



## **SETH SMART**

*POSITIVELY, POSITIVE, POSITIVITY*

### **GYMNASTICS/SPORT EXPERIENCE:**

Seth competed in men's artistic gymnastics throughout middle school and high school.

### **COACHING/ PROFESSIONAL EXPERIENCE:**

Seth began coaching at the age of 14, and has been involved in teaching and training ever since. In 2002 he was voted Oregon State Coach of the year by his coaching and judging peers.

### **FAVORITE EVENT TO COACH/WATCH:**

Seth's favorite event to coach is parallel bars.

### **OUTSIDE INTERESTS/HOBBIES:**

When not at the gym, Seth enjoys reading and spending time with his daughters, his fiancé and their son.

### **FAVORITE THING ABOUT OMEGA:**

I love OMEGA's staff. From the excellent team coaches to the camp and activities teachers to the support staff in the office, everyone gives their all to the program. I have worked in a lot of gyms and this is not the norm, OMEGA's staff is awesome.



**Owner/Coach**

### **BIRTHDAY:**

DECEMBER 25th

### **FAVORITE QUOTE:**

"A Lifetime of Struggling is worth a moment of perfection."

-Tyler Durden