

Emily Young  
Gymnastics Coach



**Coach Emily** has been teaching gymnastics for 29 years. Her favorite event is Balance Beam. A mother of three, she also teaches kindergarten and music at Veritas Academy. Emily has 35 years of piano experience and 27 years of guitar experience. Coach Emily's daughter, Annabelle is on the Valor Team.

Favorite Song: "La Compenella" by Liszt

Favorite Food: Anything Spicy