

Katie Dallman
Valor Team Coach



Katie Dallman (Valor Team Coach): Katie grew up in Portsmouth, NH and started gymnastics when she was 4 years old. She quickly learned the sport and went into competitive gymnastics with the YMCA under USAG where she won multiple state titles. From there she went onto Regionals, and into Nationals where she placed in the top 10 for 3 years. Katie was a level 10 gymnast when she stopped due to a shoulder injury. After graduating high school, she went into the Navy at 19 years old for six years. She is a combat Veteran who served in Afghanistan. She has three daughters: Jayden, Bailey, and Remi. Katie started coaching Gymnastics in 2019, and since then, has dedicated herself to the competitive team in this small town. "Witnessing the girls reaching their goals, performing well, and watching their confidence grow is what makes it worth every day that I spend in the gym." She spends a

lot of time outdoors; camping, hunting and fishing.

Pets: 3 Dogs, 4 Cats

Favorite Food: Apples with peanut butter