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THE PASSING OF THE SPRINGBOARD

Big shifts in YMCA Gymnastics

“I have been very fortunate to work with the nicest and most supportive coaches, parents and gymnasts that a coach could ever ask for.”

This year will be the 30th and final season as Miss Sheila Langlois’s position as Head Team Coach for the YMCA Girls Gliders Gymnastics Team. She has already stepped down as the gymnastics coordinator for the YMCA and Brigitte Schmidt, her daughter, has taken on that roll.

“In 1987 I began as a Tiny Tumbler instructor and soon a team coach and then Head coach (by default). I worked very hard to learn what I needed to know to be a good coach and devoted many hours, days, weeks, years to get to this level. I couldn’t have possibly lasted this long without my best friend Kelly Badker, who taught me so much and has always been there to share our achievements and frustrations. Also Tara Poquette, she was first my gymnast since she was in 3rd grade and then an instructor, coach and then friend. They are truly more family than co-workers.” Sheila said. “Thank you so much for making my job that much easier and enjoyable!”

“Kelly Badker will be taking on the Head Coaching position of the Gliders after this year’s state meet. Kelly is more than qualified for the position but also has a full time job. She will need all the support and help of all of our coaching staff and team parents. I’m sure that she will. Thank you all for a lifetime of fond memories and friendships, I will continue on as a coach or instructor as needed, I will just not be the person in charge as of March 12, 2017.”

This season Brigitte Schmidt, Sheila’s daughter. Has become the Gymnastics Coordinator for the YMCA, she will be in charge of the “classes aspect” of our program. Starting in September she has been your “go to” person for classes.

“I am very lucky to have a daughter who enjoys the sport as much as I do. Brigitte has grown up in the Y as a gymnast, dancer, and swimmer. She has been teaching gymnastics since she was 15. She has taught swimming and is currently a yoga instructor. I hope that everyone will welcome and support her in her new position.” Sheila said.

Congratulations Coach Sheila!

