

# THE PALAESTRA

3550 Garden Brook Dr. Farmers Branch, TX 75234 972-620-9922 [thepalaestradas.com](http://thepalaestradas.com)

## Staff

### Becki Weathers, Manager and Lead Instructor

- Over 39 years combined experience-Competing, Teaching, Coaching, Judging Gymnastics
- Coach for 2005,2006, 2007, 2008, 2009 USAG JO T&T National Champions
- Coach for 2005 & 2008 USAG JumpStart National Team Member
- Coach for World Age Group Team Member 2007
- USA Gymnastics Safety Certified
- USA Gymnastics Professional Member
- USA Gymnastics Kinder Accreditation
- USA Gymnastics Level 1 Coaching Course-Trampoline and Tumbling
- USA Gymnastics CAT 3 Judge - Trampoline, Double Mini
- CPR/First Aid Certified
- Bachelor of Arts Degree in Physical Education and Recreation



### Teresa Alexander, Lead Gymnastics Instructor/Artistic Gymnastics Head Coach

- Lead Instructor, Office Manager
- Involved in Gymnastic since Middle School coaching locally over 15 years
- Coached several State Champions in USA Gymnastics and TAAF Gymnastics
- Coached Artistic Gymnastics through Level 10
- USAG Professional Member since 1989
- USA Gymnastics Safety Certified
- Member of National Association of Women's Gymnastics Judges
- Level 1-4 Skill Evaluator
- USA Gymnastics PDP Level 1 and 2
- CPR Certified



#### Palaestra Team Mission Statement

The Palaestra will be committed to all athletes and families who are dedicated to enhancing the athlete's ability in Artistic and Trampoline and Tumbling through consistent Practice Ethics, Responsibility and Self-Respect, Including Staff and other Team Members.

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# Sigourney Weathers, Gymnastics, Trampoline and Tumbling, & Circus

- Gymnastics & T&T Lead Instructor
- Instructor for Recreational Classes, Circus, Artistic and Trampoline and Tumbling
- Over 17 years of Gymnastics & Tumbling Experience
- One year of Circus Arts Performing
- USA Gymnastics Safety Certified
- USA Professional Member
- USA Gymnastics CAT 2 Judge - Trampoline
- USA Gymnastics Level 1 Coaching Course - Trampoline and Tumbling
- Currently attending Texas Women's University , Studying Kinesiology

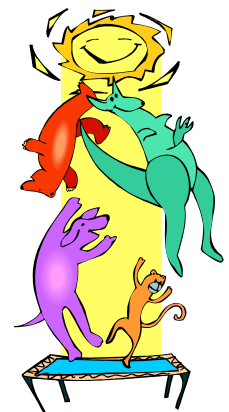


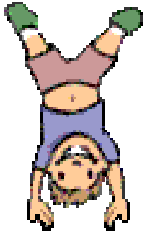
## Mary Beth Weathers

- Assistant Class Instructor -Gymnastics, Preschool, and Tumbling and Trampoline
- USA Gymnastics Athlete Member Since 2001
- Currently Competing USA Gymnastics Junior/Senior Elite Tumbling and Trampoline
- 15 Years Experience in Competition for Artistic Gymnastics, Tumbling and Trampoline and All Star Cheer
- J.O. Level 5 Bronze State Team 2002 Artistic Gymnastics
- Holds State, Regional, and National Titles for J.O. Tumbling and Trampoline Level 5-10
- World Age Group Team Member Double Mini-2007 Ranked 17th at Worlds
- CPR Certified-First Aid

## Ashley Alexander

- Instructor for Gymnastics Classes and Assistant at Birthday Parties
- USA Gymnastics Athlete Member since 1999
- Currently Competes USAG Level 9 Tumbling and Trampoline
- 15 Years Experience in Artistic Gymnastics and Trampoline and Tumbling
- Holds State, Regional and National Titles for J.O. Tumbling and Trampoline for Level 5-9
- CPR Certified





# The Palaestra Promotes Smiles, Laughter & A Life-Long Love of Movement for Every Child

## Laura Wallick DeWeese, Lead Instructor-Gymnastics Preschool, Boys All Around and Tumbling and Trampoline

- 20 years Coaching Experience
- Coached several State and Regional Champions
- Coached Men's Gymnastics through Level 9
- Coached Women's Artistic Gymnastics through Level 8
- USA Gymnastics Safety Certified
- USA Gymnastics Professional Member
- USA Gymnastics Level 1 - Trampoline and Tumbling
- USA Gymnastics PDP Level 1 and 2
- USA Gymnastics Level 1-4 Skill Evaluator



## Kevin Pitasi, Lead Instructor

- Lead Coach for Level 4 Artistic Gymnastics
- 15 years Coaching Experience
- USA Gymnastics Safety Certified
- USA Gymnastics Professional Member
- Certified for Special Olympics in Texas
- Armed Forces Veteran (Navy)
- Currently works for *Gieco Insurance Company*

**Our policy asks that tuition be paid on the 15th of the PRECEDING MONTH. If you have questions please speak with Ms. Becki**

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