

Coach Nicole is the Girls Team Director at SoLa. She started gymnastics at the age of 6 and competed for nine years. She has 10 years of experience, 8 of which have been with SoLa. She has coached every class SoLa offers, from preschool recreation to upper level team girls. She attended and coached at the NGA Premier Nationals Camp in Tennessee in 2023. 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 loves kids and she loves gymnastics.

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.