

ANSLEY ANGEL



Coach Ansley brings a lifelong love of athletics, extensive cheer experience, and a passion for helping young athletes discover what they are capable of. Originally from Indiana, Ansley moved to Twentynine Palms with her husband, Isaac. Her own athletic journey began at three years old and grew into 17 years of All-Star cheerleading, shaping not only her skills as an athlete, but also her belief in perseverance, teamwork, confidence, and striving for excellence.

Coach Ansley also had the opportunity to cheer for the University of Louisville for two years, competing at the highest levels of the sport. Among her proudest accomplishments are placing second at Nationals and third at The Cheerleading Worlds™. Experiences that taught her what can happen when athletes combine hard work, trust in their team, and the courage to keep pushing toward a goal.

Her experience with children extends well beyond her own years as an athlete. Ansley has worked with children for more than six years and has two years of coaching experience. She previously coached young children in cheerleading/tumbling skills and later worked in childcare with ages ranging from infants through school-age children. That combination gives her an understanding of both athletic development and the individual child behind the skill.

At ASA, Coach Ansley is passionate about creating an **upbeat** environment where athletes feel **safe, supported, challenged, and celebrated**. She wants children to build skills, but just as importantly, to grow in confidence, develop friendships, and genuinely enjoy being active. Her background allows her to bring the energy and expectations of competitive athletics into an environment designed to help each child progress at their own pace.

Ansley earned her **Bachelor's degree in Exercise Science** from the University of Louisville and is currently pursuing her Doctorate in Occupational Therapy. Her continued education reflects something that is central to the way she approaches coaching: understanding how people move, grow, learn, and develop.

Outside of the gym, Coach Ansley enjoys staying active and spending time with her husband, Isaac, and their puppy, Drako. She is excited to pass her experience forward—helping the next generation discover new skills, believe in themselves, and experience the friendships and memories that can come from being part of a team.

For Coach Ansley, great coaching isn't only about what an athlete learns to do. It's about **helping them discover what they can become**.

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