



PROMISING ATHLETES PROGRAMME

Rachel Cosier

Rachel grew up living close to the beach and was introduced to the sport from a young age. Her family owned a caravan in Newgale, which they visited regularly, allowing her to spend a lot of time in the sea and develop a strong passion for surfing.

She uses training facilities such as the gym to improve her strength and overall fitness, which are essential for competing at a high level in surfing.

Alongside surfing, she also enjoys other sports. She plays rugby for Old Penarthians, who compete in the Championship. This helps her develop her physical strength, and overall fitness which benefits her surfing performance.



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She has achieved several notable accomplishments in surfing. These include representing Great Britain in the Rip Curl European Grom Search Final, as well as placing second and third in the Welsh Longboard Final. These results highlight her commitment and competitive ability within the sport.

Her main role model is her father. She grew up watching him surf, and he continues to compete in competitions, which has been a major source of inspiration for her. His dedication to the sport has had a strong influence on her own motivation and drive to succeed.

Outside of competition, she is also a mum and enjoys encouraging her son to take part in sports and physical activity. She regularly takes him skateboarding and swimming.

Being part of the Promising Athlete Programme with Legacy Leisure provides her with access to high-quality, accessible training facilities. This support helps her train consistently, improve her performance, and work towards achieving her future sporting goals.



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