



# Coach Yandis

## Acro Instructor

"A dedicated and experienced gymnastics coach with a passion for fostering athletes' growth and success. I aim to utilize my extensive coaching experience and expertise in gymnastics to inspire and develop talented athletes in achieving their full potential."

### Coach Yandis has extensive work experience in the Gymnastics field.

- Developed and implemented comprehensive gymnastics training programs for athletes of all levels, from beginners to elite competitors.
- Provided individualized coaching and guidance to athletes, leading to numerous regional and national level successes.
- Organized and led regular team meetings to discuss training progress, strategy, and goal-setting.
- Demonstrated proper techniques and spotting methods to ensure the safety and skill development of gymnasts.
- Mentored and motivated assistant coaches, helping them improve their coaching abilities.
- Collaborated with parents to discuss athletes' progress and address any concerns or questions.
- Assisted head coaches in planning and executing training sessions for gymnasts aged 6 to 12 years old.
- Provided constructive feedback to athletes to improve their skills and routines.
- Helped in organizing gymnastics competitions and events for the club.
- Conducted warm-ups and cool-down exercises to prevent injuries and promote flexibility
- Coached several gymnasts who went on to receive scholarships at collegiate level..



Coach Yandis has been the head gymnastics coach since 2003 at the - International Gymnastics Training Center in Miami FL.

## Skills

- In-depth knowledge of gymnastics techniques, skill progressions, and spotting methods.
- Strong leadership and communication skills to effectively lead and motivate gymnasts and assistant coaches.
- Ability to create and adapt training programs to suit individual gymnasts' needs and abilities.
- Experience in organizing and managing gymnastics competitions and events.
- Excellent understanding of safety measures and protocols in gymnastics training.

## Certifications

- USAG (USA Gymnastics) Professional Member since 2003.
- Safety Certified by USAG for Gymnastics Coaching.
- First Aid and CPR certified.