

Greetings from your coach and friend Stacy Haskett!

I would like to take some time out from coaching and competing in this sport, to tell you about me. I hope this can give you a little insight as to why I am the way I am and why I positively love this sport.

I have been a gymnast since the age of two where I was lucky enough to have a preschool that specialized in the sport. This was probably one of the greatest things my parents could have done for me. Gymnastics has been a part of my life ever since. I would watch it on the television at every Olympics and World Championship. I would attend practices at least two days a week. I would eat, sleep and breathe gymnastics.

One could say that I was never going to the Olympics but I was hardworking and completely dedicated in every avenue in the sport. After training for eight years, in 1989 I became a level five gymnast and began serious competition. I had done competition prior to that but they were internal meets at my gym. But nothing compares to traveling around the state and parts of the United States competing in front of arenas of people most of them just like me.

Throughout the next ten years I went up in the levels, as high as eight, and gymnastics became everything in my life. One of my most memorable moments was the 1996 I Love New York Cup. If you have never experienced five gold medals it is truly life altering. From then on my gymnastics career got better and better. In 1998 I had the privilege of participating in the USA Gymnastics National Competition in Orlando, Florida. In the same year I also participated in an exposition with Amanda Borden, a 1996 gold medal Olympian.

After 1998 I thought that my competitive career was over; however, that was not the case. In 2003 when I heard of the Empire Games I started training right away. It was exhilarating to be in competition again, so much so that in 2005 and 2008 I attended the Empire Games again. One would think that I would never step in that arena again. But the heart and the mind sometimes do what the body says no to.

After attending SUNY Cortland, majoring in Kinesiology and minoring in Exercise Science, I knew coaching was my calling in life. I started coaching team girls and moved onto all age groups and all levels of schooling including cheerleading and special needs children. I have always seen coaching as an opportunity to watch children grow and express their personalities. I feel as though all of my experiences in the gymnastics arena have given me an excellent advantage in the coaching field.

I started working for AERO Gymnastics in 1999 after coaching for two years prior to that. Here, many doors opened for me. Throughout the last nine years I have managed several recreational programs as well as the summer camp. I also have done extensive work with the toddler classes, pre-team classes and team. While working at AERO Gymnastics I noticed that safety is a vast part of all programs; hence, I became certified in CPR and first aid. I always want you to feel as though your child, regardless of age and skill, is going to be in the best environment available based on my talent and my ability to keep him/her protected.

I have truly enjoyed the entirety of my gymnastics life. I look forward to the future especially at AERO Gymnastics and teaching your children. Thank you for all your hard work and dedication to something that I have spent my time, energy and life in.

Stacy Haskett