



Mike Mendel

Gymnastics Coach

Hometown: Northbrook, IL

Birthday: January 11

My Experience/Education Includes: I was a level VI club gymnast at Northbrook Gymnastics Training Center, where I also coached for 5 years as a Recreational coach. I was also a state-qualifying gymnast for my high school with setbacks because of an injury. When I graduated high school I got a coaching job for a couple of months at West Side gymnastics located in Dubuque, Iowa. I coached their team and recreational classes.

I love Mountain Kids/MCDA because: I enjoy being around all my co-workers, I feel like I have a special bond which each and every one of them. The atmosphere is great in the gym and the kids are always a joy to work with.

My life philosophy is: Socrates: Where are you?

Dan Millman: Here.

Socrates: What time is it?

Dan Millman: Now.

Socrates: What are you?

Dan Millman: This moment.

In my free time I like to: I always enjoy cooking meals and experimenting with new recipes. In the summer time, I enjoy hiking, mountain biking, camping, wakeboarding, throwing a Frisbee, and any of the outdoor ball games (football, softball/baseball, bocce ball etc.). In the wintertime, I enjoy sledding, snowboarding, and making snow forts.

My favorite place to go is: In the mountains, to either hike or snowboard

If I were an animal, I would be a bald eagle because: They are beautiful animals and very majestic.

