

Mary-Catherylene Hinkley

Professional Summary

Dedicated and passionate gymnastics coach with nearly a decade of experience coaching athletes of all skill levels. Former competitive gymnast with ten years of experience, now committed to developing young gymnasts through expert training, mentorship, and skill-building. Currently pursuing a career in nursing while continuing to lead and inspire athletes at Eastern Shore Gymnastics Academy Inc.

Experience

Head Coach

Eastern Shore Gymnastics Academy Inc. | Almost 10 Years of Employment

- Lead and develop gymnastics programs for athletes of various ages and skill levels
- Create personalized training plans to enhance strength, flexibility, and technique
- Mentor and motivate athletes, fostering discipline, confidence, and teamwork
- Ensure a safe and structured training environment, adhering to all safety regulations

Gymnastics Coach

Eastern Shore Gymnastics Academy Inc.

- Assisted in training and developing competitive and recreational gymnasts
- Provided individualized coaching to improve technical skills and performance
- Encouraged young athletes to develop a love for the sport through engaging and positive reinforcement

Education

High School Graduate

Graduated in 2018

Coastal Alabama Community College

Current Student | Prerequisites for Nursing School

Skills

- Gymnastics coaching and athlete development
- Strength and conditioning training
- Injury prevention and safety protocols
- Leadership and team motivation
- Time management and multitasking
- Strong communication and interpersonal skills

Certifications

- USA Gymnastics Safe Sport Certified
- USA Gymnastics Safety Certified
- USA Gymnastics Emotional Abuse vs. Tough Coaching Certified

Awards & Achievements

- Produced numerous state and regional champions