



Michaelah M.

As an athlete I trained from 1989 - 2006. I competed in artistic gymnastics from 1993 - 2002 up to Level 9. I competed Acrobatic Gymnastics from 2003 - 2005.

I also judged from 2001 - 2004.

I have choreographed various floor and beam routines from 2000-present.

I have been coaching since 2002 - present.

I started coaching at Performance Athletics Gymnastics in November 2009.

I coach all levels and ages. Toddlers through adults.

Mainly coaching Recreational Boys & Girls, Preschool, Tumbling & Trampoline.  
Aerial Silks too!

My favorite events to coach are beam and floor.

My best event as a competitor was vault.

I believe that gymnastics has something to offer for everyone. I emphasize the process of learning, rather than defining success by achieving perfection. I encourage my students to value honest effort and do my best to nurture their desire for improvement.

Stand out athletic achievements:

2000 NorCal Level 8 All Around State Champion in Artistic Gymnastics  
& 5x Regional Qualifier.

National 2004 Acrobatic Gymnastics L8 Women's Pair Champion.

I coached NorCal's 2012 Regional Xcel Bronze Beam Champion.

I attend Regional and National Congresses.

I don't drink coffee. I do enjoy photography.