



GYMSTAR
MGC

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GYMNASTICS

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 the sport whether its in a recreational program or 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

