

Eira Parry – International coach and step-mum to an Olympic Medalist

After a background in teaching, Eira moved to full-time rowing coaching in 2004. She worked with British Rowing for 10 years as a Talent Development Coach working with athletes from age 13 up to 30, taking them from their very first outing in a boat, through to racing at World Championships. There are many notable names within Eira's former athlete group, including four times Olympian and double Olympic champion, Helen Glover.

After leaving the coaching profession, Eira set up the organisation High Performance Parenting. Working with sports clubs, schools and national governing bodies, she delivers parent engagement sessions and one to one support for athletes. The aim is to support parents to use the vehicle of sport to enable their children to acquire life skills, fulfil their potential and develop as great people. Eira is passionate that the journey through sport should be positive and also offer opportunities for growth and learning for athletes, coaches and parents alike.

Outside of HPP, Eira supports athletes in various other roles. She is an independent selector for British Rowing, working with the GB Women's Olympic Team and GB Beach Sprints Team, she works on the Management Committee of Home International Rowing and she works as an multi-sport athlete mentor for the charity Switch the Play Foundation.

Eira is step-mum to Jack Beaumont who took up rowing when he was 9 and won an Olympic silver medal in Tokyo as part of the men's quadruple scull.

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