

MEAGAN MURDAN



Meagan Murden brings a lifelong passion for gymnastics, performance, and youth development to **American Spirit Athletics**. With more than half of her life dedicated to the sport, she has built a strong foundation as both an athlete and coach, guided by a genuine love for helping young athletes grow in skill, confidence, and character.

Before joining ASA, Meagan gained extensive experience coaching recreational and competitive gymnastics programs, leading athletes of varying ages and levels while also helping manage class operations, scheduling, and team development. She has also been trained to evaluate and judge technical skills, giving her a strong eye for progression, execution, and safe skill development. Her background reflects a rare combination of technical knowledge, leadership, and organization—paired with a calm, encouraging presence that helps children feel both challenged and supported.

Meagan’s talents extend well beyond the gym. With experience in dance, martial arts, musical theatre, and live performance, she brings creativity, stage presence, and energy into every class she teaches. Most recently, she was part of the entertainment department at **Walt Disney World**, where she performed as a character and parade performer—an experience that deepened her understanding of professionalism, teamwork, and creating memorable moments for families.

Now returning to her roots in coaching as a military spouse, Coach Meagan is excited to once again invest in the next generation of athletes.

At ASA, Coach Meagan is committed to “creating a **positive** and **supportive** environment where children can **thrive**, build **confidence**, and achieve their full potential while practicing **safety** and still having **fun**. She believes a strong coach must be able to lead, manage, use critical thinking skills, communication skills, and be a team player.”

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