



Vanessa Arwa

Gymnastics Coach

Hometown: Dover, NH

Birthday: May 21

My Experience/Education Includes: Throughout my childhood, I participated in dance, gymnastics, and cheerleading. At 14, I began assistant teaching preschool gymnastics and doing cheerleading choreography. After graduating from Stony Brook University with a B.A. in psychology, I moved to NYC and coached preschool, rec, and competitive gymnastics. In 2013, I moved to New Orleans and coached for 2 years while getting my M.S. in Urban Studies. I spent a year doing research in Tanzania and finishing my graduate degree then moved to Boulder and joined the Mountain Kids Family.

I love Mountain Kids/MCDA because: I love Mountain Kids because it is development driven and the coaches are focused on creating a positive learning environment.

My life philosophy is: *Shine a light.* I believe if you have knowledge pass it on. Children need to be given the opportunity to develop in a structured learning environment that constantly challenges them. As coaches, we can foster the growth of children through the numerous opportunities we provide. Playing sports as a child can build character, confidence, and give a sense of accomplishment. I believe in nurturing children's dreams to be the best in and out of the gym.

In my free time I like to: Be outdoors! I love hiking and going camping on the weekends. Also, I'm a huge comic book geek, so I equally enjoy curling up in a hammock with a graphic novel.

My favorite place to go is: Wherever there is good company and good conversation

If I were an animal, I would be a monkey because: I could flip around and swing from trees all day long! Who doesn't want to do that?

