics programmes
- Responsible for coaching elite squad gymnasts, resulting in Notts gymnasts competing for Great Britain at World and European Championships (winning a gold medal at the 2008 Championships)
- Notts Gymnastics became well known throughout the European gymnastics competitive world, winning medals at many tournaments
- Designed development programmes for all competitive and elite sections throughout the club, mentoring the coaches working in these programmes, improving the level of coaching throughout the club

January 1994 – January 1999

Part time lecturer Loughborough University | Loughborough, England

Lectured on gymnastics to 1st and 2nd year BSc degree students

January 1996 – January 1998

Part time lecturer Nottingham Trent University | Nottingham, England

- Lectured on gymnastics to 1st year B.Ed degree students
- January 1990 – January 1995
- Part time lecturer Clarendon College | Nottingham, England
- Taught gymnastics to students on BTEC courses
- January 1989 – January 1999

**County Gymnastics Coach and Development Officer, Nottinghamshire County Council
Nottingham, England**

- County Coach. responsible for developing the Men's and Women's gymnastics squads throughout the County
- Designed development programmes through competitive structures to attract children into gymnastics from school and recreational clubs, resulting in an increase in numbers qualifying for County squads
- Mentored coaches within competitive gymnastics to enhance delivery of gymnastic programmes
- Was instrumental in obtaining £1,500,000 funding to build East Midlands Gymnastics Centre within Nottingham
- Designed the gymnastics centre and was part of the management team operating the gymnastic programme within the centre

January 1984 – January 1989

Gymnastics Co-ordinator Bush Harlow Gymnastics Club | Harlow, Essex, England

- Implemented the gymnastics structures within the club at Harlow
- Coached Junior elite gymnasts within the programme
- Ensured sufficient staff allocated to groups
- Organised and structured groups within the club

January 1980 – January 1984

Part time PE teacher, St Nicholas School | Old Harlow, Essex, England

- Part time teacher as was training for 1984 Olympic Games

Additional Information

Throughout his career, he has not only coached Men's and Women's gymnasts at a very high elite level, he has also worked with and developed coaches, particularly in Gymnastics for All. Designing structured programmes and developing resources to help educate coaches to deliver these programmes.