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# Promising Athletes Programme

## Willow-Mae Calland

At just 12 years old, Willow is the youngest athlete on the Promising Athletes Programme — yet already one of the most accomplished. A student at Torquay Academy, she trains at South Devon School of Gymnastics and is now in her second year on the Aspire FIG team. Women's Artistic Gymnastics has been part of her life since she was two and a half, when she first joined pre-school sessions. Watching the older girls train inspired her, and the more she achieved, the more she wanted to push herself further.

Willow's favourite apparatus is bars, and she is currently a member of the England Women's Artistic Gymnastics Squad. Her achievements are exceptional: she is a Development Level 3 British Champion, later becoming Level 3 British Champion, Beam British Champion, and a two-time Vault British Champion. She also earned team bronze at the Caledonian Cup in Scotland.

Outside the gym, Willow enjoys football and netball, though her training schedule means she can't always fit them in. She also loves colouring, gem art, and making bracelets, bringing a creative balance to her intense training routine. Her role models include Olympic gymnast Abbie Martin, who trains at the same club, as well as Ruby Evans and Ruby Stacy, along with many older international competitors she follows closely.



## Willow's Future

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Willow's goals are ambitious and clear. This year, she hopes to secure her place on the national squad again and compete at another international event. Looking further ahead, she dreams of representing Great Britain at the 2032 Olympic Games — a goal well within reach given her trajectory and determination.

To support her development, Willow uses the Promising Athletes Programme for plyometric training, resistance-based strength work, and rehabilitation support — all essential for high-level gymnastics. The functional training area and gym equipment help her build the power, control, and resilience required for her England Squad conditioning programme.

Being part of the programme means a great deal to Willow. She feels happy and lucky to have been selected, especially as she has wanted to train in a gym environment for a long time. The programme gives her the additional strength and conditioning her national coaches expect, and she is excited to train in a new setting that supports her long-term goals.

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