



CHRIS YOUNG

Chris is a North Carolina native who began his gymnastics training at age 9 at Salem Gymnastics in Winston-Salem. A talented multi-sport athlete, he enjoyed a successful junior gymnastics career, winning back-to-back National Vault titles in 1991 and 1992.

After high school, Chris attended the University of Minnesota for a year before returning home to continue coaching and pursue his Olympic dreams. He trained at the U.S. Olympic Training Center in Colorado Springs and earned a spot on the U.S. Men's National Team in 1998, where he remained for two years. In 1999, he competed at the Pan American Games, helping the team earn a silver medal, and at the 1999 World Championships, where the team's sixth-place finish qualified the U.S. for the 2000 Olympic Games. Chris competed in the 2000 Olympic Trials just months after recovering from an injury. Although he did not earn a spot on the Olympic team, he soon shifted his focus to coaching.

Since then, Chris has owned and led two successful boys' gymnastics programs, producing numerous state, regional, and national champions. He has received the NC Men's Optional Coach of the Year 3 times in a row. Known for his coaching expertise and emphasis on character development, he has been vital to helping numerous gymnasts earn college scholarships and compete for NCAA programs, including West Point, Naval Academy, and Air Force Academy.

TREY BROWN

Coach Trey enjoyed the challenges of competing for 11 years. His foundation is rooted in gaining his Eagle Scout rank young and maintaining a solid scholastic career. He finished his senior year with a Letter as a Level 10 at Flip Force Gymnastics, graduating with the Academic All-American Award. He attended UNCG with a major in Psychology with plans to graduate in Child Psychology.

He has 18 years of coaching many varied disciplines of tumbling and gymnastics. While originally at Flip Force he led 2.5 years as Recreational Program Director, cheer group coordinator, and open gym organizer. He then led 3 years at Ultimate Kids as Boys Rec Gymnastics & Special Programs Director, Double Mini/Trampoline Competitive Power Tumbling Coach, and Assistant Acro & Dance Coach. At Salem Gymnastics he coached 1 year with the competitive women's excel, compulsory and optional gymnastics teams. For the last 4 years he has worked diligently with the men's compulsory and optional teams.

Across both women's and men's programs he has maintained state, regional, and national qualifiers. Just this year Coach Trey received the 2025-2026 Compulsory Coach of the Year by vote of his peers in the NC Men's coaching community. Trey has seen his athletes grow to attain gymnastics, cheer, diving, and acro scholarships and hopes to continue helping kids achieve their dreams.



JACOB VANESKE

With a lifetime in gymnastics and extensive coaching experience, Jacob brings a high-level, results-driven approach to athlete development in both gymnastics and cheer.

Beginning gymnastics at a young age, Jacob progressed through the highest levels of the sport, competing through Level 10 before continuing into collegiate athletics. This background established a strong technical foundation and a deep understanding of proper progression, discipline, and performance under pressure. Throughout his competitive career, Jacob earned recognition as a **multiple North Carolina State Champion and Regional Champion**, demonstrating excellence at both the state and regional levels. He received scholarship offers to continue his gymnastics career at the collegiate level, but ultimately chose to attend North Carolina State University, accepting an opportunity to compete in collegiate cheer.

Jacob attended North Carolina State University, where he was a member of the competitive cheer team from 2016–2020. During the 2018 season, the team achieved a remarkable accomplishment by winning both the **NCA Small Coed National Championship** and the **NCA Game Day National Championship**, competing against top programs in the country.

With 15 years of gymnastics coaching experience and 10 years of cheer coaching experience, Jacob has worked with athletes across all levels.

Jacob's coaching philosophy focuses on developing athletes the right way—prioritizing proper technique, injury prevention, and long-term growth. This structured approach consistently produces results for athletes to reach their highest potential, both in and outside of the gym.

VANESSA BANKS

Vanessa graduated in 2000 from Purdue University in West Lafayette, IN with a bachelors degree in Management. Following graduation she worked at Procter & Gamble for three years in Information Technology.

She left the corporate world to focus on raising her 5 children, 4 of whom were competitive team gymnasts over a span of 14 years. During that time she served as Treasurer of the Flip Force Booster Club, Coordinator for the 2018 GGI, Treasurer of the Salem Gymnastics Booster Club, Coordinator for the Winston-Salem Gymnastics Classic, and Salem Boys Team Administrator. For the past 5 years, she has served as Coordinator for the NC Men's State Championships.

After her children retired from gymnastics, she helped start the GymACT team, NC Airmen, and is currently Treasurer of the Board and Director of Team Relations. She also runs a business as a travel advisor, specializing in cruising.