



Caroline Urgo – *Biography*

I absolutely love gymnastics. Gymnastics has been my life since I was 3 years old. I started out at Perpetual Motion where I competed many years on the USAG team. I qualified to level 9 nationals and then ended my club career as a level 10 gymnast. I then joined my high school gymnastics team as a Stillwater Pony from 7th-12th grade. I am a two-time State Champion, winning gold once on the floor exercise and once on the vault. I also was part of a three-way tie for first place in the All-around where I received the silver medal. I currently hold the school records on the floor exercise with a 9.85 and the all-around with a 38.825. I was fortunate enough to receive a gymnastics and academic scholarship to Texas Woman's University. My collegiate gymnastics career consisted of a 1st place Team National Champion title, a career high score of a 9.8 on the uneven bars and I was an All-American gymnast on the floor exercise. I graduated Texas Woman's University in the Honors Program with a bachelor's degree in Interdisciplinary Studies.

I have been coaching gymnastics for about 15 years. I started out as a recreational coach for Perpetual Motion, then began coaching the pre team for several years. Later on, I became the assistant coach for the Stillwater high school team and then 2 years ago was offered the head coach position for the East Ridge High School Gymnastics Team. At that time, I was also given the opportunity to start up the community education program at East Ridge. I happily took the position and was so proud to be someone that could help grow the sport of gymnastics in our community. I love coaching more than I ever thought I would. It is truly the most rewarding career I could have ever imagined for myself. It gives me the opportunity to help kids and young adults learn the meaning of working hard in order to accomplish your goals. Gymnastics teaches them to be brave and passionate about something they love. They also learn to be kind, respectful, and supportive towards their coaches and teammates. Most importantly as a coach I make sure that every day when my gymnasts walk out of the gym, they had fun and they feel proud of themselves!