



# Rosie Eccles

## Cardiff International Pool & Gym

### Promising Athletes Program

When I was a young girl I was walking past a boxing gym and was intrigued! The coach saw me looking in and sadly I was not old enough at the time to get involved.

Once I reached 16 I never looked back and loved using both facilities in Newport & Chepstow which put me on the path to where I am today!

Growing up I loved watching the Olympics and knew one day I wanted to be an Olympian! Dame Kelly Holmes was a real role model for me as I felt true inspiration watching her take part.



# Creating a Legacy

To go on and win Gold at the 2022 Commonwealth Games with Team Wales was an amazing career highlight as well as qualifying and taking part in the Paris 2024 Olympics. Sadly it did not end in a medal but this only drives me to be even better now!

I get involved with lots of charity work as well as community based work within schools. Not only this but I sit on numerous boards including the Athletes Commission for the Commonwealth Games!

I am always looking to be involved in some way helping others get involved in sports!

Having the opportunity to use Cardiff International Pool & Gym as a training base will really aid my current rehabilitation as well as enhance my training moving forward!

The facilities are great and can't wait to get started here!

