



Nicole T.

I have been a gymnast my entire life, however at 13 I started coaching and that really dominated my drive in gymnastics. Coaching became a focus in my life very early on. I was a kinesiology major but created a coaching specialty as a subset to my major. I have head coached many teams as well as had the awesome opportunity to be a gymnastics director at Woodward West for a few years.

I have been coaching for 27 years and I started at PA on August 8, 2016. I have spent most of my coaching life as a team coach (levels 7-10), however now I coach TNT, devo, and work a bit with the optionals doing conditioning

I love conditioning. I have spent years studying this area and countless hours of research dedicated to conditioning with regards to gymnasts. I believe a solid strength base is the key to health and safety in all sports. Gymnastics-being a sport that relies on repetition can be especially brutal on young bodies. It is important to think of these young athletes lives after their life in gymnastics and what we can do to provide a solid platform for them to grow on in whatever sport they choose. I love all four events but if I had to choose I would say beam, bars and floor.

I believe gymnastics is more than just a sport. Gymnastics involves physical strength and flexibility, skill, agility, grace, power and precision. It also involves fear, dedication, commitment and trust. You do not have to succeed physically to triumph in this sport. Gymnastics teaches us to trust ourselves as well as another person. It teaches us the power of teammates and comradery. It teaches us to believe in ourselves and what we can do - not just in the gym but in life. I would say my philosophy is based off empowerment. By helping kids become successful in the gym we give them the tools to be successful in life. Gymnastics offers every aspect of what children need to exercise physical and mental strength as well as emotional readiness for the journey they are about to embark on. As coaches we are the vessel to deliver success in whatever form that may take for each athlete.

There are many accomplishments my athletes have done to make me so very proud, but I think my biggest accomplishment is my ability to connect with almost any athlete. In the past I have worked to create close bonds with my teams - as well as each individual athlete. Some started at the age of 3 and are now graduating high school. I am still close

with everyone and to me that is better than any medal they bring home. There are state, regional and National Champs, but it doesn't mean as much to me as my life with them.

Some personal accomplishments include-a few half ironmans, some marathons, 2nd place finish in a trail race, century ride (105 miles).

Fun Facts:

I have two sets of twins.

I could live off cereal alone.

I will never eat lobster.