



Coach Michael

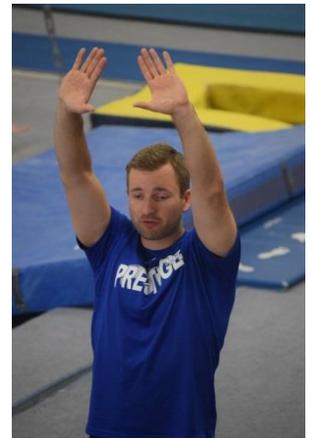
Let's meet Coach Michael. This outstanding coach brings knowledge and much talent to the coaching staff for the boys team here at Prestige. Coach Michael is our Level 4-5 team coach as well as pre-team and class levels. There couldn't be a more perfect person in this position, working with our very young gymnasts, honing them in their skills at the very beginning level, encouraging them and guiding them in the very fundamental gymnastics skills of men's gymnastics, preparing them for pre-team abilities for the future prospect of joining our awesome team. Coach Michael takes these young gymnastics from the beginning through level 5 on team.

Coach Michael's gymnastics career began at a very young age. It all started at home on his parent's furniture. He and his brother would jump and flip all over the place. Flipping contest on the beach were a high light for he and his brother during vacation time and to this day they still run their flipping contest. At the age of 4 his parents signed him up for gymnastics. With the support of his parents when he was 12 he joined team at Lanco Gymnastics. At the time his favorite event was the Parallel Bars. He then went to Prestige at the age of 14 but was only here for one year when the boys program closed. From there he went to Positive Fitness and competed until the age of 17. By this time he was now competing at Level 10 and due to a major injury almost didn't get to finish out his season. Through perseverance and rehab he was able to recover and compete at the last season meet. The following season he came back to Prestige to compete for Mike Bartley who brought back the boys program along with Coach Chuck and competed at level 10 until he retired his competing career at the age of 19. During these last few years of competing he found the High Bar to be his favorite routine.

One of Coach Michael's favorite memories while training in gymnastics was when he won the hand stand competition at the end of a weeklong training session at International Gymnastics Camp.

Not knowing at the time that he was competing against a future Olympian, a fact is he did compete against Justin Spring, who in 2008 became a US Olympian. Pretty cool!

His career did not stop after competing. His love of the sport inspired him to become a coach. So at the age of 19 he started coaching boy's classes here at Prestige. He has received all the basic certifications in coaching gymnastics. Now 13 years later he heads up our young boys classes, boy's pre-team and Levels 4-5 team. Coaching keeps him involved in gymnastics and we are grateful to have someone with such passion for the sport to be training our young impressionable boys. The boys love him too. He is so patient and soft spoken as well as encouraging and inspiring. His philosophy in coaching is to train the boys so that they learn and improve while having fun. He teaches them how to problem solve when working on their skills so that the concept of self-problem solving will carry through with them always in life. His reward for his efforts is seeing the boy's expressions when they accomplish a skill for the first time or complete a good routine at competition. He enjoys watching them grow as athletes as well as from boys to men. Coach Michael feels the greatest reward is getting to share the sport he loves with our future generation of gymnasts.



A little more about Coach Michael is he a 2007 graduate of Millersville University with a Bachelor of Science Degree in Business and in 2010 he received his Master's in Business Administration. His favorite hobby is working with Coach Bobby. He feels he and Coach Bobby make a great team and with all the knowledge, talent, and experience they both have to offer I have to agree that the team they make gives our boys the best we could ask for in coaching. Family is very important to him and a close second is his love of video games, especially Tetras. His favorite color is blue and he is a fan of Disney. Not to mention he cannot go a day without a Diet Coke.