




Section 1: Nomination Form	
<b>Board Officer Position</b>	Member Representative Officer
<b>Name of nominee for position above</b>	Aoife Lusted
	<b>Print Name</b>
<b>Proposed by</b>	Elaine Ryan (Nash) (Renmore GC)
<b>Seconded by</b>	Sam Marciano (Renmore GC)

Section 2: Nominee Information	
<p>Each candidate being nominated should complete this information section in full having consulted the 'Board &amp; Board Officer Role Description' document &amp; associated 'GI Governance Brief'. This information will be circulated to the membership in advance of the AGM following assessment by the Nominations Panel to give members an insight into candidates' background, experience, qualifications and skills.</p>	
	

**Background/Bio (250 words max)...**

Aoife Lusted is the Club Manager at RGC. RGC has just under 1000 members and operates from a leased facility seven days a week. She holds a WAG L2 judging qualification, GymStart 1 and her WAG2 is currently in progress. She is also the Complaints & Disciplinary officer for the club. Previous to RGC, Aoife worked for Eason Wholesale and later EM News Distribution (a joint venture company between Eason and Menzies Distribution).

Over 14 years she worked in billing, distribution, special projects, transport, finance and operations. During this time she undertook a two year diploma in Supervisory Management with NCI, graduating in 2005. Modules covered included leadership & motivation, ethics & management and employment law. During her time in EM News she acted as a team trainer specialising in Excel and general admin. She travelled between Dublin and Scotland working as the representative for the Dublin branch on project such as an systems change to SAP and the



introduction of SEPA in 2009, worked on a redundancy project and a focus on the distribution network which saw over 1m in cost stripped from the business.

As Club Manager Aoife is responsible for staff in terms of overall operations, recruitment, education, compliance and welfare. Club finances (both A.P. and A.R.), budgeting, projections, grant applications, leading the club through audits, setting tuition fees etc are all under her remit. She works with the RGC Volunteer Board of Directors to ensure the strategic development plan is constantly under review and being adhered to.

As a mum to four busy children, she is skilled in time management, negotiation, communication, organisation and problem solving.

### **Sporting background/history (250 words max)...**

Aoife started in gymnastics aged just 3 and was coached in Eccles Gymnastics Club under Mary Murray. Despite trying out badminton, swimming and lifesaving she always returned to gymnastics. She joined Eccles on training trips to Lilleshall and competed at National Level. Aoife still has her medals, I.A.G.A. t-shirt and fantastic memories of her time at Eccles. Unable to step away Aoife continued as an adult training at Grange G.C. for a short time before moving to Galway in 2013 and joining RGC. In 2022 she competed in a virtual adults competition judged by 2005 AA World Champion, Chellsie Memmel (and won AA silver). Aoife is a firm believer in gymnastics for all, and gymnastics for life.

As both a GymStart and WAG L2 judge Aoife continues to enjoy national events, but from behind a desk rather than on the floor.

All Aoife's children have trained or still train in RGC. She currently has one child in our Recreational programme, one in Participation (JumpStart TRA) and one competing in National Series for both WAG and TRA. Her youngest daughter is also a competitive swimmer.

Aoife is a keen runner and can be found out in the rain at 6am most mornings. She enjoys 10km events and this year completed the Connamarathon Half Marathon.

### **Reason for wanting to join GI Board/Vision for GI Future (250 words max)...**

With over 40 years' experience in gymnastics, as a gymnast, club manager, coach and parent it's an honour to be given the opportunity to give back to the sport that has given me so much. Wearing many hats within the sport I see things from many perspectives. I'm a very driven, solutions-based person who values communication, honesty, transparency and authenticity.

Ensuring the sustainability and accessibility of the sport is a key factor for me. Gymnastics not only gives children fundamental skills but teaches focus, discipline, resilience and essential life skills. The gymnast who finally achieves a cartwheel after months of hard work is just as important as the gymnast who achieves a full twist or double tuck. In the same way that the new club with 200 members is just as important as the long-established club with 800. Being part of a hardworking, cohesive, strong team promoting gymnastics and supporting both each other and the wider gymnastics community toward success in all levels and across disciplines would be incredibly rewarding and worthwhile.

Whether it's within a club environment or at national level the vision is always to assist the sport to grow in a safe and sustainable manner, whilst ensuring it remains accessible.



Section 3: Endorsements	
Please list endorsements of other candidates below...	
Candidate Name	Board Position