



Hi Friends,

My name is Catherine, and I am so excited to be working at Jump! Gymnastics. I grew up in Illinois and moved to Texas in June 2019. I competed in gymnastics for about 10 years and continue to practice my tricks with yoga. Gymnastics has taught me the importance of remaining physically active, discipline, and hard work. I also have two years of experience coaching competitive gymnastics, which I am also very passionate about. Coaching allows me to help others excel at a sport I love so much. Not only am I passionate about gymnastics, I also love working with kids! Outside of Jump!, I teach rock climbing after school programs at Austin Bouldering Project. I find that when I walk away from my classes, the kid's excitement and happiness gives me more energy than when I started the class!

My coaching style consists of lots of positive reinforcement, patience, and helping the kids perform to the best of their ability. I am excited to be able to help each child overcome their fears and accomplish each trick they set their mind to.

Fun Fact: I love to spend time outdoors hiking, swimming and climbing. I have a two year old terrier named Luna, who accompanies me on many of my outdoor activities. Outside of working with kids and gymnastics, my other passions consist of doing yoga, running, reading, cooking, and maintaining a healthy lifestyle.

- Catherine Walsh