

Whitney has been doing CrossFit since 2016 and after years of wanting to coach, her sweet husband encouraged her to get her Level 1 in 2022. Her favorite movement in CrossFit is pretty controversial, the thruster and her least favorite movement is the snatch balance. Whitney is a mom of 4 wonderful kids that keep her on her toes, and she works part time as a traveling vampire, (meaning phlebotomist ) and is able to be home with her kids during the day. When she's not CrossFit'ing she loves to read, rock climb, and go canyoneering. She absolutely loves CrossFit and loves coaching. She continues to enjoy CrossFit daily because the community has become like family and her support system. She has gained life long friendships as well as life long habits that improve her life daily through CrossFit and she loves sharing that with others.