

Biography

Carsyn Jai Coleman was born on April 22, 2008, to Cynara and Justin Coleman.

Carsyn got her start in gymnastics at 18 months of age, but could never sit still. At the age of four, Carsyn was enrolled in a recreational class and a few months later taught herself a back handspring. A year later, Carsyn was invited to be a part of her gym's developmental team. In 2015 as a six year old, Carsyn began competing Xcel Bronze with VIBE Gymnastics. At her first meet, Carsyn won four gold medals including one in the all around with a huge 38.275. Carsyn had a great first season, placing second all around at the SoCal State Championships, and winning five gold medals at the Region 1 Championships.

Following the 2015 season, Carsyn switched into the JO program and competed level 4 during the 2016 season. Carsyn had a great season as a level 4 including a first place all around finish at the San Diego Classic. Carsyn concluded her level 4 season at the SCEGA California Classic where she won a silver medal on floor.

Coming off of a successful level 4 season, Carsyn skipped level 5 and went on to compete level 6 during the 2017 season. Starting off her 2017 season at the Palm Springs Gymnastics Cup, Carsyn took home the floor title and placed second on beam. Carsyn continued to improve throughout the season, increasing her all around score at each meet. At the SoCal Level 6 Championships, Carsyn had a fantastic meet, taking home the beam and floor titles with scores of 9.850 and 9.90, respectively, and winning the silver in the all around with a huge 38.775. Carsyn went undefeated on floor throughout the season.

Carsyn skipped level 7 and began her 2018 Level 8 Season at the Lady Luck Invitational where she won the bars, beam, and all around titles. During the regular season, Carsyn placed in the top 3 in the all around at each meet she competed all around in. At the SoCal State Championships, Carsyn placed first on beam and floor and took home the bronze in the all around. Carsyn went on to compete at the Region 1 Championships where she placed second on vault and floor. Following regionals, Carsyn began training at Precision Gymnastics. At the end of May, Carsyn went to the Auburn Elite Qualifier where she earned her Hopes compulsory score. One month later, Carsyn competed at the Brestyan's Elite Qualifier and achieved her Hopes optional score, qualifying to the 2018 Hopes Classic.

Currently, Carsyn trains 25 hours per week under coaches Jill and Trent Spaulding at Precision Gymnastics. In the future, Carsyn hopes to qualify elite and earn a spot on the US National Team.