

Coach Nicole is the Girls Team Director at SoLa Gymnastics. She has coached everything from preschool classes to upper level girls team. She has coached for SoLa Gymnastics for the past 10 years.

She is a passionate gymnastics coach and leader dedicated to building strong athletes and confident individuals. She believes in coaching the whole person, not just the athlete. Her goal is to build resilience, self-belief, and mental toughness both on and off the floor.

She frequently attends gymnastics conferences and strives to continue to learn the most current and best gymnastics techniques, drills, and skills. Currently certified through USAG and NGA.

She graduated college in 2010 from UL-Lafayette in Visual arts concentrating in Graphic Design and Photography. She also owns and runs her own photography business, specializing in family and child portraits.