

Meet the Staff....



Katelyn Trevino

Mental Performance Coach

Born in South Korea and adopted into a family of gymnastics school owners and coaches in Dallas, Texas, I literally grew up in the gym. I started gymnastics when I was 3 years old and continued on into college at the University of Missouri. During my time there, I obtained a

Bachelor's Degree in Communications with a focus in Interpersonal Relationships and a Master's Degree in Educational, School, and Counseling Psychology with a focus in Positive Coaching and Athletic Leadership. Five years later, I decided to go back to school and earn my Master's Degree in Social Work (MSW) and worked as a mental health counselor working with adolescents who struggled with low self esteem, anxiety, depression, and other mental obstacles.

Today, I have combined all of my experience and knowledge and use it to help gymnasts, coaches, and parents work through the mental challenges of the sport. Although I am a Mental Performance Coach, I like to consider myself a "Gymnastics Life Coach" because I don't just focus on strengthening their skills and performance, but also their life skills that will stay with them beyond the competition floor. My goal is to set them up for success in their future career, relationships, and personal life as well. I work with individuals, parents, coaches, and teams who also see the importance in this and want to help their gymnast reach their full potential.