

PAISLEY IHLA



Coach Paisley brings a love of dance, cheer, teaching, and creating spaces where kids feel confident being themselves. Originally from Minnesota, Paisley moved to Twentynine Palms with her husband, Deion. Dance has been a big part of her life since middle school, including seven years of hip hop, kick, and three years of sideline cheerleading for football and basketball.

After graduating high school, Coach Paisley took her passion from performing to teaching. She became a head dance instructor, coaching young dancers in pom, hip hop, kick, and ballet, and also spent a season assisting a high school cheer team. As an instructor, she discovered that some of the best moments don't happen under the spotlight. Happening when a child finally masters a skill, finds their confidence, or simply realizes how much fun it can be to move and perform.

Paisley has also had the opportunity to take her love of performance to a much bigger stage. In 2023, she performed at the **ReliaQuest Bowl**, a college football bowl game, and later returned in 2025 in a new role, helping coach the youth performers. The experience gave her the opportunity to see performance from both sides: first as an athlete on the field and later as a coach helping young performers prepare for their own moment.

Coach Paisley believes every child deserves an environment that is **positive, safe, uplifting**, and filled with **opportunities** to shine. She brings energy and encouragement into her classes while helping athletes build strong technique, learn new skills, work together, and become more comfortable expressing themselves. For Paisley, progress isn't about every child looking exactly the same, it's about helping each one grow from where they started.

Her connection with children extends beyond the studio. Paisley is pursuing a **Bachelor's degree in Elementary Education** and has experience working with children both through dance instruction and children's programs. Her background reflects the two things she is most passionate about: working with kids and teaching through movement, encouragement, and connection.

Outside of ASA, Coach Paisley enjoys spending time with her husband and their Corgi, playing kickball, going to church, working out, and heading out on new adventures. After moving across the country, she is especially excited to return to coaching, build new relationships, have some fun, and once again experience one of her favorite parts of teaching, watching kids grow in both their skills and themselves.

Coach Paisley believes every child deserves their moment to step forward, feel **proud**, and **shine**.

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