

Meet the Staff....



Lauren "Lo" Flores-Dittmar

I'm an Xcel and DP Floor/Beam Coach and Xcel Director working Full time at Iron Cross Gymnastics in Rosenberg, TX outside Houston! I was a training Elite power tumbler from Powerhouse Gymnastics, and I got into coaching at 16/17 working with pre school and pre team groups. I've now been coaching for 11 years, starting as a part time job during high school and college, and switched to full time coaching after teaching High School Math for 6 years. I graduated from Texas State in San Marcos with a BS in applied Mathematics and a BA in Economics. I eventually fell into coaching full time as my experience and passion for the sport grew! My favorite events to coach are Floor and Bars, but I've been coaching beam a lot more in the last few years!

My coaching style is upbeat and fun. My girls and I spend a lot of time jamming to Taylor Swift between events and on floor. I focus a lot on drills and basics before teaching a skill, and enjoy learning new techniques and applying new approaches to skills! I'm a big proponent of coaching the whole athlete. I pride myself on teaching my athletes how to be great people AND great gymnasts! As coaches we are a large part of their village, and I want to guide them to being strong women in this role.