



PROMISING ATHLETES PROGRAMME

Rosie Chick

Rosie competes in lifesaving sport, a fast-paced discipline combining sprinting, agility and water-based skills. Growing up by the sea, she was introduced to the sport through family, her older brother also involved. This early exposure helped build both a passion for the sport and a strong competitive mindset.

She will use the gym and swimming pool, allowing her to develop strength, speed and endurance. Rosie also enjoys participating in other sports such as football, gymnastics, netball and swimming, which contribute to their overall fitness and performance.



Rosie Chick

Rosie has achieved impressive success at both national and international level. Highlights include becoming European Beach Flags Champion and placing third in Beach Sprints at the European Championships. At the Great British Championships, she secured first place in Beach Sprints in both the Under 17 and Over 18 categories, as well as becoming Beach Flags Champion in the Under 17 category and achieving second place in the Over 18s.

A key role model is Evie Wong, whose journey to world-class level has been a major source of inspiration. Training alongside her has shown what can be achieved through dedication and hard work.

Outside of sport, Rosie enjoys playing guitar and has an interest in physiotherapy and the ocean. Being part of the Promising Athlete Programme with Legacy Leisure has been vital, providing access to facilities that support ongoing development and future success.

