

Groundwork Athletics

Nicole Fitch – BA CSCS

Strength and Conditioning Specialist

Nicole grew up on the North Shore and received her degree from SFU. She recently wrote and passed the Certified Strength and Conditioning Specialist (CSCS) exam and is a certified yoga teacher. Nicole's background is in gymnastics which she started training at the age of seven! She spent seven subsequent years training competitively over on the North Shore—representing British Columbia and Canada in competitions all around the west coast of North America—from Kamloops to Hawaii.

ACCOMPLISHMENTS

- * Competed in five BC Gymnastics Championships
- * NCCA Level 2 Gymnastics Coach; NCCA Level 1 Trampoline
- * Five years as volunteer coach for high school gymnastics team
- * Choreographer for Dynamos Gymnastics Club 2005–2006
- * Graduated SFU Bachelor of Arts
- * Qualified Open Water Scuba Diver 2006
- * Completed 200 hours (4 week) intensive yoga teacher training in an ashram in Rishikesh, India
- * First Place Gymnastics Team at the BC Winter Games 1995