

# Former USA National Champion Michael Ashe to Develop Boy's Program at Head Over Heels Athletic Arts

Emeryville, CA

Head Over Heels Athletic Arts (HOH) welcomes the vice president of the Northern California Gymnastics Judges Association and regional technical director of the National Gymnastics Judges Association Michael Ashe to its coaching staff. Michael, whom also serves as the state technical director of the Northern California Boys Gymnastics Association, is the new head coach for HOH's competitive gymnastics boys' team.



During his competitive career Michael's accomplishments include:

- Won 2<sup>nd</sup> place All Around and 1st place on pommel horse at the 1997 Northwest Open in Liverpool, Great Britain
- The top-ranked Junior National Team member under 18 at the USA Championships
- Member of the 1<sup>st</sup> place team at the 1999 Pontiac International Team Championships (US vs. China vs. Romania)
- Member of the Senior Pan American Games team that won the silver medal at the 1999 games in Winnipeg, Canada
- Won 2<sup>nd</sup> All Around at the 1999 Junior Olympic National Championships and won 1<sup>st</sup> place in pommel horse and high bar
- Won All Around in the 1999 USA Championships in the 16 to 18 year old division
- High bar National Champion in 2000 and 2001

Michael was on the road to Olympic trials in 2000 when an illness took him out of training.

In 2003 Michael began coaching and he is currently a member of the junior and senior national teams coaching staff. To date, ten of his athletes have gone on to collegiate gymnastics, many awarded scholarships. Many more of Michael's athletes have gone on to receive scholarships in other competitive sports including diving, track, snowboarding, and dancing. Michael was honored in 2006 as the NorCal Coach of the Year.

"We are excited to start our boy's competitive gymnastics team with such an incredible coach," stated Katreece Stone, HOH's executive director. "I am confident that our boys' team will enjoy the same success that our girls' team has in recent years."

About the company:

Head Over Heels Athletic Arts has been providing a positive athletic experience for children of the San Francisco Bay Area for over 35 years. Its 22,000+ square-foot main facility and 7,000 sq. ft. preschool facility in Emeryville, Calif. makes them one of the largest non-profit athletic arts facilities in California. Head Over Heels Athletic Arts instills a lifelong love of being physically active through various gymnastics classes, including recreational gymnastics, gymnastics for special needs children, and competitive gymnastics as well as dance. Head Over Heels has been offering kids gymnastics programs to keep youngsters physically active since 1977.