

Hello to all our families at AERO Gymnastics!

For those families that are new, and even the ones that aren't, I would like to tell you about myself, and how I came to coach at AERO.

I am a former body builder and power lifter. I trained not only in our area, but also in the state of California where I was preparing for the central California Iron Man/Iron Women competition. At that time, the 3rd ranked power lifter in our country directed my power lifting training. I performed in several bodybuilding exhibitions. My career in weight lifting was cut short when my husband and I discovered we were expecting our first child. Children have a way of changing our plans! I also managed a women's health club where I taught aerobics, dancercise, jazzercise and a variety of fitness classes. I took several years of ballet classes throughout my teenage years and have taken adult jazz and tap classes. I am currently a member of American Family Fitness where I continue to train several times a week.

I have been coaching at AERO Gymnastics since 2001. Over the years, I have attended several training sessions with top coaches from all over our country. I have attended our regional congress, national congress and the Junior Olympic compulsory program in Rhode Island. My coaching career began as a pre-school and recreation class coach. During this time, the head coach at AERO was impressed with my knowledge of physical training and my demeanor with the students. It was at his suggestion that I be trained to coach at the team level. I attended many spotting and technique clinics and as the saying goes, the rest is history.

I enjoy working with girls of all ages and abilities. It is very satisfying to see one of these young ladies master a skill and then perform it at a competition. Since coaching the AERO team, I have worked with gymnasts who have gone on to become NYS champions and have accompanied several successful gymnasts at the Regional championships.

My goal for all of the gymnasts at AERO is to get the most of what this sport has to offer in a safe, fun and supportive atmosphere. Gymnastics teaches self-discipline, time management, patience, team spirit and so much more. Being part of our gymnastics team is just that, being part of a team. Once your child starts competing, they don't have to worry about tryouts, being cut or sitting on a bench. They are part of a tight knit group of athletes who support each other through every practice and every meet.

I believe a child cannot learn respect unless it is shown to them and that is how I try to coach them. Thank you for allowing me to be a part of your child's life through this great sport.

Nancy Donley