Elite Athlete Programme

Stella Orrin

Stella's sporting journey has strong roots within the Celtic Leisure community. From attending Zumba classes and competing with the Celtic Dolphins Swim Team, to using Celtic Leisure gyms to support her strength and conditioning training, sport has played an important role throughout her life.

At the age of 13, Stella transitioned into rugby and quickly progressed through the Welsh representative pathway. Her talent, commitment and determination has seen her represent Wales at Under 18, Under 20 and Under 21 level, while also competing for Bristol Bears Women and Brython Thunder alongside her studies at the University of Bristol.

One of the biggest milestones in Stella's career came earlier this year when she represented Wales Women against the Barbarians at Twickenham Stadium. Her development has continued at an impressive pace, and she has now been selected to travel with the Wales Women squad to Japan as part of their international campaign.

This selection marks another significant achievement in Stella's rugby journey and reflects the hard work, dedication and commitment she has shown throughout her career.

"The Celtic Leisure Elite Membership plays an important role in supporting my training by giving me access to strength and conditioning facilities that help me prepare for the demands of elite rugby. When I'm home, I also enjoy attending classes such as Pilates and Salsasize. Having a balance between serious training and fun ways to stay active is really important to me, and Celtic Leisure gives me the opportunity to do both."

Through the Elite Athlete Programme, Stella has access to Celtic Leisure's gym facilities and fitness classes, helping her maintain the strength, conditioning and recovery required to compete at the highest level of rugby. The programme is designed to support talented local athletes as they pursue success on the national and international stage.

Stella's story is a fantastic example of how local talent can progress from participating in community sport and physical activity to representing their country on the international stage.

We're incredibly proud to support Stella as she continues her journey with Wales Women and look forward to celebrating her future achievements.

Good luck, Stella, from everyone at Celtic Leisure!

HAMDDEN CELTIC LEISURE