

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.

Amanda Pepin



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!

Cathy Hall



B. Sc (Kinesiology), B. Ed Degree, M.A Degree

Level 3 Technical Coaching Certification along with Level 2 Trampoline. I have been coaching for over 20 years all levels from Petite Elite to Provincial Competitive. I am currently coaching in the Petite Elite Program and love the enthusiasm and raw talent that this age group brings. As a former provincial level gymnast with the Ottawa Gymnastics Club and over 20 years of coaching experience, I can proudly claim that I am a lifetime member of the club. During the day I am an elementary school teacher with the Ottawa Carleton District School Board.

Stephanie McFarland



I am currently enrolled in my 4th year of Honours Bachelor of Health Sciences with a Minor in Psychology at University of Ottawa. I was a provincial level gymnast for 10 years and dance experience for 8 years. I have been coaching pre-competitive and provincial level programs for over 6 years. Great experience working with children of all mental and physical abilities in specialized camps. I also have a huge passion for the sport and for providing kids with the important skills they need in life through the sport of gymnastics.