



TIFFANY QUINCY

P O S I T I V E L Y , P O S I T I V E , P O S I T I V I T Y

GYMNASTICS/SPORT EXPERIENCE:

Tiffany started gymnastics at the age of 7, and quickly accelerated to elite level by 12 years old. In 1982 she not only won the bronze medal at National Championships and earned a spot on the Junior National Team, but she represented the United States at the Friendship Games in Beijing, China.

COACHING/ PROFESSIONAL EXPERIENCE:

Tiffany brings 27 years of coaching experience to OMEGA. This includes choreography for the University of Oregon gymnastics team, as well as 15+ years of coaching level 7-10. She has coached numerous State and Regional champions, as well as national qualifiers and collegiate athletes.

FAVORITE EVENT TO COACH/WATCH:

Tiffany says she loves coaching Vault because, "It was my weakest event as a gymnast, and I enjoy the challenge of making my gymnasts strong vaulters."

OUTSIDE INTERESTS/HOBBIES:

Tiffany enjoys water activities and sports, sunny weather and People magazine. She loves the new activities being a mom has brought to her life.

FAVORITE THING ABOUT OMEGA:

Tiffany loves seeing all the gymnasts grow into accomplished athletes and young adults, as well as the community of parents and families that grow at all levels at OMEGA.



Owner/Coach

BIRTHDAY:

JUNE 19th

FAVORITE QUOTE:

"Those 10 press handstands in a row were impressive, but now, can you show me 1 done correctly?"

- Mas Watanabe -