



Hi everyone!!

My name is Sophia, I have been with Jump since 8/2017. I practiced Gymnastics for about four years, and I loved every moment of it! It taught me discipline and how to appreciate hard work. Although I may not be a peak gymnast anymore, I can still do some pretty cool tricks on the bars.

Gymnastics may not always be everyone's first pick in sports, but I can assure you that it's a sport that everyone can benefit from, not only does it help with build motor skills but also confidence and so much more. I can't even start to list the benefits!

Aside from being a coach, I also attend UT and plan to graduate 2020 with a Geography and environmental sustainability degree (let's see where that takes me). I speak both English and Spanish, I'm currently working on French. I have probably a million plants, two dogs named scout and jack, and a fish named morning.

I hope your child loves gymnastics and enjoys being here as much as I do! Don't ever hesitate to talk and ask me questions. I understand that every child is different and that there is a variety learning methods. I always try to adapt my teaching method for my students. I also try to practice positive reinforcement and patience with my students. I'm very excited to meet everyone

FUN FACT!! I can lick my elbow and I love sweets

- Coach Sophia