

George Hery

George Hery has done clinics and demonstrations around the globe and has introduced literally thousands of youngsters to gymnastics. He first learned about gymnastics at the Dayton, Ohio YMCA and the age of 21 began trampolining with Jess Robinson at Trampoline Incorporated in Burbank, Ca. One of his teammates there was Dan Millman, first amateur trampoline champion. In 1960 George earned a scholarship at the University of Iowa where he learned all of the gymnastics events and became Big 10 champion on Floor Exercise and Vault, NCAA champion on Vault and in 1964 won the World Professional Trampoline Championship – his first prize was a shiny new Mustang automobile. Here is his winning routine: **Triple Back (George did the first successful triple back in competition), Barani out fliffis, Back full, Full twisting back 1 3/4, Double cody, Back layout, Rudi, Double back, Double back, Triple twisting back.**

After Iowa, Hery worked for George Nissen, the inventor of the trampoline, for a period of 10 years doing clinics, demonstrations and engineering new and safer equipment including the coil spring board for vault, the double mini tramp, counterbalance springs for the apparatus and other features such as fitted apparatus mats. During this time George also did clinics and demonstrations in 50 major city ghettos for the President's Council on Physical Fitness and Sports with many of the top athletes of that era, other top educators and many celebrities including Jack LaLanne.

In the 1970's, Hery ran an after school program in Sacramento, Ca. which encompassed a staff of 80 teachers who he trained for the 78 elementary school programs which included over 3000 children every week.

Hery has also owned gyms in South Lake Tahoe, in New Jersey where he started a school in a beautiful old church (The Stained Glass Gym), and in Reno, Nv. where George owned Gymnastics Nevada. George says that he is the luckiest person in the world because of his chances to teach children, travel, make friends all over the world, and give back to the sport which he loves.

He has done back flips on the top of the great pyramid, on top of the Golden Gate Bridge Tower, with his skis on, and just about every other way that is possible. In 1967 George jumped through the ceiling and disappeared on the Candid Camera Show. He has written numerous articles on trampoline, tumbling and artistic gymnastics; has done several educational videos and continues to jump at his current age of 78. He was inducted into the World Acrobatic Society's Hall of Legends in 2004.

George now lives in Fallbrook, Ca. and still teaches/coaches, judges and does clinics throughout the USA. Soon to be in the USAG Hall of Fame.