

ACCOMPLISHMENTS

DEBI WALK

OWNER

Head Coach

Debi Walk began her coaching career in 1972 and has qualified gymnasts at the National and International level. Debi, along with her mother, brother and husband have owned and operated three Karon's Gymnastics facilities in the Northern Virginia in Burke, Fairfax and Manassas. Debi along with the coaching staff have over 40 State titles at all levels and over 80 individual all-around champions as well as numerous college scholarships. Debi coaches all aspects of gymnastics, but especially loves to coach beam.

Debi is proud of all the girls she has coached over the years including the Elite gymnast, Marie Robbins from 1981-1984. Marie was the first girl to compete a double back on floor in Virginia on a non spring floor. Marie also received a full scholarship to University of Alabama.

Among her many accomplishments, they have qualified girls to:

- USA Championships 12 times (resulting in national team members)
- Classic and Challenge national championship 22 times. (qualifier for USA's)
- Level 10 championship 20 times to resulting in level 10 national team members
- High National TOPs testing results

Former gymnasts include:

- Senior national team member, Elizabeth Reid
- Jr. international team members Kristin Duff (rank 3 rd in nation), Laura French and Jennifer Orlando
- National level elite team members, Sybil Stevenson and Katie Jennings
- Level 10 national champions, Suzanne Poretz, Kristin Regans and Alexis Norman (who also did a national commercial for 1996 Olympics)
- USAIGC senior national champion, Aimee Hobbie

Team and event placements include:

- Olympic Festival- Gold Medal Vault Kristin Duff
- Olympic Festival- Silver Medal Bars Kristin Duff
- Olympic Festival - Gold Medal Team Kristin Duff, Laura French
- World Sports Fair Japan - 3rd place Beam Kristine Duff
- Pacific Alliance Meet - Gold Medal team Katie Jennings and Sybil Stevenson.
- Cambridge Open, England top 8
- Trophee Massillia, Marseille, France- 2nd place team

Her accomplishments are a testimony to her training program and coaching staff which is dedicated to core strength, shaping, conditioning and a disciplined approach to practice. The mainstay of our program is our oriented goals, which emphasize professionalism and respect in every aspect of dealing with the parents and gymnast.