

NASEERUDDIN-NATALIE AWARD NOMINATION



NAME: **JEFFREY BITTNER**

SCHOOL: **Arizona State University**

MAJOR and GPA: **3.52- BS Kinesiology**
Graduating May, 2021

Researching the psychological and physiological effects
of exercise and physical activity on populations.



NASEERUDDIN-NATALIE AWARD

NOMINATION



FROM COACH:

The consummate athlete that has lived out the “Never, Never Give Up” on your dream attitude. Struggling with an injury and set-back every year of his college career that has given him every excuse to throw in the towel, it looks like his 5th and final year, he will actually get to compete for the 1st time this year in the Collegiate Championships for his team! A great team leader through his consistent super fun-loving attitude, hard work ethic and encouraging support to his teammates, Jeffrey is THE guy you want on your team. And I am proud he is on this team.

Outside the gym, Jeffrey walks the talk as he reaches out to kids and families alike every day of the week through his work and volunteerism in all his “spare time”. He works as the Head boys coach for Xtreme Gymnastics, counsels individuals on how they can become fit through gymnastics training and is a Sunday School teacher in his church. He also volunteers helping families research their ancestry and family history. And all this while training on the team 4 hrs every day, weekly team fundraising events and maintaining a 3.5+ GPA in Kinesiology.

JEFFREY’s STORY:

While I have not experienced any “major” tragedies in my life, I have experienced much adversity in my gymnastics career. Looking back, it seems like I got injured just before, or in the middle of, almost every single competitive season of my 19-year career. One of the biggest challenges I faced was a broken vertebra when I was 16. Since then, it has been an issue that I constantly have to monitor inside and outside of the gym. During my collegiate career I have also faced several injuries. During my Freshman year I was coming back to gymnastics after an almost three-year break and was not quite ready, or healthy enough, to compete. One week before my Sophomore season, a piece of equipment fell on my leg crushing my foot and ankle.

As a result, I got to sit on the sidelines and watch my teammates compete. Similarly, during my Junior season I broke my wrist which, once again, forced me to sit out and watch my teammates go through the season without me. Finally, during my senior season I was able to compete a few times before the season was cut short due to COVID. Luckily, I am able to be on the team for another year to push towards my goal of helping my team win a National Championship.

LEADERSHIP BIO

- o Currently a member of the ASU team’s Core Leadership Group.
- o During his time on the team, Jeffrey also volunteered as a Sunday School teacher at his church being responsible for preparing and leading a discussion every other Sunday over the course of two years.
- o Additionally, he also volunteered as a Family History consultant where he helped people to research their ancestors at least one time per week over the course of a year.

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o While serving in Colombia as a missionary of the Church of Jesus Christ of Latter-Day Saints (LDS), Jeffrey trained three different elders who were new to the mission field. While also a District Leader where he oversaw the work of 21 different companionships over a period of eight and a half months.

o Since 2016 Jeffrey has worked for GymnasticBodies helping people around the world to use gymnastic-style strength training in order to better their quality of life. Over the years I have had the opportunity to work with physicians, physical therapists, strength coaches, fitness enthusiasts, and even Olympic gold medalists. Through these experiences I have had the opportunity to introduce people to, and educate them about the world of collegiate gymnastics.

o Been coaching both boys and girls JO competitive gymnastics for the last 6 years and is currently the Head boys coach at Xtreme Gymnastics in Scottsdale,

o Has coached at multiple gymnastics clinics and camps allowing him to work with hundreds of young athletes sharing his experiences and knowledge with them.

NOMINATING COACH

Scott Barclay- Head Coach
Arizona State University