

Coach Nicole is the Girls Team Director at SoLa. She started gymnastics at the age of six and competed for nine years. She has 10 years of experience, coaching everything from preschool recreation to Level 10 team girls. She currently coaches all of the higher level team girls at SoLa while overseeing the lower level team girls. She has coached at NGA Nationals Competition and coaches gymnasts who made the NGA Nationals Team. She has also attended and coached at the Premier Nationals Camp in Tennessee.

Her least favorite event as a gymnast is now her favorite event to coach - Bars.

If you've ever been to our gym, you've probably met Coach Nicole, as she is always chatting with kids and parents. She has coached nearly every class offered at SoLa. She loves kids and she loves gymnastics, which makes the PERFECT combination for a gymnastics coach.

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.