

ABOUT OUR COACHES

All our coaches have been selected to work in this program because of their technical expertise, work experience and their love and enthusiasm to teach children at this age. Each coach is certified Level 2 or more, has first aid, risk management, and has many years' experience behind them. They have a real understanding of the physical and psychological needs of each child as they develop at their own pace over the year. The coaches make every effort to set positive and attainable goals allowing the girls to remain interested and motivated.

Melanie Major – Level 3-5 Program and Advanced Recreational Program Coordinator Pre-Competitive Coach



Mélanie started coaching in September 1999 and absolutely fell in love with it! She is fully certified Level 1& 2 in Artistic Gymnastics and Trampoline as well as Level 3 technical and theory. Mel's coaching experience also includes Women's Competitive, Invitational, Kindergym and Recreational. She is currently coaching at the Pre-Competitive level. As a coach, she wants her athletes to challenge themselves and feel proud of their accomplishments. She believes that gymnastics can teach girls to have good sportsmanship, great work habits, perseverance and a higher self-esteem.

Mélanie is the Level 3-5 and Advanced Recreational Program Coordinator. Her main goal is to help make the program successful and memorable for all level 3-5 and Advanced Recreational families. Some of her key responsibilities include; the management of the coaches and the administrative duties of the program. Keeping the lines of communication open with the parents, athletes and coaches is one of Mel's top priorities. Mel is proud to say that the girls have fun while improving their skills in a safe environment. Mel is supported by terrific coaches in both programs; Valerie, Abassi, Amanda Pepin, Christie Newman, Denise Bussiere, Natalie Bisson and Shawnee Flagg. Their knowledge, experience and passion help make this program a success! These two programs don't just teach gymnastics; the girls learn to have good sportsmanship, great work habits, perseverance and a higher self-esteem.

Mel can be contacted at mmajor_ogc@rogers.com or you can leave a voicemail at 613-722-6698 ext. 227

Amanda Pepin – Petite Elite and Level 3-5 Coach



Amanda attended Carleton University to study in the field of Geochemistry. She is certified Level 2 Artistic Gymnastics and Trampoline. Amanda started in gymnastics as a six year old and continued in the Masters program. She has been coaching since the age of 14 and has developed experience in the Kindergym, Adult Recreation and Competitive Programs. Amanda hopes that her passion for the sport will inspire others to participate, including her four children! She loves coaching gymnastics because it gives her an opportunity to

help children/youth develop self confidence, self discipline and a healthy lifestyle - all of which she thinks are important traits to carry with them into adulthood. We think Amanda is right!

Valerie Abassi – Advanced Recreational and Level 3-5 Coach



Valerie has been employed by OGC for 3 years. She is currently coaching in the Girls Invitational (Level 3-5) Competitive and Kips Programs. She has a degree in Recreation. Valerie is also a fully certified Level 2 Coach in Women's Artistic and Level 1 Trampoline. She comes to OGC with over 20 years of coaching experience, 10 of which were in developmental programs. Gymnastics is my passion. I believe my job as a coach is to give athletes the tools they need to

accomplish their goals: whether it's through teaching the foundations that develop their strength, balance, flexibility and agility, or by guiding athletes to use problem solving understand the mechanics of a particular move. OGC has not only given me the opportunity to pursue my passion, but supports my quest with a wealth of training materials and an environment that allows me to continually grow as a coach.

Christie Newman – Level 3-5 Coach



Christie is a fully certified Level 2 Women's Artistic Gymnastics and Trampoline coach and is certified in First Aid, CPR and Risk Management. Prior to moving to Ottawa to pursue her studies, Christie started coaching at the Quinte Bay Gymnastics Centre in Belleville, Ontario. After moving to Ottawa in 2006, she started coaching at the Ottawa Gymnastics Centre. She has coached a variety of ages and has developed experience in the Kindergym and Recreational and Competitive programs. She is currently coaching in the L3-5 Invitational program. Outside of gymnastics, Christie graduated from the University of Ottawa in 2011 with a degree in History and is currently working for the federal government. She enjoys coaching because it encourages a healthy physical and mental lifestyle as well as boosts self-confidence. As Franklin D. Roosevelt said, "Happiness lies in the joy of achievement and the thrill of creative effort".

Denise Bussiere – Level 3-5 and Kindergym Coach



Denise attended Seneca College and has a Coaching Techniques –Gymnastics Diploma. She is a fully certified Level 2 coach in Gymnastics and Trampoline. She has her Level 3 Theory and Technical in Gymnastics as well as her First Aid, CPR and Risk Management. Denise has over 25 years of coaching experience, 19 years of experience with OGC. Her coaching experience has given her the opportunity to work with a wide range of female and male athletes within different programs; from Kindergym/Developmental/Invitational/Provincial/National. After taking some time off coaching to raise her children, she returned in 2008 within the OGC Kindergym program. She is currently coaching in the Girls Invitational Level 3-5 Program and the Kindergym Program. Coaching has given Denise the opportunity to do the two things she loves the most- being with children and be involved in the sport of gymnastics. Denise feels privileged to be able to share her knowledge with her athletes and other coaches while at the same time learn so much from them. Life is all about learning about yourself and others as we develop character along the way... and gymnastics is a great tool for life!