

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.

Lynne Ethier – Developmental Program Coordinator and Assistant Head Coach

I would also like to take this opportunity to introduce myself to you. My name is Lynne Ethier and I am the Developmental Program Coordinator for the Tiny Tumbler and Petite Elite programs and newly appointed Assistant Women's Head Coach at the Ottawa Gymnastics Centre. I have been with the O.G.C since 1980 first as a provincial gymnast (11 years) and now as a coach. I was provincial Champion in 1986/88/89, a Provincial Power tumbling Champion in 1991 & qualified to Nationals. I was also named CJOH's Athlete of the Week" in 1988. I have 24 years of coaching experience in the areas of Kindergym, Developmental and the Competitive/National programs. I am a graduate from U of O in Leisure Studies, have a Diploma in the Business Office Administration and a certificate in Medical Administration. I am fully certified Level 1, 2, 3 in Artistic Gymnastics and certified Level 1 and 2 Trampoline and I also am certified in Risk Management, First Aid and CPR. I have two daughters of my own which both have participated in the Tiny Tumbler program.

Holly Dawe – Tiny Tumbler and Competitive Coach



" The pursuit of excellence is not the destination but the journey " and after 37 years of coaching this philosophy still rings true! Gymnastics is a passion and lends itself to athletes who are so unique, not unlike the routines they perform. I have been known to choreograph my best routines in my car, my hallway and while sleeping. A graduate of Bell High School and then University of Ottawa School of Physical Education. I returned to coach in Ottawa after a number of years in Halifax and Niagara Falls, where I started Quantum Niagara Gym in 1996 with my daughter.

Having coached both National and Provincial athletes some highlights include several Provincial Champions and a few awards for beam and floor artistry along the way. First and foremost my greatest accomplishment is raising five wonderful children, one of whom has followed in my footsteps as a coach!

Sara Baker- Tiny Tumbler, Pre-Competitive and Competitive Coach



I have been an employee of the Cambridge Kips Gymnastics Club for 13 years. I have worked my way from CIT to recreational coach. In my earlier twenties I was recreational supervisor and camp supervisor. At age 23 I began coaching pre-competitive and provincial. To this date I still coach pre-comp and provincial with levels all-around to level 8 and specialist to level 9. In 2008 I was the apprentice coach working alongside yours truly Tobie Gorman at the Canadian Championships in Calgary, Alberta. In 2009 I was assistant manager to Debbie Cogliati at the Canadian Championship in Hamilton, Ontario. May 2010 I was the Junior Manager at Canadian Championships in Kamloops B.C. This past year I was Team Coach at the Ontario Winter Games in Muskoka, Ontario. I am a level 2 WAG certified coach with my level 3 technical and theory. I have level 2 trampoline as well as first aid and CPR, risk management, respect in sport and High Five. I have a background in dance in both ballet and modern and believe it compliments the sport of gymnastic very well.

Jessica McDonough – Kindergym Supervisor and Tiny Tumbler Coach



I have been involved with gymnastics since the age of 4. I started in the Kindergym program, where I continued through the women's developmental program and on to competitive gymnastics. I was a provincial gymnast for 7 years at the Ottawa Gymnastic Center where my coaches taught me the importance of staying positive and always taking pride in my accomplishments in the gym and in my personal life. I then went on to begin coaching in the Kindergym program for Lori Ierullo and have now been coaching for 6 years. I am Level 2 certified in Women's Artistic Gymnastics, I have my Level 1 certification in trampoline. In addition, I am first aid and CPR certified as well as risk management certified. I have been the Summer Camp Supervisor for Kindergym for the past 2 years. In addition, I am currently a 3rd year Nursing student at the University of Ottawa where I aspire to become a registered nurse. I have a passion for teaching children and taking what I have learned from my coaches and passing it on to younger athletes. I believe that gymnastics is a sport that will give athletes the confidence to work hard and achieve their goals as a gymnast as well as in their personal life.

Shawnee Flagg – Kindergym and Tiny Tumbler Coach



I started gymnastics when I was 18 months old. When I was three, I came to the Ottawa Gymnastics Centre and a year later started in the developmental program. I was a provincial gymnast from the age of 9 until 16. I started as a coach in training when I was 14 and became a coach when I was 16. I have been coaching year round in the Kindergym program ever since. My experience includes coaching 3-6 year old classes, Tall n' Small classes and for the past two summers a "Special K" class. My training includes Level 1 and 2 Artistic gymnastics and Level 1 trampoline. I am also trained in CPR. I am currently in my second year at the University of Ottawa working towards a Bachelor of Science degree. I am hoping to become a pediatric nurse or pediatrician. I have had many great gymnastics memories, but my biggest accomplishment was in 2004 when I became the All-Around Provincial Champion and had the opportunity to represent Ontario at The Eastern Canadian Championships. Gymnastics is not just about learning big tricks. Although that is what usually lures athletes to the sport, I believe gymnastics teaches basic life skills such as: sportsmanship, striving to perform to the best of your ability and social interaction. Some of the best friends I have, I met at gymnastics.

Mary Villemaire – Kindergym and Tiny Tumbler Coach



I have been involved in gymnastics since I was two years old. I started out in the Kindergym with Lori Ierullo, and continued through the proceeding stages until I reached the competitive program. I was in the competitive program from the ages of 9 to 17. I started coaching at the age of 14 as a coach in training and then I became a certified coach at the age of 16. I have been coaching in the Kindergym program ever since. I have taught 3-6 year olds as well as Tall'n'Small classes. My qualifications include Level 1 and 2 Artistic Gymnastics and Level 1 Trampoline. I am also First Aid and CPR certified as well as Risk Management. I am currently in my first year at Algonquin in the Nursing program. I am hoping to become a pediatric nurse to satisfy my passion for medicine and working with children. Gymnastics has made my life what it is, and I have wonderful memories because of it. My greatest accomplishments were in 2009 where I was Provincial Champion and Eastern Canadian Champion. I had also travelled as a Team Ontario member to Florida and had placed first all around. Gymnastics is my life and I can't wait to share my passion with others.