



Hi friends!

My name is Natalia and I am a gymnastics coach for both of our Jump! locations. I have been coaching since May 2017. I took part in competitive gymnastics for 7 years and cheerleading for 3 years. I am fortunate to have the opportunity to work with children who share my love for the sport and have parents who advocate healthy living for their children!

Although I am fairly new to being the coach instead of the gymnast it has been an amazing learning experience. I have taken what I have learned from my previous coaches and the coaches here at Jump! when coming up with my own personal coaching style. I think building a child's confidence through encouragement is a critical part of gymnastics especially since it is not exactly the easiest sport to learn. I believe in breaking down skills to simple elements so that my students feel like they are reaching the goals I have set for them as they strive to reach the more difficult skills I am building them up to. When I finally see the moment they achieve the skills they have been working towards throughout the session, it is the best feeling in the world. The pure happiness I see on their faces when they have mastered their skills is the reason why I fell in love with coaching. Not only are they being healthy and active they are enjoying the sport in itself. It's incredible to watch them grow in strength and confidence as they progress.

Aside from Jump! I am a graduate student at UT Austin pursuing a Master's of Education in Health Behavior and

Kinesiology. I aspire to be a pediatric physical therapist someday so working with kids has always been the plan and it is amazing how much I have already learned working with them for just a summer. Effective communication with the population you work with is a crucial element in being a good professional in any field. That being said, feel free to talk to me before or after class, even email me! I usually make an effort to update you on your child's progress or to say a simple hello just so you have a face to a name whenever I see my students.

Fun facts: I love animals, especially dogs so always feel free to show me cute pictures and tell me all about them!

I hope to make as big of an impact on your children as they do on me (:

- Coach Natalia (: