

LIANG CHOW (QIAO)



Former Gymnast for China and Award Winning Gymnastics Coach
2007 Senior Elite Coach of the Year, USA Gymnastics

Birthdate	1/1/68
Hometown	Beijing, China
Resides	West Des Moines, IA



COACHING CAREER

- Coach of Shawn Johnson, 2008 Olympian, 2007, 2008 National Champion, 2007 World Champion
- U.S. National Team Coach
- 2007 U.S. Senior Elite Coach of the Year
- Head Coach of 2007 World Championship U.S. Champion Team
- Coach of Shawn Johnson 2007 American Cup AA Champion
- Coach for 2007 Pan American Games U.S. Sr. Champion Team
- Head Coach of 2006 Pan American Games U.S. Jr. Champion Team
- Head Coach of 2006 Pacific Alliance U.S. Jr. Champion Team
- USA Gymnastics 2004 State of Iowa - COACH OF THE YEAR
- USA Gymnastics 2000 State of Iowa - COACH OF THE YEAR
- 7 Years Coaching at the University of Iowa for both Men's and Women's Teams (5 gymnasts who made the USA National Team)

ATHLETIC CAREER

- XIV World Cup Master Champion in All-Around (1990)
- Bronze Medalist, 1989 World Championship
- First Gymnast in the World to Perform the Double Front Release with Piked Position on Parallel Bars
- Over 30 International Gold Medals and Numerous National Championships
- Former Chinese National World Team Co-Captain

CERTIFICATIONS

- USAG Safety Certified

BACKGROUND

Liang Chow was born and raised in China and competed for the Chinese national gymnastics team before moving to Iowa in the early 1990s.

He earned a bronze medal for China at the 1989 World Championships.

As a co-captain of the Chinese National Gymnastics Team, he led his country to 36 international gold medals over his athletic career.

Chow became a gymnast at age 5, won all-around gold in his first ever gymnastics meet, and by the age of 10, he was a national champion.

His career peaked in 1990 when he was named the All-Around Master Champion at the Gymnastics World Cup at the age of 22. With younger gymnasts quickly upcoming in China, Chow decided to retire. He accepted a full-ride scholarship to study English in Iowa, and moved to the United States.

Coaches as a husband and wife team with Liwen Zhaung; The couple met in the late 1980s when they were both gymnasts on the Chinese National Team. Natives of Beijing, the host city for the 2008 Olympics, their passion for gymnastics led them to Iowa and to coach Olympian Shawn Johnson.

Liang Chow and wife Liwen Zhaung own and operate Chow's Gymnastics and Dance Institute in West Des Moines, Iowa, training center of future Olympians.

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