

Education

I have a Bachelor of Education for the University in Education with a master in Biology and minor in Chemistry. I also graduated high school from St. Albert Catholic High School in the Division.

Gymnastics Background

I did competitive gymnastics here in St. Albert for my entire youth at St. Albert Gymnastics Club, up until I started University. I have always been completely in love with the sport and started coaching at 14 years old. For the past 5 years I have coached competitive gymnastics at Dynamyx Gymnastics and I am NCCP level 2 certified. I also have my NCCP level 3 technical completed and I am in the process of completing the evaluation.

Cheerleading Background

At the age of 21 after retiring from competitive gymnastics I found cheerleading at Alberta Cheer Empire (ACE). Cheer has given me an amazing number of opportunities as I have been able to travel all around the world to compete. My team has gone to the World Championships for the past 4 years in Orlando Florida, where we have continually been the highest placing all girl level 6 team in Western Canada. This past summer we also had the opportunity to travel to and compete in China at two of their national competitions. This made us the first cheer team from North America to be invited to compete at any competition in China. At the beginning of my cheer career I also competed for Team Canada for 3 years, and was chosen to be our country's flag bearer my last year on our team.

Dance Background

Throughout my years of doing competitive gymnastics we also had weekly ballet classes, to increase the artistry in our routines. As I got older I started doing gymnastics choreography (which is mostly contemporary/ lyrical based), as well as group dance choreography used for promotional demonstrations. I have choreographed many floor routines for competitive athletes over the past 8 years, and have had a few routines win best choreography in the province.