

Natalie, an Eastern NC native, returns to the area having spent the last 3 years in Beaufort, SC and Hawaii before that. She grew up on a farm and was raised on dirt, salt water and sports. Recruited for volleyball, Natalie chose a smaller college closer to home to be with loved ones; she transferred to East Carolina University where she got her BS from the school of health and human performance. Natalie has taken numerous roles in the Health and Wellness industry for over 14 years loving every minute of it. From overseeing Adaptive Sports programs, to training Active Duty Military, her love of kinesiology and the need to make people feel better about themselves has been the perfect fit for her career. Other significant roles she has include assistant coaching high school softball as well as recreational volleyball leagues. Besides coaching, Natalie actively participates in golf, volleyball, softball and various types of endurance races such as sprint triathlons, obstacle races, open water swims and classic running races.

