

Helen Burgin Nabors

I started gymnastics at age 5. I competed gymnastics, level 5 through 10, in Alabama for 11 years. I was on the University of Alabama Gymnastics Team from 2000-2002, and was part of the 2002 National Championship Team. I have coached gymnastics since 2002 – 2 years in Texas and the rest in Alabama, and I have been a part of NAWG Judging since 2004 (currently holding a national level rating). My degree is in elementary education, but my passion is gymnastics. In 2012, I became the Team Director at Mountain Brook Gymnastics. Coaching is more than coaching gymnast in gymnastics. It is helping grow healthy, young individuals into incredible adults that go out and change the world. Of course, they always change me in many positive ways along the journey. Along with coaching and judging, I have served on the Alabama State Committee since 2011. As part of the committee, I have helped host a TOPs clinic, W200 workshops, the Awards Banquet, run our optional training camp along with many others that contribute to the growth of coaches and gymnast in our state. I am happily married to an incredible man named Cory, and we have 3 amazing kids. I'd be honored to continue to serve on the state committee for another term and continue to help in the growth of the sport we all love in the great state of Alabama.