

“This week I stood on a stage next to Robin Pingeton (Mizzou Women’s Basketball) and Wendy Spratt (Columbia College Softball) as a finalist for the Women’s Intersport Network ‘Coach of the Year’. As I said to one of the fabulous Bruin Girl parents in attendance at the event, I am not usually the one on the stage.... I am typically the one screaming in front of it. It was an individual honor but truthfully, I was only there because of the many teams that I am a part of. I am grateful for the opportunity to reflect and wanted to share a few words with you, my social media family, because in some way or another I have been on a team with you as well. For me, life is a series of teams and coaches, students and teachers - everyone taking a different role throughout the days/years. I am beyond blessed to have grown up in a fabulous community full of supportive friends, professors, peers, and colleagues as well as a close family of brothers, sisters-in-law, nieces, nephews, and parents that push me to my limits and beyond. It is a process that I have become familiar with and learned to embrace. Set the goal, work like hell to get there, stumble, fail, get back up, find a new way, repeat, annihilate the goal, set bigger goals, repeat. Without my inner circle – my husband, mother and children most importantly – there is no way that I am able to function. Teaching architectural studies at Mizzou and coaching at Rock Bridge and living close to family/friends in CoMO is an incredible dream-turned-reality for me and I am forever grateful. As for the Bruin Girls - this legacy of 100 girls I have coached over 10 years (I went back and counted) at Rock Bridge High School – who inspire me and make me a better coach/person every day... we continue the journey of previous years to become and remain one of the top high school dance programs in the country. These girls are beyond talented and have been fortunate to grow up in supportive communities and homes as I have. Watch the video here, put together by one of our own, and enjoy the talent, dedication, athleticism, and grace that it takes to be a part of this amazing team! We have some big events coming up in the next 3 weeks and could use all of your support. Mostly, I just want to say THANK YOU to all of the dancers, coaches, choreographers, administrators, and parents at Rock Bridge that have allowed me in their lives. I am so proud to be a Columbia native and beyond blessed to be your coach!! [#gobruins](#)”