

COACH PROFILE



Name: Ellie McDonough

Occupation: Student

Place of birth: Livingston

Lives in: Tranent, East Lothian

Trampoline/DMT experience: 10 years

Coaching Qualification: Learn to Coach, Safe in your Hands, UKCC Level 1 and UKCC Level 2.

Ellie began DMT with CETC in the summer of 2014, and competed in her first competition in Nov 2014 at NDP 1. She won gold at this competition and this qualified her for BG Regional Finals, which were held in Peterborough in May 2014. She won the silver medal at this competition which in turn qualified her for the British NDP Finals in Telford July 2015, where she won gold, and title of British Champion for NDP 1 DMT women's 13+ category.

Ellie decided to take up trampolining in the summer of 2015 and has quickly progressed. In 2016, she competed at NDP 4 level for both Trampoline & DMT, winning gold for both at the East Lothian Gymnastics Competition held in Musselburgh in November 2016.

Ellie was competing at NDP 5 for Trampoline and NDP 6 for DMT – the level in which she won CETC Championships in November 2016. Ellie also received the ‘Young Coach of the Year’ award at the CETC 10th Anniversary Awards Evening in November 2016. At the CETC Club Championships 2017 Ellie won Overall Champion for Trampoline and then again in 2018. Ellie participated in the Tay Invitational competition in May 2019 and won gold for Synchro with her partner Ava. Ellie also won gold for DMT NDP 4 13+ women at the Regional Team Finals in Birmingham 2019.

Ellie has now been coaching at CETC for 9 years, and has welcomed the continued opportunities to expand her coaching experience by passing her UKCC Level 1 coaching course in July 2019. She is also looking forward to participating in the up- coming TRA & DMT competitions.

Recently Ellie passed her UKCC Level 2 coaching course in Glasgow, and is hoping to attend a DMT coaching course in the future to expand her coaching qualifications.

This year (2023) Ellie placed third in the Scottish National Championships in her DMT level, 3 15+ women.

(Updated 2024)