



BETH GARDNER

Beth Gardner, owner of Heart of Texas Gymnastics located in Temple, Texas, has an extensive background specializing in Pre-School gymnastics. In addition to experience as a Pre-school Director, coach and gym owner, she is a co-author and director for the Instructor Training Program (ITP) for the Gymnastics Association of Texas (GAT) and serves as a GAT board member.

Beth has served as one of the national instructors for the USAG Kinder Accreditation for Teachers (KAT) and USAG Movement Development and Lesson Plan Development (MELPD) courses and currently serves as a national instructor for the Pre-school Fundamentals & HOT training courses.

She has served on the USAG Pre-school Advisory Board as well as the USAG Safety Review Board. In addition to speaking for USAG National, Regional and State Congresses, she has been a private consultant and clinician specializing in Pre-School staff training since 1997.

Her articles have appeared in Technique magazine and she has compiled her lesson plans and coaching philosophies in numerous books. Her child-first philosophy and a skill-based curriculum, emphasizing education through creative techniques in a safety-oriented, fun and loving environment have proven effective in building dynamic and highly successful preschool gymnastics and mobile gym-bus programs.

Her background also includes volunteering and coaching children with special needs within her program as well as through Special Olympics and other private organizations, and researching ways to address special needs in the gym environment. As owner of Heart of Texas Gymnastics since 1999, she coaches Pre-school, recreational and team gymnastics for both men's and women's programs.

Beth was extremely honored to received the 2003 and 2007 Distinguished Service Awards from Gymnastics Association of Texas and one of the 2005 Remarkable Woman Awards from ABC Television "The View" for her dedication and contributions to the development of the sport of gymnastics

She is a 1983 graduate of Texas A&M University.