

Valorie Kondos Field

UCLA Women's Gymnastics Head Coach

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About Valorie Kondos Field

Valorie Kondos Field is the head coach of the UCLA Women's Gymnastics team. She has led her team to seven NCAA Championship titles and 29 Pac-12 and NCAA Regional titles. This preeminent coach was recently named the Pac-12 "Coach of the Century." In 2010, she became one of only two active coaches to be inducted into the UCLA Athletic Hall of Fame.

Valorie's coaching success is due to her extraordinary leadership and mentorship of young student-athletes. "Miss Val," as she is known, views gymnastics as an incredible avenue through which valuable life lessons can be taught. Valorie considers the late John Wooden, the legendary and most successful collegiate basketball coach of all time, as one of her inspirations, and closest mentor and friend.

Valorie began her career as a professional ballet dancer and choreographer. Although never a gymnast herself, she's transferred to her student-athletes all she learned in the world of classical dance. The result has been nearly three decades of coaching one of the premiere athletic programs in any sport.

Countless student-athletes praise Miss Val for her guidance during their athletic careers, and after they've graduated from UCLA and entered the next chapter of their lives. Included in the hundreds of athletes she has coached and influenced are Olympic champions Simone Biles, Jordan Wieber, Kyla Ross and Madison Kocian.

Valorie is also known as the nation's foremost gymnastics choreographer. Her many credits include choreographing and directing a myriad of live variety shows, including the NCAA Opening Ceremonies for Women's Basketball, a Kareem Abdul-Jabbar roast, and 26 years of cirque-type shows for Sea World's Summer Nights. Current projects include live stage shows and the development of a theatrical musical. She is also a dynamic and charismatic speaker with an extensive speaking schedule including "Corporate Coaching" to the likes of JP Morgan Chase.

Kondos Field is married to former UCLA Associate Athletic Director and football coach Bobby Field, who was inducted into the UCLA Athletics Hall of Fame in 2017. The duo are the first married Hall of Fame duo in UCLA Athletics history.

Valorie recently released a book with the title "Life is Short, Don't Wait to Dance" published by the Hachette Book Group. It expounds on her life philosophy, "Don't wait to see what life is going to hand you, take control of your life and design. Choreograph it exactly how you want it to turn out."

As a recent breast cancer survivor, Valorie's discussion of life lessons is even more impactful. The positive outlook she exhibited through 18 months of surgeries and chemotherapy resonated profoundly with her student-athletes and fans, as they were witnesses to the life-affirming outlook Valorie maintained throughout that journey. Since beating breast cancer, she now has another life motto: "Life is Short. Don't Wait to Dance.

Select Keynotes

- **Be Anxious for Nothing and Grateful for All Things.**

How I chose to make going through chemotherapy the best year of my life.

Valorie, in 2014, had just been told she had breast cancer. These words resonated through her head, "Be anxious for nothing and grateful for all things." Kondos-Field explains how her life is exploding in living color by using the mantra, "Be anxious for nothing and grateful for all things." She looked at her chemo treatments like they were a spa. "I was going to the spa to get better" (Valorie Kondos Field).

- **Optimism vs Joy.**



Key ingredients for Mental Toughness

- **The Four Different Categories of Coach / Leadership Styles.**

Are you a Pessimist, Egoist, Strategist, Altruist or combination of all some or all?

- **The Gift of Ignorance.**

How does a professional ballet dancer translate to one of the most successful NCAA coaches of any sport in the country?

- **Winning - at what cost?**

When Winning is placed above People, it invites a corrosive environment of destruction. Witnessing the Time's Up movement first hand.

Select Book Titles

- **2018:** Life is Short, Don't Wait to Dance

Select Articles

- [How a Ballet Dancer Reinvented UCLA Gymnastics, Survived Cancer, and Inspired a Community](#)

Her cancer gone today, Miss Val explains why she put her career on the line: "I wanted to reveal as much as I could so they could see that a diagnosis like this isn't a death sentence and that it doesn't mean that you're going to become something different.

- [In Stirring Essay, Valorie Kondos Field Decries USAG 'Culture Of Abuse'](#)

Valorie Kondos Field — known as "Miss Val" in the gymnastics community — is the head gymnastics coach at UCLA and a powerful, respected voice in the community. In a January 21 essay published on her website, Miss Val articulated what so many other powerful women have said, too: former USA Gymnastics, Michigan State University, and U.S. Olympic doctor Larry Nassar was enabled by the systems around him.

- [Time's Up USAG](#)

The sun has set on The Ranch. It's time to listen. It's time to heal. It's time for the USOC and USAG to show the same courage these amazing women have. Time's up!

- [Valorie Kondos-Field Let Her Gymnasts Feel Her Malignant Breast Tumor](#)

But before she can help them move forward, Kondos-Field has to help them with their baggage.

- [The Wizard & The Miracle Worker](#)

UCLA Magazine sat down recently with John Wooden, 95, and Valorie Kondos Field '87, 46, in the den of Wooden's comfortable Encino home to find out a little more about these two extraordinary UCLA coaches. Friends for many years now, the two share a genuine affection that became evident as the conversation turned to life, love, faith and, of course, coaching.

- [The Reverse Bucket List](#)

A Reverse Bucket List is basically a collection of your greatest hits and memories to serve the purpose of alleviating any stress your future Bucket List might hold.

Select Testimonials

After meeting Miss Val, I have a new found love and passion for the sport. she develops and creates champions while putting their health and well-being first and allowing each athlete's uniqueness to flourish. She is a coach, mentor, leader, and friend who saw the potential in me before I saw it in myself and helped me grow to the person I am today.

— *Jordyn Wieber, Gymnast, World Champion, Olympic Gold Medalist*

Coach Val was smart enough to have been naïve enough to not know what she could not accomplish. Ballerina to championship gymnastics coach- "Will" certainly finds a way

— *Kevin Plank, Founder and CEO Under Armour*

Valorie Kondos Field's scope goes well beyond gymnastics. Miss Val is the life coach we all need in our corner, be it the boardroom or in the arena. I encourage all CEO's who want to tap into their fullest potential to become a student of Coach Val.

– *Mary Erdoes, CEO, JP Morgan Asset & Wealth Management*

Date: May 15, 2018 To Whom It May Concern: I had the distinct pleasure and honor of interviewing Valorie in my role as Session Moderator as part of our Blinders Off: #MeToo, #TimesUp, and #WhatsNext panel at the Themed Entertainment Association's Summit. Valorie held a room of executives from across our industry absolutely rapt. The topic had the potential to be off-putting and scary, and indeed, she did not shy from discussing the challenging issues surrounding the current state of women's gymnastics in the US and how the organizations involved can find a healthier path forward. She did so with grace, wit, and authenticity, sharing her own moments where she, as a leader, didn't set the right cultural tone. She helped create a safe space in which our leadership one could acknowledge their own shortcomings, and see that it is not simply ok to acknowledge where we can personally do better, but that it is critical to do so. In short, she was masterful. In her thirty minutes with our attendees, she left an indelible mark, transforming how they think about winning and losing, accountability and culture. For the rest of the conference and weekend, I had attendees approach me marveling at the power of her words, and asking when her book will be available. We are so fortunate that Valorie was able to take time out of her incredibly busy schedule to be with us – indeed, she committed to our talk knowing she would then have to immediately fly out to the regional championship competitions, adding a level of complication and stress to her schedule. It speaks volumes about her passion for the subject and her commitment to true change that she made time to join us, and our industry is better for it. Cynthia Sharpe Principal, Cultural Attractions and Research Thinkwell Group 2710 Media Center Drive, Los Angeles, CA 90065 USA • T: +1 818.333.3444 • thinkwellgroup.com

– *Themed Entertainment Association*

Miss Val's not-as-you-would-expect approach to coaching has positioned her to ink 7 NCAA Championships. Her success has inspired many who have witnessed her gifts and genius as a coach, mentor and healer.

– *William D. Parham, Ph.D. ABPP Director Mental Health and Wellness Program for NBA Players Association*