



## Heather Carr

### PARTNER AND DEPARTMENT LEADER, RECREATIONAL TNT

Heather has been a vital part of Tumblebees/Ultimate Kids since 2003. She has taught everything from preschool gymnastics, to competitive gymnastics, and elite level tumbling and trampoline. As a former competitive gymnast, she understands the physical, emotional, and social developmental benefits of the sport.

Heather holds a Bachelors degree in Communications from UNC-G. Her certifications include USAG professional member, USAG safety certification, CPR, first aid, and personal training and group fitness instruction. Heather continues to grow in her education of the sport by consistently attending state, regional, and national level clinics and congresses. She has also attended multiple Elite and Elite Developmental camps for Tumbling and Trampoline at the US Olympic Training Center.

All of this has allowed her to expand the reach of her instructional abilities at Ultimate Kids and lead to the production of many successes including several state, regional, and national champions in Tumbling and Trampoline, multiple athletes named to US National teams, and being voted as NC Tumbling and Trampoline Coach of the Year three times.

Heather is happily married with three children, one of which, is a current member of the Senior Ultimate Dance Team at Ultimate Kids. She believes in Walt Disney's motto "It's kind of fun to do the "impossible" and continually strives to teach that to her own children, her athletes and to her staff.

