



GYMSTAR
MGC



Gymstar Camp

Timna Gore

WAG Advanced Coach at Chamford



Timna has been involved in gymnastics since early primary school, once she started, she could never leave!

As an athlete Timna competed in both WAG and Gymstar events and now as an Advanced Coach and intermediate Judge work across a wide range of programs.

Timna is passionate about helping gymnastics find their individual confidence and lover for he sport weather its in a recreational program on competitive.

Timna is excited to share her knowledge of the variety of skills athletes can learn on Vault beyond her home club of Chamford.



Vault

SPECIALIST GUEST COACH

