

Dear Parents,

I would like to introduce myself and pass on my personal gymnastics history. In addition, I want to let all of you know what a pleasure it is for me to work at Aero as a team coach. The girls work very hard and it's clear that the sport of gymnastics brings them a lot of joy.

I began gymnastics at the age of 4 and started competitive gymnastics when I was 7 years old. I know first hand what a huge commitment it is for the girls, parents and coaches. After many years as a gymnast and several years as a coach I can tell you that all the time and effort is well worth it. I hope that someday I can also see the sport from the parents' point of view. Gymnastics teaches important life lessons that your girls will find very helpful later on.

I have competed through level 10. I participated in the Level 9 State Championship and Regionals in 1999. In 7th grade, I qualified for the Level 10 State Championship and Regionals in 2000. I was the 2000 Level 10 State Champion on vault and finished 3rd all around. I finished 11th at Regionals and competed in the same rotation as Olympic gymnast Alicia Sacramone. I also qualified for level 10 States and Regionals again in 2004.

In 8th grade, while recuperating from an injury, I pursued competitive dance where I studied ballet, tap, jazz, modern, lyrical and musical theater. The element of dance is critical to the success of a gymnast and it's wonderful that Aero is working hard to incorporate this into the training program. My dance training helped me become a better gymnast since the focus was on performance instead of athletics only. During this time, I also began coaching at Aero – working with the aero stars pre-competitive group.

I'm currently a dance major at the University at Buffalo and coach at Niagara Gymnastics while I'm at school. I'm a professional member of USA Gymnastics and have been safety certified for the past 6 years. I have also taken advanced first aid and safety training at the college level. I've attended the USAG National Congress where I received training from Olympic coaches Valeri Liukin of WOGA and renowned choreographer Tammy Biggs.

I've had the opportunity to work with many coaches and train in several gyms during my gymnastics career. There's a very warm and welcoming atmosphere at Aero that is different from any gym I've been to. I'm very happy to be part of the coaching staff and am looking forward to working full time with the girls in April 2010.

Hadley Singler