



GYMSTAR  
MGC



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GYMNASTICS

# Gymstar Camp

## Talia Folino

### WAG Advanced Coach



Talia is a former Australian National Team member and a NCAA Division 1 Collegiate gymnast whose lifelong dedication to the sport naturally involved into a passion for coaching.

After representing Australia on the national stage Talia brings an elite-level experience, technical knowledge, and a deep understanding of athlete development to every coaching session.

Talis has worked with athletes across multiple levels and training environments; Talia's Coaching philosophy focuses on enriching the lives of young athletes - helping them build confidence, resilience, and a belief in their own abilities.

Talia strives to inspire gymnasts to embrace challenges push their limits and learn to do hard things with courage and pride



### Wood Bars SPECIALIST COACH

