



Lilly Pruett

Gymnastics Background: When I was born, my parents owned Rising Stars Gymnastics in Grass Valley, California so I basically grew up in the gym. In 2002, we moved to Indiana where my family lives and I started competing Level 4 at age 6. I proceeded to win USAG Indiana Level 5 State Championships in 2008, the day before we moved back to California. When I moved back to California, I competed in USAG for a few years. I competed in USAIGC Platinum Level World Championships three years straight and won World Championships my third year. I broke my hand on a release on bars shortly after and had 5 screws put in August 2014. I went back to USAG and made it to Level 9 Western Championships in 2015. The United States Air Force Academy started recruiting me for their gymnastics team but I knew it was time for my gymnastics career to end after 11 years of competition.

Coaching Experience: I have been coaching gymnastics since I was 15 years old. I have taught all different levels and ages from Preschool to Level 10, boys and girls. I love that I can share my knowledge with kids of all ages and help them fall in love with the sport as I did. I focus on positivity and technical excellence. My parents taught me that the basic skills are the most important. If they are perfect, it is easy to teach and learn harder skills!

Other Facts about Me: I am currently a Civil Engineering major at Cal Poly and just completed an internship with the City of Grass Valley. In addition to gymnastics, I play softball, golf, lift weights, and I did track my senior year in high school. I was training for the heptathlon but fell in love with pole vault and ended up clearing 11'7" before the season ended. Chico State asked me to pole vault for them but I love SLO and I love Cal Poly. I knew this was the place I wanted to go to school! I also love food, dogs, flowers, and painting.

Certifications:

USA Gymnastics Member since 2003
U100, Fundamentals of Gymnastics Instruction
USA Gymnastics Instructor
U101, Safety and Risk Management
CPR and First Aid training
ASCE Member since 2017