



Gymnastics Staff

Sandra Walsh – High Performance Gymnastics Coach has been involved in gymnastics from an early age, firstly as a competitor and then as a coach. Sandra graduated from the University of Glasgow with a BSc (Hons) in Mathematics and an MSc in Sports Studies from the University of Stirling where her final thesis looked into the burn out rate of female gymnasts.

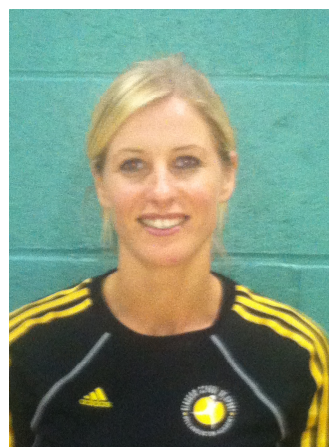
Sandra has also attained:

- Level 1 General Gymnastics Certificate
- Level 2 Men's Artistic Certificate
- Level 5 Women's Artistic Certificate
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Completed

- Level 1 Trampoline Course
- Men's Artistic Level 3 Modules
- Sportscotland Sport Psychology Course

Sandra started her coaching at City of Glasgow Gymnastic Club where she was promoted to head coach of the Women's Artistic section. Throughout her career at City of Glasgow Gymnastic Club Sandra has produced many Scottish Champions and Team Titles. Sandra has also trained gymnasts to compete at both the Commonwealth Youth Games 2011 and a gymnast to be placed fourth on floor at the 2010 Commonwealth Games in Delhi.



Pusha Gherman – Assistant High Performance Coach has been involved in gymnastics for many years. Florica Gherman came across from Romania with her husband Olympic Medal winning gymnasts Marius Gherman and has spent the majority of her time coaching gymnastics in Glasgow. Florica currently works within the City of Glasgow Gymnastics Club as the Men's Artistic Talent development Coach producing elite boys currently working at National Squad Level. Florica holds:

- Level 4 Men's Artistic Certificate
- Level 3 Women's Artistic Certificate
- Level 2 General Gymnastic Certificate
- Level 2 Pre- School Certificate
- Qualified Judge
- Working towards Level 5 Men's Artistic Certificate.

