



Julie Dornseif – Biography

I started out as a gymnast at around 6 years old competing in gymnastics and dance, was on the Park Jr. High Team and then as a freshman was on the Varsity Park Gymnastics Team in Cottage Grove back in the 80's. My love of the sport never ended so I decided to go into coaching gymnastics because I loved gymnastics that much.

I've been coaching gymnastics for 26 years, starting in a little mall in Cottage Grove where Perpetual Motion first opened. They then opened a new place in Woodbury and coached there for 15 years as the Rec Program director. I've coached everything from preschool, Rec, USAG, Maga and high school. I worked for Lake Owen Gymnastics Camp in the summers for 13 years working with the national coaching staff and it was great to learn so many coaching tips. I've also attended various clinics throughout the years, as gymnastics is always changing. After leaving Perpetual Motion I was convinced by another coach to come work for him which was Community Ed at Park, a few years later Woodbury opened its community ed program and I have been there ever since as the Community Ed Gymnastics Supervisor and head team coach for Maga competitive team. I was also the head coach for Woodbury high school for 3 years before resigning in 2013 taking a year off after my daughter passed away before realizing I wanted to come back to helping high school kids go for their dreams. I'm proud to say I've have 3 Maga Championship State 1st place teams along with several Maga state individual champions. My daughter Allison who started in the Maga program and went on to the high school team in 2013, become only one of 3, 7th graders to make the state tournament and the only one from Woodbury that year. My youngest daughter Olivia who also started in Maga and is now one of the top kids on the varsity East Ridge high school team as a 8th grader and ranked in the top 20 in the state. I'm proud to have had the Maga program grow as the system works. It goes under high school rules and is an easy transition when they decide to move on to high school. The kids also love the program as it's optional gymnastics so if they excel on one event they can do those harder skills. It also allows them to have family time and do other sports, so a well balanced system. The community ed has grown so much in the last few years. We have a great system, starting in preschool, recreational and continuing on through our pre team hotshots, Maga Competitive and high school classes.

I also have the pleasure of working with other high school kids in the off season from other high schools to get them going in the off season.

I have been very fortunate to been able to meet so many other coaches throughout my years and have had the pleasure of seeing tiny tots eventually grow up and continue on to the high school and college gymnastics.