

COACH PROFILE



Name: Cara MacBeath

Occupation: High School Student

Place of Birth: Edinburgh

Living in: Bonnyrigg, Midlothian

Trampoline Experience: 1.5 years

Coaching Qualifications: UKCC Level 1 Trampoline

Cara began gymnastics 10 years ago, starting with artistic gymnastics before joining CETC in 2023 to begin trampoline and DMT.

She began competing in the Scottish Gymnastics competitions in 2024. Also in 2024, Cara began to enjoy coaching. She was first introduced to coaching by helping as a gymnast in February during another CETC coach's coaching course and then she started her own Level 1 course in August.

She attended the UKCC Level 1 Trampoline Coaching Course online through British Gymnastics and then passed her exam in November.

Cara has recently been helping out in Friday classes and has been practising coaching during her own training sessions. She is excited to get involved in more coaching within CETC and continue to enjoy her trampolining.

(Updated 2024)