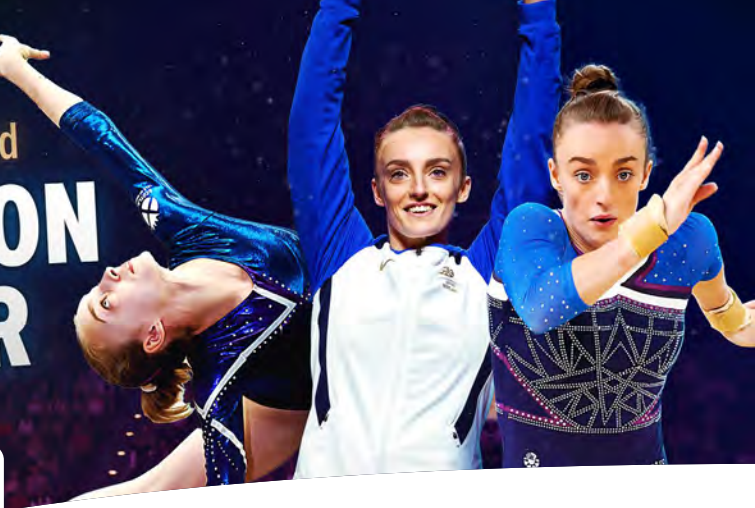


Thank you for
making us proud

SHANNON ARCHER



Congratulations, Shannon, for every medal won and thank you for everything you've done!

Shannon Archer is competing in her final Scottish Championships this weekend. The two-times senior champion made history when she won the first women's artistic Commonwealth Games medal for Scotland at Birmingham 2022.

SHANNON'S PROUDEST MOMENTS

- 2010** First selected to GB squad
- 2011** First represented GB winning all-around and team gold
Represented Team Scotland at Youth Commonwealth Games and made some friends for life
- 2018** Represented Team Scotland at Gold Coast Commonwealth Games - made two finals with clean routines and was close to a vault medal and it was amazing to experience Australia
- 2021** Scottish FIG Open: first ever Scottish gymnast to successfully compete a double twist Yurchenko in vault, after time away from gymnastics, Covid, and move to Essex, proving to myself it was the right decision
- 2022** Reselected for GB squad after injury
Winning Team Scotland's first ever Commonwealth Games medal in women's artistic in Birmingham was the proudest achievement of my career - nothing could top that feeling.

BEST PIECE OF ADVICE

The biggest piece of advice I can give to any gymnast would be to not worry or rush anything! As a young gymnast I wasn't very good at vault at all but when I was 24 years old I, won a Commonwealth Games medal on that piece!

So, don't worry - you always have the time and also trust yourself completely and have fun! You do gymnastics because you love it at the end of the day so try everything you can to just have some fun! A happy gymnast produces the best gymnastics.



SPECIAL THANKS TO...

My mum, sister Gemma and Gran (San) who are the most important people in my life and have supported me through every achievement, low moment, and injury. They have sacrificed so much throughout the years, and I could not have achieved what I have or stayed in the sport as long as I have if it wasn't for those three amazing women. It was hard to leave my family to move to Essex as we are so close, but their daily support made it easier. There are no words to describe how grateful I am to have them in my corner.

My coach Ross who I have known since I was an espoir. Our friendship and partnership blossomed when I moved to Essex and our trust is immense. All my recent achievements are 'our' achievements and 'we' have done these things, not just me. The belief he has in me as a gymnast and as a person has blown me away and I couldn't dream of the gymnastics I have been doing or the achievements I have achieved without him by my side and we know have a lasting friendship that I will cherish.

My previous coaches throughout the years.

- Pauline Clark helped kickstart my career and my success, teaching me everything I knew as a young gymnast. I am very grateful to her.
- Sandra Stevenson helped me return to gymnastics after my serious elbow injury when I didn't know if it would be possible and helped me get to my first Commonwealth Games and she is still a friend.
- Sarah Scott and Lauren Graham worked with me on fitness after having time off which was no easy task. We got back to an amazing shape but unfortunately didn't get to showcase that as Covid hit.
- The rest of my South Essex team as my time there has had a lot of celebrations and a few low moments – they have been there for me every step of the way.

All the medical teams and physios I have worked with over the years. They have been crucial in keeping me in the sport and held me together at comps!

WHAT'S NEXT...

I am moving back home to Scotland from Essex and going to pursue my passion in a profession of strength and conditioning coaching. I have plans to start my own business of S&C coaching with artistry so keep an eye on social media for more information!

 @shannonarcher29

 @shannonarcher29