

Karen R.

Karen is a mom of 3 kids. In addition to working at PA, she also owns a local preschool and works as teacher and director there. Karen has been coaching for over 20 years, including everything from parent/tot classes through JO competitive team. Karen is currently the preschool director and XCEL Team director at Performance Athletics. Among the USAG trainings she has completed are including the 4-5 day Women's 300 Coaching Clinic, supervised and tested by our Olympic coaches and held at the Karoli Ranch in Texas at our National Team Training Center. Karen has also attended Region 1 and National Gymnastics Congresses trainings for over 20 years. She currently holds the following certificates from USA Gymnastics University, online and live coursework training for gymnastics professionals:

USA Gymnastics Professional Member
U100, Fundamentals of Gymnastics instruction
U101, Safety and Risk Management
U102 First Aid Basics
W300, Women's Junior Olympic Coaches course

I hold current CPR and First Aid certifications. I work hard to stay up to date on the latest gymnastics training drills and competition requirements.

A note from Karen:

My goal as a coach is to foster a love of gymnastics. I want to see each child try their best and enjoy their time in the gym. I like to make sure we have a balance between working hard and having fun. Gymnasts I work with spend a lot of time building a solid foundation by doing drills and breaking down skills so they are done correctly. This allows your gymnast to be successful at every level they choose to compete.

In my free time I love to travel, especially to Disneyland, go to the beach, read, and spend time with my family.