

Monyee Kazek

Recreational Teacher

Nick Name: Coach Mommy

Tell us about yourself:

I'm a retired Coast Guard Commander. I've worked as a naval engineer, medical administrator, lifeguard, floral designer, professional volunteer and now, gymnastics instructor.

Why do you do teach gymnastics?

It's so much fun and I want to share it with the kids.

Personal:

Favorite Book: Too many to name...fave authors are Tolkin, Jane Austen, Asimov, J.R. Ward, etc...

Favorite Subject in school: Marine Fisheries and Biology

Favorite Movie: Pride and Prejudice...all versions

Favorite TV Shows: CSI (Las Vegas or New York)

Favorite Song: RESPECT by Aretha Franklin – it always makes me want to dance

Favorite Color: Fall Colors

Favorite Athlete: Nadia

Favorite Food: Japanese

Favorite Event: Beam

Favorite things to do outside of the gym: Read, bike, hike, travel

Anything else you want us to know about you:

I'm the mother of three fantastic girls, two are gymnasts and one enjoys political debate. I'm the wife of the best person I know, Michaela.

Favorite Quote:

Fall six times, get up seven. – Japanese Proverb

It means never give up!

Something we didn't know about you is:

I love to swing dance...East Coast Swing and Lindy Hop

Future Goals:

To teach my daughters to be good citizens and my NBAA gymnasts to enjoy challenging themselves.

Education:

Graduate of the Coast Guard Academy and University of Michigan

Certifications:

Safety Certified, First Aid and CPR Certified