

Shawnee



Athletics



Spotlight On:

**Shawnee
Girls Gymnastics**

**Coach
Mike Maira**

Shawnee Athletics is **proud** to spotlight:

Varsity Gymnastics Coach Michael Maira

Coach Maira Trivia:

High School Attended:	Seneca High School
Favorite High School Subject:	Physics class with Rich Watson
First year Coaching Shawnee:	Fall 2019
Favorite TV Show/Series/Special:	Stargate SG-1
Favorite Food, Dessert or Snack:	Eggplant Rollatini
What you'll find on this coach's radio:	102.9 WMGK
Proud memory:	My favorite memories as an athlete was when I jumped a personal best in college and my teammates dog-piled on me on the pole vault put. I cried large, manly, tears. As a coach it would have to be when my athletes finally nail a skill that they have been working on. This year, it was Diana DeMarco hitting her Pike-Tsuk perfectly on vault at our Olympic Conference meet.

If Coach Maira could look back to when he was a high school student, one piece of advice that he would give to his younger self:

“Do yoga at least three times a week. Stretching is the best way to prevent injuries and strengthen smaller stabilizing muscles that are typically neglected.”