



GAVIN FLEMING

POSITIVELY, POSITIVE, POSITIVITY

GYMNASTICS/SPORT EXPERIENCE:

Gavin was a gymnast during other sports' off-seasons for several years before deciding to focus solely on gymnastics in 2010. Gavin competed on OMEGA's boy's team for 3 years. He finished his competitive career at the age of 16 in 2014 as a Level 8.

COACHING/ PROFESSIONAL EXPERIENCE:

Gavin started working for OMEGA in 2012. He loves coaching and aspires to coach compulsory boys team someday.

FAVORITE EVENT TO COACH/WATCH:

Gavin's favorite event to compete was Rings and Pommel Horse. He likes coaching Pommels.

OUTSIDE INTERESTS/HOBBIES:

Gavin enjoys reading, a good comedy, playing football, and spending time with friends and family.

FAVORITE THING ABOUT OMEGA:

Gavin's favorite thing about OMEGA is the care and dedication each coach puts into training - he knows, he experienced it first hand as an OMEGA gymnast.



**Activities
Recreational Instructor**

BIRTHDAY:

APRIL 7th

FAVORITE QUOTE:

"Hard work beats talent, when talent doesn't work hard."

- Tim Notke