



Emily V.

Emily has grown up in and around the gym. She started gymnastics as a preschooler and continued until retiring after competing. Emily was a competitive gymnast for 4 years before retiring to become more involved in high school activities. Prior to being hired for the XCEL team coach position at PA, Emily worked as a coach in training for 2.5 years with our JO team staff. Emily has attended congress as a coach to receive additional training, and had the opportunity to be a demonstrator athlete at National Congress.

Emily currently holds the following certificates from USA Gymnastics University:

USA Gymnastics Professional Member  
U100, Fundamentals of Gymnastics Instruction  
USA Gymnastics Instructor  
U101, Safety and Risk Management  
U310 USAG Regional Congress  
Emily also has CPR and First Aid training

A note from Emily:

My goal as a coach is to see your athlete be successful at whatever level they choose to compete. I will work hard to use my knowledge of gymnastics to teach technically correct skills and help them improve at every level.

In my free time I am active in my high school Show Choir and Templeton 4H. I also like to take photographs, and go to the beach.

We are excited to be your XCEL coaches and look forward to getting to know each of you. Please feel free to introduce yourselves, ask us questions, and let us know how we can best serve you and your gymnast!