



GYMSTAR
MGC

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GYMNASTICS

Gymstar Camp

Rachael Barden

WAG Advanced Coach



Rachael is an experienced and accredited advanced gymnastics coach with a strong background in artistic gymnastics, power tumbling, acrobatics, and inclusive gymnastics programs.

Throughout her coaching career, she has focused on building strong technical foundations, promoting athlete confidence, and creating positive, structured training environments.

Rachael is passionate about developing both competitive and recreational gymnasts, with an emphasis on safe skill progression, performance quality, and long-term athlete development. Tumbling has been a great focus in Rachael's own training and in coaching WAG, Acrobatics and Power tumbling.

WARNING: Rachael still trains as an adult gymnast so could flip at any time!!

Backward Tumbling SPECIALIST COACH

