



Keenan started coaching gymnastics at 15 years of age. In 2017, he began his Competitive Coaching Career at OGC. At that time, his personal competitive gymnastic's career had ended and Keenan stepped into full time position as a Competitive Coach.

Keenan began coaching several Developmental Groups and also assisted with coaching a few Senior Level Athletes. He was able to create a productive Physical Preparation Program that saw his Developmental Group Athletes become very strong. Keenan's program also helped the Senior Athletes increase their difficulty values on Floor, Vault, and Still Rings.

Keenan has been at OGC since 2017 and has the following qualifications:

MAG: NCCP LEVEL 2

**WAG: COMPETITION INTRODUCTION
TRAINED**

NCCP LEVEL 2 TRAMPOLINE

COACH KEENAN,

OAKVILLE GYMNASTICS CLUB

