




| Section 1: Nomination Form                  |                               |
|---|-------------------------------|
| Board Officer Position (See list on page 1) | Member Representative Officer |
| Name of nominee for position above          | Flavius Koczi                 |

| Section 2: Nominee Information  |
|---|
| <p>Each candidate being nominated should complete this information section in full. 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>   |
|    |
| <p>I am a 32 years old former Romanian elite gymnast and my whole life is about gymnastics. Since 1994 when I started to practice gymnastics until 2013 when I decided to step back from the International stage I have represented my country in numerous major International Competitions, Europeans, World Championships and Olympic Games. From 2006 to 2013 I have been active as a gymnast for Dinamo Bucharest Club and I was employed by the Ministry of Internal Affairs as a Police Officer. I graduated the University of Sport in 2010 and achieved my Master Degree in Sport and Performance in 2013.</p> <p>From 2014 I continued my activity in Ireland as a senior boys coach at Janz Gymnastics Club and in 2018 I have received the award Club Coach of the Year.</p> |



After 25 years of gymnastics my best achievements are :

- |                               |  |
|-------------------------------|--|
| <b>Olympic Games</b>          | - 2008 Beijing – Vault ,all around and team finalist<br>- 2012 London – Vault and floor finalist                 |
| <b>World Championships</b>    | - Silver medal 2009 London – Vault   |
| <b>European Championships</b> | - 3 Gold medals 2006-2011-2012<br>- 4 Silver medals 2006-2009-2011-2013<br>- 4 Bronze medals 2007-2008-2010-2012 |
| <b>World University Games</b> | - 3 Gold medals 2009-2011<br>- 3 Bronze medals 2009-2011   |

As a gymnast I also competed in the German League Bundesliga for Bayern Munchen and KTG Heidelberg 2008-2013

As a coach over a number of years under my coaching, gymnasts have won multiple national medals and the present 6 of them are members of National Squads. Recently 2 of my boys took part at their first International Competition representing Gymnastics Ireland and successfully qualifying for apparatus finals.

Because my whole life is around sport, I have learned over the years the ups and downs and the benefits the sport can do for young and adults at the same time. I would be honoured to join a team of professionals with a strong vision for the future of Organization, who acts in the interest of the Company, members and ensure this amazing sport will continue to grow.

- Sport and Performance Master Degree
- National Center for Training and Improvement of Trainers – Coach Degree
- Level 2 Coach

I have been working in 3 different sport systems Romanian, German and Irish. I have a very good understanding of performance and non performance sport and through my life time career I have acquired a strong technical knowledge in gymnastics.

*Sport Starts Here.*



| Section 3: Endorsements                               |                                   |
|---|-----------------------------------|
| Please list endorsements of other candidates below... |                                   |
| Candidate Name  | Board Position                    |
| Shane O'Connor  | Chair                             |
| Mairead Kavanagh                                      | Deputy Chair                      |
| Amanda Kinahan  | Company Secretary                 |
| Colm Murray   | Membership Representative Officer |
| Andrew Coulter  | Member Officer                    |
| Ruth Larragy  | Member Officer                    |
| Roddy Guiney  | Independent Officer               |
| Lynne Darcy   | Independent Officer               |