

OUR PROGRAM

Transformation. Unity. Mastery. Guidance. These words define the story of Temple University Men's Gymnastics. When newcomers enter the heart of McGonigle Hall, they immediately become a part of a brotherhood and something bigger than themselves. They become connected to decades of excellence, tradition, and legacy. This is how it starts. It is how it started in 1926 and it continues to this day.



Being a part of the Nest is a real college gymnastics experience. We have dedicated coaches, on-campus facilities, athletic trainers, and school affiliation. As a member of GymACT, we proudly raise all of our operating expenses through fundraising, donations, and community support. TUMG has a strong alumni base that also helps us reach our goals.

- NCAA and GymACT competition
- AAI equipment
- Scholarship opportunities
- Alumni network and support



PHILADELPHIA

Synonymous with America's days as a fledging bastion of liberty, modern-day Philadelphia is a hub bustling with culture, cuisine, commerce, sports, and history. Located in Southeastern Pennsylvania, the city is home to a population of nearly 1.5 million residents and offers easy access to other major metropolitan areas in the Mid-Atlantic, including New York City, Baltimore, and Washington, D.C.

Downtown Philadelphia, known to locals as Center City, is the region's focal point when it comes to experiencing nightlife, fine dining, and arts & entertainment. The world-class Philadelphia orchestra, historic Walnut Street Theater, and the Philadelphia Museum of Art are only a sample of the excellent art institutions found in the downtown area.

Across the city are a host of culinary delights, ranging from Philly cheesesteaks and other classic street food to fine international and fusion cuisine. The city's history is celebrated to this day with the Liberty Bell, Independence Hall, and the Betsy Ross House among the most frequently visited sites in Philadelphia.

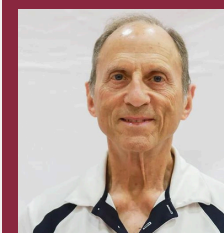
Sports provide a pastime that Philadelphians are known for embracing. The arenas of the Eagles, Phillies, 76ers, and the Flyers are all based in South Philadelphia and are easily accessed by the city's Broad Street subway line.



MEET THE COACHES



Jesse Kitzen-Abelson (Temple '11) competed on the men's team from 2008-2011, qualified to compete in the NCAA Championships, and served as co-captain of the team for two years. Jesse coached in South Africa for five years and was a three-time national coach during his time there. He was also the head coach for Team USA at the 21st Maccabiah Games in Israel.



Fred Turoff (Temple '69) is one of the most decorated gymnasts in Temple's history, and is respected across the U.S. in the world of gymnastics. He is still devoted to the team to this day. Not only has Fred coached TUMG for over 55 years, he also has been crucial in growing men's gymnastics in greater Philadelphia. He enjoys passing along his immense gymnastics knowledge to the members of TUMG.



FACILITIES



JOIN THE NEST

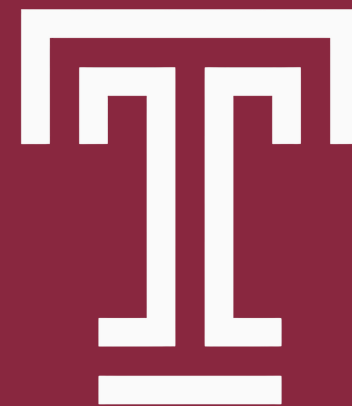
1. Fill out our recruit questionnaire on templemensgymnastics.com
2. Email coach Jesse Kitzen-Abelson at templemgym@gmail.com
3. Keep us updated with training/ competition videos
4. Schedule a visit/ preview day with Temple and meet us
5. Apply to Temple and get accepted
6. Move to Philly and join the Nest!



GET IN TOUCH!



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TEMPLE MEN'S GYMNASTICS

