

Dear Illinois Coaches, Owners, and other Professional Members,

My name is Mike Regula, and I am running for XCEL Gold, Platinum, and Diamond State Chair. I am excited to help the sport grow within the state of Illinois through service to you.

Some of you may recall my efforts during the COVID-19 Era when I spearheaded the state campaign to reopen our gyms amidst an unprecedented shutdown of Illinois businesses. I am committed to providing you all the same dedication and service to help grow your programs in any way I can. For your reference, I founded my gym in 2013 with 25 recreational students and 4 team members. Today, we boast a mostly XCEL team of 130 kids and over 1,000 recreational students, tripling our square footage in that time. Together, we can expand participation in gymnastics and reignite the love for the sport we all share.

I am committed to being a valuable resource for all of you. I would love to give back to the sport and state that have given me my livelihood. If you have any questions, please do not hesitate to email, call, or text. I would be more than happy to assist in any way I can.

Thank You,

Michael Regula, Owner & Head Coach
All Around Gymnastics
708 / 258 - 5822
708 / 466 - 6268 (cell)
coachmike@allaroundgymnast.com

Michael Regula

Melrose Park, IL 60164 | coachmike@allaroundgymnast.com | 708 / 466 – 6268

Experience

PRESIDENT & HEAD COACH • ALL AROUND GYMNASTICS • 2013 – PRESENT

- Responsible for all business operations for 30 employees and over 900 customers
- Train and develop nationally competitive athletes
- Expertise in working with anxious and fearful athletes

PARAMEDIC • PUBLIC SAFETY SERVICES, INC. • 2007-2014

- Respond to emergency calls in the Village of Rosemont, Illinois

Education

PARAMEDIC (EMT-P) CERTIFICATE • 2006 • COLLEGE OF DUPAGE • GLEN ELLYN, IL

Relevant Coursework

- Anatomy & Physiology
- Pharmacology
- De-escalation Training

B.S. IN PSYCHOLOGY • DECEMBER 2023 • LIBERTY UNIVERSITY • LYNCHBURG, VA

Full-Time Student • GPA 4.0

Relevant Coursework

- Statistics for the Social Sciences, Statistics in Psychology, Introduction to Research Methods, Psychological Measurement, Social Psychology, Multicultural Counseling and Research Issues, Psychology of Personality

DOCTOR OF PSYCHOLOGY IN CLINICAL PSYCHOLOGY • ANTICIPATED SPRING 2028 • WHEATON COLLEGE

Skills

COMPUTER SKILLS

- Microsoft Office
- SPSS
- ADOBE – PDF
- QuickBooks / Payroll Processing

ADDITIONAL SKILLS / ABILITIES

- Engaging participation and cooperation with disinterested parties
- Learning and reading quickly and proficiently
- Ability to communicate across generations
- Work well with people during times of extreme stress

Leadership

- Spoke in conferences nationwide to assist other businesses engage in political dialogues following the COVID-19 shutdowns, to implement sport-specific protocols for safe operation in new and challenging circumstances
- Work with other coaches and business owners to foster a more communal approach to the gymnastics industry
- Worked with state legislators on youth sports legislation.