

Carolán Whitney, MA, ATC

Gymnastics Compulsory Team Head Coach

Optional Coach

About Me:

I was on the gymnastics team here when it was the North Bay YMCA. I did club gym for 12 years. I started coaching when I was 18 and fell in love with the sport again and with coaching. I have tried to stay involved with the sport ever since. I have coached a competitive team in every state that I have lived in: California, Oregon and Minnesota. I was apart of the gymnastics club team at Oregon State and Minnesota, with my last meet in 2003. I did Varsity Soccer and Track & Field for Benicia High. I also played on the Benicia Arsenal Traveling Soccer Team.

I am a Certified Athletic Trainer and worked as a member of the Athletic Medicine Team at the University of Minnesota for 4 years with the Men's Gymnastics Team and the M/W Swimming & Diving Teams. During this time I helped prevent, evaluate, provided initial care and rehabilitation for various athletic and non-athletic injuries and illnesses. I was a volunteer Athletic Trainer for the 2005, 2006 & 2007 USA Gymnastics VISA Championships.

Currently, I work part time at Diablo Valley College in Pleasant Hill as a Certified Athletic Trainer with all of the athletic teams. My favorite part of athletic training is post surgical rehab.

Why I coach gymnastics:

I love to interact with the kids and make them laugh. I love to teach and want to inspire people of all ages to try their best and to be confident in their abilities. I want each gymnast to have a positive and meaningful experience by inspiring positive confidence in them through encouragement and hard work. I would like them to know that this sport is only part of their journey through life and that they will take the life skills they learned during their gymnastics career to help them succeed in the rest of their life. I love encouraging the girls and seeing their excitement when they finally learn a skill. I enjoy helping people work through challenges and helping them see that "they can do it!"

Favorite Book: Wooden On Leadership by John Wooden

Favorite Movie: Rudy, Miracle, A Walk to Remember

Favorite TV Shows: NCIS, Criminal Minds, House, Bones, CSI, Grey's Anatomy, Friday Night Lights

Favorite Event to do: In order: Vault, Floor, Beam, Bars

Favorite Event to Coach: Bars

Favorite Color: CAL Blue

Favorite Song: One Moment In Time –Whitney Houston & I Hope You Dance – LeeAnn Womack

Favorite Athletes: Vanessa Atler, Elena Prodounova, Alicia Sacramone, & Guillermo Alvarez

What I like about Gymnastics:

That it is one of the hardest sports in the world. You are tested mentally, emotionally and physically every day. You can learn a lot about yourself from doing this sport. This will be one

of the most challenging things you do in your life. You probably will not be able to find anything else in your life that can fill its void when you retire. Enjoy the experience no matter how challenging it may get. If you can overcome obstacles here, you can do it everywhere in your life. I don't know what life would be like if I couldn't walk on my hands or make myself fly through the air.

Something we didn't know about Carolan:

She loves making up quotes & doing all sports. She also has her black belt in karate.

Education	Oregon State University – BS Exercise & Sport Science – Athletic Training University of Minnesota – MA Kinesiology – Sport Psychology
Certifications	National Athletic Trainers' Association Board of Certification <ul style="list-style-type: none">• Certified Athletic Trainer American Heart Association BLS (CPR & AED) (Current until 8/13/10) American Red Cross CPR – Adult (Current until 5/1/09) American Red Cross Standard First Aid (Current until 5/1/11) USA Gymnastics National Safety Certification (Current until 3/31/11) USA Gymnastics Kinder Accreditation for Teachers (KAT) Certification USA Gymnastics Level 1-4 Skill Evaluator Certification USA Gymnastics PDP Level I Coaching Accreditation USA Gymnastics Athlete Wellness Course
Memberships	USA Gymnastics Professional Member National Athletic Trainers' Association United States Elite Coaches Association
Future Goals	To love what I do, have fun & be happy, while helping others become the best they can be. To have a family, teach athletic training students in a clinical setting and to be a life long learner.
My Quotes:	

Train how you want to be remembered!

Take The Journey

Dream Big,
Strive For Excellence,
Have Fun,
Build Confidence,
Work Hard,
Accept Challenges,
Learn From Mistakes,
Confront and Conquer Fear,

Inspire Others,
Be Determined - Never Give Up,
Achieve Goals,
Seize Opportunities,
Utilize Resources,
Stay Positive,
Be a Good Friend,
Ignite Team Spirit and
Appreciate & Enjoy The Experience.
YOU CAN...(Do Anything).

Train and compete so you have no regrets; that you can say that you put everything out there; so you can feel free of any doubt that you didn't try your best.