

ABOUT OUR COACHES

All our coaches have been selected to work in this program because of their technical expertise, work experience and their love and enthusiasm to teach children at this age. Each coach is certified Level 2 or more, has first aid, risk management, and has many years' experience behind them. They have a real understanding of the physical and psychological needs of each child as they develop at their own pace over the year. The coaches make every effort to set positive and attainable goals allowing the girls to remain interested and motivated.

Tobie Gorman - Women's Head Coach and Program Director



Tobie started coaching in 1971 and the Ottawa Gymnastics Centre has been her home since 1976. Tobie is fully certified in Level 3 Women's Artistic, Level 3 Choreography, a fully certified Level 2 Trampoline Coach and is working towards her Level 4 certification. Tobie has coached at all levels of gymnastics including Kindergym, Recreational, Developmental, Pre-Competitive, Provincial, National and High Performance. Tobie says she's had the privilege to work with many talented athletes over the years and holds close to her heart our philosophy of "We teach children not skills"!

Tobie has had the honour to represent OGC, the City of Ottawa, Gymnastics Ontario and Gymnastics Canada on numerous occasions throughout her coaching career. Career highlights include; Coach of the 2003 Canadian Pan American Team (Santa Domingo, Dominican Republic); the 2003 World Championship Team (Anaheim, California) and the 2004 Canadian Olympic Team (Athens, Greece). Past awards include; 2001 Gymnastics Canada National Coach of the year, 2003 Ottawa Female Coach of the year, 2003 Ontario Female Coach of the Year, 2004 Gymnastics Canada High Performance Coach of the Year. In 2008 Tobie was awarded a Lifetime Membership to Gymnastics Canada!

Tobie can be contacted at ogc@rogers.com or 613-722-8698, ext. 300.

Lynne Ethier – Developmental Program Coordinator (Tiny Tumblers, Petite Elites) and Assistant Head Coach



Most of our coaches have been involved with gymnastics for a very long time, in Lynne's case it was since she was 3 years old. Lynne started out as an athlete and competed at the provincial level for the Ottawa Gymnastics Centre and then moved on to become a coach.

She has been in her current position for 4 years. Originally Lynne was hired as part of the women's competitive team and grew into her recent role because of her past experience and expertise as head coach, and for her leadership skills. Lynne manages our Tiny Tumbler and Petite Elite programs, her responsibilities include; overseeing the programs; the recruitment of new athletes; the assessment of coaches and

athletes, keeping the lines of communication open with the parents, athletes and coaches and the overall success of the programs. Both the Tiny Tumbler and Petite Elite programs have proven to be a very successful platform for a number of athletes climbing up the gymnastics ladder, wanting to become Provincial and National level champions.

Lynne's philosophy is best summed up in the following quote:

"Satisfaction lies in the effort not the attainment. Full effort is full victory."

Mahatma Gandhi

Lynne can be contacted at lethier_ogc@rogers.com or 613-722-8698, ext. 224.