

Nominee's Name:

Louisa Chatwin

Organisation Name:

Everyone Active

Your Nominee's place of work/volunteering:

Everyone Active – Lammas Leisure Centre

Please provide a narrative (500 words max) about your nominee:

Background

Everyone Active's nominee for Physical Activity Champion of the year 2018, is Louisa Chatwin, Professional Ice Coach at Lammas Leisure Centre.

Louisa began her career at Lammas in 2008. Louisa is our Physical Activity Champion because she goes above and beyond to raise the profile of ice-skating in Ashfield, and to support everyone's journey on the ice.

Louisa has been passionate about ice-skating since she was just seven and quickly excelled through her ice-skating qualifications, entering her first competition just one year after she took to the ice for the first time. She has spent her entire adult life to teaching others how to ice-skate.

Achievements

Throughout her 27-year career, Louisa has worked with thousands of adults and children to help them reach their potential.

In 2010, Louisa began to work with six-year old Meg McFarlane who has Downs Syndrome. Over the last eight years, Louisa has helped Meg to develop her skills and achieve international success.

Meg saw other skaters falling over on the ice and thought that was how to skate. To teach Meg to stay vertical, Louisa adapted the sessions and enlisted the help of Meg's grandma, who stood at one end of the rink and encouraged Meg to skate towards her. This is just one example of how Louisa goes above and beyond to help each individual to reach their full potential.

By coaching Meg three times a week through one-to-one sessions, Meg has gone on to achieve a succession of medals at a number of international competitions, including most recently, two golds and one silver at the World Figure and Fancy Skating Championships last October.

In recognition of Louisa's dedication to encouraging inclusive skaters to reach their potential, Louisa has been selected as Team GB's Head Coach at the 2016 pre-Special Winter Olympics and the Special Winter Olympics in 2017. This unique opportunity demonstrates Louisa's ability to adapt her coaching skills to skaters all abilities to help them to achieve international success.

In addition to this, Louisa has been awarded Nottinghamshire's Sports Awards Performance Coach of the Year 2016, and Active Ashfield Coach of the Year 2015 and 2016.

How do they embody the ukactive mission?

Louisa is passionate about raising the profile of ice-skating and ensuring that sports are accessible to people of all ages and abilities. She has coached ten of Team GB inclusive athletes at two

international events and two Ashfield skaters at six international events. As well as coaching three Team GB skaters from grass roots to international events, which highlights Louisa's incredible talent on an international scale.

Why should they win this award?

Louisa is deserving of this award because it is her mission to encourage everyone, regardless of their age or ability, to lead healthier and more active lifestyles, and will dedicate her life in order achieve this.