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**She Builds Champions: Murdina Misson Named Eastern PA
YMCA Coach of the Year**

Phoenixville, PA — Wednesday, 4/9/25 — The Phoenixville YMCA is thrilled to announce that longtime gymnastics coach Murdina Misson has been named the Eastern PA YMCA Coach of the Year—a prestigious honor recognizing her nearly three decades of leadership, mentorship, and passion.

For nearly 30 years, Murdina Misson has been the heart of the Phoenixville Y's gymnastics program. A former competitive gymnast with Mannettes, Murdina began working with youth as a teen camp counselor at the Audubon YMCA. In college, she studied Elementary Education and ran a preschool gymnastics program—an experience that sparked her passion for coaching. She soon joined the YMCA as a Gymnastics Coordinator and has been a cornerstone of the program ever since. Her influence reaches far beyond the mat: she's built a program rooted in support, sisterhood, and generational growth, with many of her former gymnasts now coaching by her side.

Gymnasts from across Pennsylvania were invited to nominate coaches for this award by sharing how their coach has positively shaped their gymnastics journey—and their lives. Murdina's name rose to the top, thanks to an outpouring of heartfelt nominations from current and former athletes who described her as not only a coach, but a mentor and life guide.

Sarah Harmdierks: "She has built a program and an environment that builds confidence, skill, and sportsmanship. To know what a great job Murdina has done, all you have to do is attend a practice and see how genuinely excited and supported each gymnast is every day... She is building more than just gymnasts. She is building kind, compassionate, strong, and confident young women."

Claire Emplit: "The girls surround one another and support each other through success and adversity."

Rebecca Martz: "Murdina has been such a mentor to me and I wouldn't be who I am without the support she has given me throughout my 11 years on the team."

Alexa Irons: "...the most committed and influential coach I've ever had..."

And the results speak for themselves.

Just this past weekend, the Phoenixville Y Gymnastics Team dominated at the State Championships, taking home **three All-Around State Titles at the highest competitive levels**. Under Murdina's leadership, the team continues to soar—and her athletes continue to shine.

"I've had the privilege of working with Murdina for over 25 years, and she is truly one of the most dedicated and inspiring coaches I've known," says Darlene Malone, Director of Gymnastics for the Greater Philadelphia YMCA. "Her ability to connect with gymnasts and motivate them with positivity and patience is remarkable. What's even more impressive is how many of her former athletes have followed in her footsteps and are now coaching with her at Phoenixville Y. She's made a lasting impact on generations of gymnasts, and this recognition is so well deserved."

Whether you're watching from the bleachers or witnessing a quiet moment of encouragement between routines, one thing is clear: Murdina Misson isn't just coaching gymnastics—she's shaping confident, empowered young women who carry her lessons far beyond the gym.

About the Greater Philadelphia YMCA

The Y is one of the nation's leading nonprofits, strengthening communities through youth development, healthy living and social responsibility. Throughout the Delaware Valley, the Greater Philadelphia YMCA serves more than 150,000 individuals each year – regardless of age, income or background – across 15 branches located in Berks, Chester, Delaware, Montgomery, Philadelphia, Pike, Burlington and Camden counties. Coupled with dozens of childcare sites, and one overnight camp in the Poconos, the Y has extraordinary reach in connecting people to healthier lives. For more information, please call 215-963- 3700 or visit philaymca.org.