



# SARAH CARLOS



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## Hometown

San Clemente, CA

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## Expertise

Gymnastics and Cheer

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## ABOUT SARAH

Sarah Carlos has always been extremely passionate about gymnastics and tumbling; her parents love to joke that she was born doing gymnastics. At a young age, she would travel with her teams for competitions, with floor being her strongest event. It was difficult for Sarah to maintain her gymnastics skills and join new teams due to constantly moving across country and attending ten schools growing up, but she loved practicing at parks, during recess at school, or wherever there was grass. After several years of competitive gymnastics, Sarah turned her focus to power tumbling. She then discovered the world of competitive cheerleading as a flyer/tumbler. Sarah traveled for team competitions and as a flyer for cheerleading coed stunts. While exiting the competitive gymnastics and cheer world, she coached gymnastics for two years from mommy and me classes to advanced classes. Sarah is very excited to be a coach with American Spirit Athletics and her goal is to inspire all her students in a positive and safe environment.

Outside of athletics, Sarah loves family time with her husband and two kids, drills with the Community Emergency Response Team, police, fire and EMS ride-alongs, running, and yoga.