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USA Gymnastics hires Kim Kranz to expand focus on athlete health and wellness

01/08/20

INDIANAPOLIS, January 8, 2019 – USA Gymnastics today announced that Kim Kranz has been named the organization’s first Vice President of Athlete Health and Wellness. In that position, she will be responsible for overseeing the organization’s strategy and execution of athlete health and wellness initiatives, including sports medicine services. Kranz, who is based in Indianapolis, assumed the role in December.

“The health and wellness of our athletes is one of our top priorities, said Li Li Leung, president and CEO of USA Gymnastics. “Our goal is to expand our focus to not only include sports medicine-related resources, but also education and support to assist our athletes in preparing for life beyond the sport. Providing resources for the whole athlete is an important piece for our becoming an athlete-centric organization. Kim’s background and passion for supporting the wellbeing of athletes throughout their athletic journeys are the reasons we believe she is the right person to lead our health and wellness initiatives. She will be a valuable asset as we continue to implement critical changes and reforms.”

As Vice President of Athlete Health and Wellness at USA Gymnastics, Kranz’s key responsibilities include overseeing, managing, and further developing the organization’s health and wellness strategy to provide athletes at all levels with holistic developmental support so they are better equipped for success within and beyond the sport. As part of her role, Kranz will focus on creating educational materials and guidance for athletes in all areas of wellness, including, but not limited to, injury prevention, sleep, nutrition, mental health, mindfulness, and finding balance between their sport, education, and personal lives. Kranz will also oversee the sports medicine program, which provides medical support and care to elite-level athletes as well as at USA Gymnastics’ training camps and premier

events.

"Assisting young athletes in building essential life skills to help them succeed beyond their athletic careers is invaluable," said Kranz. "At USA Gymnastics, we have a responsibility to our members to help them achieve their goals. My 14 years of working at a children's hospital ingrained in me that the lifelong health and wellness of the child must be the primary focus. Too often the most important part of an athlete's health – maintaining overall wellbeing – is neglected. My vision is to shift this narrative by proactively addressing the wellness of each member of our organization. I'm excited to join USA Gymnastics at a critical point in time when there is an urgency and a high-level mandate for real change, and I'm thrilled to help drive these changes forward."

Kranz has more than 25 years of experience in physical therapy and sports medicine, with a focus on sports nutrition, positive coaching, and sports psychology. Most recently, she served as the Director of Sports Medicine and Orthopedic Surgery Services and Neurosurgery at Children's Hospital of The King's Daughters where she reinforced the program's mission to promote athlete wellness and injury prevention with a variety of educational programming and a large offering of injury prevention/wellness classes for youth. Kranz also served as a physical therapist and clinic director at Physiotherapy Associates, where she provided physical therapy for the LPGA Tour's professional golfers and treated a full caseload of orthopedic and sports medicine clients utilizing exercise, manual therapy, and modalities.

Kranz, PT, DScPT, SCS, FACHE, earned her Doctor of Science in Physical Therapy from the University of Maryland Baltimore and graduated with a B.S. in Physical Therapy from the University of Wisconsin. She is a Board-Certified Clinical Specialist in Sports Physical Therapy and is a Fellow of the American College of Healthcare Executives. She has also served as a board member for the Hampton Roads Sports Commission and as an Instructor of Clinical Pediatrics (community) at Eastern Virginia Medical School.

About USA Gymnastics

Based in Indianapolis, USA Gymnastics is the national governing body for gymnastics in the United States. The organization is committed to creating a culture that encourages and supports its athletes and focuses on its highest priority, the safety and well-being of the athletes. USA Gymnastics has taken specific, concrete steps to strengthen its athlete safety policies and procedures, including adopting the updated USA Gymnastics Safe Sport Policy. Former gymnast and business executive Li Li Leung is the new president and chief executive officer of USA Gymnastics. The organization's disciplines include men's and women's artistic gymnastics, rhythmic gymnastics, trampoline and tumbling, acrobatic gymnastics and gymnastics for all (formerly known as group gymnastics). For more complete information, visit usagym.org.

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