

**Lindsey Larsen- Kelsey** began her training as a gymnast at a young age, which brought her numerous awards and state titles and also taught her hard work, determination, and teamwork. While attending Elmira College, she fell in love with cheerleading, where she put her gymnastics skills to good use to achieve a Division III NCA National Title and two top 5 finishes. Lindsey graduated with a Bachelor's degree in Business Administration and Marketing and moved back to the area in 2010. She has coached teams as well as individual gymnasts since then across the Blackstone and Milford areas. Lindsey shares her love of cheerleading through her work with NCA summer camps, judging local and national cheerleading competitions, and volunteer coaching local Pop Warner and AYC teams. She has been teaching gymnastics/acrobatics/cheerleading for over 10 years, 3 of which have been with the Express family. Lindsey is serious about her craft and ensures that every gymnast and cheerleader she interacts with is safe, motivated, and dedicated to improving their skills as an individual and team member. Outside of the gym, Lindsey works at EMC and resides in Shrewsbury and manages a house full of boys - husband Drew, son Maxwell, and dog Dillon.