

Profile: Olivia Al-Adwani**Age: 18****British Aerialist**

A high achiever in both Skiing and an Elite Gymnastics - Olivia Al- Adwani has now turned her talents towards Aerial skiing where she is aiming for the top.

Achievements

A previous student of Wrekin College where she achieved 4 A levels at grades AABB in Biology, PE, Chemistry and Maths and is currently in the process of retaking to achieve 4 A's. She has also recently received an unconditional offer from Durham University to study Archaeology BSc. She will complete this course part time in order to allow for her training commitments.

Olivia Al- Adwani has trained and competed in gymnastics since the age of 9 and has been skiing since the age of 4; being taught by Canadian instructors; providing her with a strong alpine and freestyle skiing background. Since joining the British Freestyle Aerials Training in 2007 on the summer programme she has made amazing progress at the water ramp training camp and has qualified 3 single somersault jumps for training on snow this winter.

Olivia was an artistic gymnast; competing on the vault, bars, beam and floor at elite level.

Olivia held a school gymnastics award and her school won the GISGA Championships with her as part of the team on 5 occasions. In this competition she was the individual bronze medallist in 2006 and silver medallist and overall winner in the Combined Floor under 19's in 2007. In July 2007 she retired from her elite gymnastics career to make Aerials her first sport.

Olivia also takes part in other sports; at school she also served the cross country and swimming team and was appointed Cross Country Captain in her final year.

Sports AwardsGymnastics

Elite grade compulsory level 2 2005

Competed regularly at FIG level

West Midlands Junior Champion 2005

West Midlands Silver Medallist 2006

Competed at 2 British Championships 2005 and 2006

Competed at 2 English Championships 2005 and 2006

Competed as part of Park-Wrekin Gymnastics Club's Team – Silver Medallists 2006 at the Rushmoore Rosebowl and also at the Cumbernauld Classic International Invitational

Competed in the British Teams and British Schools in 2007 / 08

Aerials

10th at Freestyle World Masters Summer Water Ramp Competition

Training programme 2010

As part of the British Aerials Training group Olivia will soon travel to Switzerland for 5 days training before travelling to Belarus for her first of a series of Europa Cup Competitions; finishing on the 15th March. She will then undergo 3 months of dry land training , involving trampoline, gymnastics, running, swimming and general conditioning. This will lead up to the water ramp training during the summer. This will be when she starts to train double somersaults and ultimately qualify these for snow next winter season starting October/November 2010.

The programme that Olivia is now on is supported by specialist coaches and has been planned out to be eventually aiming to compete at the 2014 Olympic Games.