

Susan Goodmanson

Gymnastics Director

Optional Coach

Nick Name: Susie

Tell us about yourself:

I started coaching at 16 to help pay for my own training. In 1986 I opened Pacific Coast Gymnastics in Carmarillo, CA. With 6 team kids and 20 rec students. The program grew from 26 students to over 300 in two years. I produced many regional and national champions, including a Junior National Team member, Stephanie Law. I made North Bay Gymnastics my home in the Summer of 2001.

Why do you do teach gymnastics?

I like the feeling I get knowing that I might of made a difference in a kid's life, and the thrill of competition.

Personal:

Favorite Book: Jane Eyre by Charlotte Bronte

Favorite Subject in school: English

Favorite Movie: Tootsie

Favorite TV Shows: House, Project Runway

Favorite Song: The Stranger by Billy Joel

Favorite Color: Yellow

Favorite Athlete: Amy Chow

Favorite Food: Fish

Favorite Event: Bars

Favorite things to do outside of the gym: Hangout with my kids

Anything else you want us to know about you:

I have two great kids who compete in swing dancing.

Favorite Quote:

Saying is easy, action takes work.

Something we didn't know about you is:

I've competed at Nationals for Masters Diving. I took 4th place.

Future Goals:

One day I would like to offer quality gymnastics on a sliding scale, so kids who have very low income can have the opportunity to experience this great sport.

Education:

Santa Barbara High 1981

Santa Barbara City College

Ventura City College

Certifications:

USAG Professional Member
USAG Safety Certified
USAIGC Member
USECA Member
First Aid & CPR Certified