



CARLEEN CAVANAGH

Carleen has been involved in the sport of Gymnastics in Nova Scotia since approximately 1980, when she competed on the Dalhousie women's Gymnastics team in the AUAA. She then started coaching at Tumblebugs, completed her Bachelor in Recreational Management in 1981, and coached at Tumblebugs until 1982.

In 1983, she started with the former Maritime Academy of Gymnastics (MAG) with Keiji Yamanaka. Carleen worked as the Head Coach of the Recreational program alongside Keiji, who was running the competitive program. She stayed in this role until the amalgamation of Tumblebugs and Maritime Academy of Gymnastics when they formed ALTA in 1991. Carleen stayed in her Role as Recreational Coordinator/Head Coach at ALTA until she recently moved to a part time position in the club starting in 2023.

Carleen's primary area of contribution to Gymnastics Nova Scotia has been her tireless coaching in the trenches of recreational gymnastics. Carleen's caring and individualist approach to every family and athlete who walks into ALTA's recreational program has fostered the initial love and joy gymnastics has brought to countless athletes and families. She has been the beginning of so many athlete's gymnastics careers and many of those athletes have seen themselves reach the highest level of the sport. Without her care and commitment to the young people she coaches day in and day out, so many athletes and families would not have found the joy in this sport and gone on to do the things that we all praise so much. The amount of family's

lives and eventually coach's lives that Carleen has touched in her career has inspired the love of sport and gymnastics far beyond what almost any other coach has done.

Carleen must also be recognized for the immense amount of involvement, time, and personal education she has undertaken to learn how to work in administration and financially operate a club; something that was not part of coach education and still is not. She has been instrumental in keeping ALTA as a functioning and successful non-profit entity since its creation. Without folks who are willing to step up and do the quiet, behind the scenes work without the glory, clubs like this and countless others across the province would not still be here.

Carleen has been the first face that many athletes and coaches saw when they first walked into the gym club doors, and many are still involved in gymnastics in this province to this day. We have family generations walking through ALTA's doors who have chosen to return because of Carleen.

Carleen has been extremely instrumental in so many gymnastics' careers while sitting quietly behind the scenes and she has been an invaluable mentor to countless other coaches. She has done all the jobs that nobody else wanted to do and always has the time for every recreational athlete who has had the pleasure of being coached by her.

Carleen is like the backbone of gymnastics in Nova Scotia, and we feel extremely fortunate to have individuals like her in our sport.