



AMANDA COULSON

38 YEARS OLD

ENGLAND

AIBA 3* BOXING COACH

**EUBC WOMENS COMMISSION
MEMBER**

I am an ambitious individual who strives for perfection in all I do. I have been involved in boxing since 1999 when I had my first competitive boxing contest. I competed internationally for both England Boxing and GB boxing between 2004 up until I retired from competing in 2012.



With lots of knowledge and experience from my time in the sport, I decided it would be important to give something back to boxing so decided to become a coach - which is, and has been extremely rewarding. I rapidly worked my way through the pathway domestically and internationally and after sitting through the AIBA 1* course I later went on to obtain my AIBA 3* qualification during a trip to Cuba.

I am currently a full time Development Boxing coach for England Boxing and also a sessional Performance coach for GB Boxing – coaching all ages and both genders. My coaching highlight so far would be attending the Youth Olympic Games 2018 as the head coach with 4 boxers who progressed in that tournament and claimed 3 Gold Medals and a Bronze for the team. An incredible return and learning experience for both the boxers and myself.

I have sat on the EUBC Women's Commission since 2015 and have enjoyed the discussion, sharing of good practices and the instrumental input and ideas that our commission have proposed for our budding females of the sport.

I'm really passionate about creating equal opportunities for girls and women to participate, and benefit from the sport of boxing - which I read is one of the fundamental roles that the AIBA Women's Commission are responsible for.

Please consider the above as my proposal to be included in the AIBA Women's Commission.