

COACH PROFILE



Name: Holly Allfrey

Occupation: University student

Place of Birth: Melrose

Living in: Lauder

Trampoline Experience: 8 years

Coaching Qualifications: UKCC Trampoline Level 2

Holly started gymnastics at a young age and has been doing it ever since. She started with competitive artistic gymnastics before joining CETC in 2018 to begin trampoline and DMT.

She started competing in 2019 and since then, she has won multiple Scottish Championship titles in FIG DMT, and competed at 3 British Championships -taking the 17-21 DMT title in 2025. Holly has also represented both Scotland and Great Britain in International competitions, and is also a member of the women's senior DMT GBR Squad for 2026.

She really enjoys coaching and having the opportunity to share her knowledge and love for the sport with others.

Holly will begin studying Sports Science at the University of Stirling in September 2026.

(Updated 2026)