



My name is Julia Coss and I have been coaching at Performance Athletics since early 2019. I mainly coach boys team, girls team, and recreational gymnastics, but I also have experience coaching preschool. Before I started at PA, I coached at Fliptastic! Gymnastics from 2015-2018.

My favorite event to coach is parallel bars, and my favorite event to compete was balance beam. I competed all around gymnastics up to level 10 at Technique Gymnastics in Rancho Cordova, CA (near Sacramento!). I have competed at six different Northern California state meets, three Region 1 meets, and one western national meet.

I am currently studying Statistics at Cal Poly and am planning on graduating in 2022. Some fun facts about me are that I competed in Junior Olympics as a springboard diver and have gone skydiving!



My certifications:
USA Gymnastics Professional Member
U100 Fundamentals of Gymnastics Instruction
USA Gymnastics Instructor
U101 Safety and Risk Management
U110 SafeSport