

Thomas Owens

Biography

Tom Owens began his athletic career as a gymnast, aged 4 at the Basingstoke Gymnastics club. He trained in male artistic gymnastics for 10 years, before moving to Andover Salto, where he specialised as a tumbler and was invited on to the GB National Tumbling Team. Shortly after his international tumbling debut, Tom, aged 16, was forced to retire from the sport with stress fractures in his lower back.

After a spell of rehabilitation, Tom began his diving career in Southampton aged 18. He fell in love with the sport, and quickly emerged himself, taking on a full time training schedule, and picking up coaching qualifications in the first 6 months.

In his first four years in diving, Tom represented Great Britain Internationally 5 times and won numerous national medals. At the same time he had started to show real promise as a talented young coach and began to work his way through the ranks.

In 2008 Tom moved to Sheffield to follow his ambition to become a Head Coach and to develop a structure and training environment that produces World and Olympic medal winning athletes on a repeatable basis, creating a top diving institution that is recognised and revered around the world. He is also the head coach of the Amateur Swimming Associations, England National Talent programme, working with talented divers and coaches around the country to develop champions of tomorrow.

Career Achievements

- Coached junior and senior level divers to National and International representation including European Junior Championships, World Junior Championships, Youth Olympics, FINA Grand Prix, Commonwealth Games
- As Head Coach at Sheffield Diving, has coached and developed a group of athletes who consistently win national medals and titles at the Junior and Senior National Championships
- Significant results including
 - Commonwealth Bronze medal
 - FINA Grand Prix Bronze medal
 - European Junior Gold x1, Silver x2, Bronze x2
 - 6 World Junior Finalists
 - European Games Silver medal
- Set up and developed a diving talent identification model and philosophy that has been implemented across the UK
- Graduated from the UK Sport Elite Coach Apprenticeship Programme 2012-2014