



About West Valley Gymnastics

Recognized by USA Gymnastics as a National Team Training Center and home of two-time Olympian Amy Chow, West Valley Gymnastics has been a leader in gymnastics education in the Bay Area for over a quarter century. We are a world renowned gymnastics school that has nurtured and produced many successful athletes.

In addition to Amy, our Olympian, West Valley Gymnastics has produced many athletes who have earned sought-after college scholarships to schools such as Stanford, Berkeley, Yale, Cornell, Michigan, Nebraska, and San Jose State.

Few sports do more for the total development of a child than gymnastics. These athletes have mastered a physically demanding schedule of practice as well as the intense psychological demands of competition.

West Valley Spirit of the Flame Challenge

Since the inception of this prestigious competition in 2004, some of the most prominent gymnastic teams from around the country and the world have attended. We are expecting a great turnout for this year's meet to be held on February 24-26 at the San Jose Convention Center.

Proceeds from past events have provided crucial funding to allow West Valley athletes to compete on the local, national, and international stage, representing the San Jose area. In addition to the considerable costs involved in training and equipping a gymnast, there are also the extensive costs of travel to these competitions. Our competitive schedule has included travel to Arizona, Ohio, Southern California, and Bela Karolyi's Olympic Training Center in Texas.

Sponsors and Contributors help these talented and determined young gymnasts achieve their dreams.

West Valley Gymnastics Booster Club is a non-profit organization.

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