

Highlighting Outstanding HA Instructors With New and Low Enrollment Classes

Hawaii Academy has many talented instructors but five are described here, during the beginning of open registration for 2026, because their teaching excellence is worth experiencing. Sign up for their classes at the Honolulu Gym (HG) or Waipahu Gym (WG), especially their new or low enrollment classes where students get more skill repetitions, more attention from their instructor, and more comfortable environments (fewer students, better parking, and cooler temperatures).

Mia Vercruyssen MAT – (Hometown: Honolulu, Punahou School & Roosevelt HS). For 26 years, at



Hawaii Academy she has been a **student** (taking nearly all HA classes offered), an **artistic gymnast** (state and regionals), a **trampoline gymnast** (state champion, national champion, and international competitor), **competitive cheerleader** (state level), **instructor** (all HA classes and levels: ages 1-100+, levels remedial to elite international champions), **trampoline gymnastics team coach** (all levels, created our “Mini-Teams” for ages 4-7), **judge** at meets held in Hawaii, gym manager (at all locations), and **HA Director** (in charge of operations at all three facilities). She occasionally substituted for teachers and managers during trips home while getting her BA in Communication Studies (Eastern Washington University), teaching English as a foreign language in Japan and Italy, and getting her MAT in Elementary Education (Kansas State University). Currently a

second-grade teacher at Pearl City Highlands Elementary School, Ms Mia has recently returned HA to teach on Tuesday and Thursday evenings. She is looking forward to watching her students learn new skills, get stronger, build self-confidence, and have fun! **At HG she teaches on Tuesdays (Beg1 & Beg3 Mixed Gym) and Thursdays (Beg1 & Beg3 Mixed Gym).**

Ally Vercruyssen – (Hometown: Honolulu, Roosevelt HS). She has spent the past 26 years growing



up at Hawaii Academy—**training** in every discipline the gym offers, **teaching** all levels, **managing** gyms, **competing internationally** in trampoline gymnastics, and **judging** trampoline events at the regional level. Her extensive background now supports her roles as HA Assistant Director, Trampoline Program Head, and member of the Evaluation Department creating training videos for students and instructors. She enjoys helping students build strong fundamentals that make advanced skills safer and more achievable, and she loves sharing her passion for the sport of trampoline gymnastics with students/gymnasts of all ages. Ally takes pride in watching her students develop body awareness, control, and confidence, and she teaches in a way that prepares them for long-term progress, whether they ever choose to compete. Her students appreciate her depth of knowledge, discipline, enthusiasm, and the way she demonstrates everything she teaches (with excellent form).

At WG she teaches on Tuesdays (Beg1 to Beg3), Wednesdays (Beg1, Beg2, and Int Mixed Gym), Thursdays (Adult-Child, Preschool, Beg1, Beg2 Trampoline, & Beg2 Mixed Gym). At HG she teaches on Mondays (Adult-Child, Beg2 Mixed, Beg3 Mixed, and Beg2 Trampoline), Saturdays (Preschool, Beg1, Beg2, and Beg3), and Sundays (Beg2 Trampoline, Beg2 Tumbling, Beg3 Mixed, and Int Tumbling).

Annabelle Overstreet — (Hometown: Claremore OK, Radford HS). From a military family, she has traveled a lot and lived in diverse cultures. Born and raised in Oklahoma, she competed in women's artistic gymnastics for 15 years through a private club and competed in high school varsity gymnastics as well in Colorado. She has been at HA since 2019 teaching Ninja, mixed discipline gymnastics, and trampoline gymnastics. During her time at HA, she most enjoyed teaching acrobatic and power tumbling, until becoming involved with HA's trampoline teams (now Hawaii Trampoline Senter competition teams). She completed her national trampoline gymnastics coaching certification and, as an assistant coach to head coach Sydney Senter (one of HA's world champions), has spent the last two years creating the top trampoline gymnasts in Hawaii. In her words, "I value patience and communication, and I believe by creating and nurturing a positive environment, I can get the best out of each of my students." She has been a 'super star' instructor (and coach) at our Pearl Harbor and Honolulu locations. **Currently, she only teaches at HG on Wednesdays (5p Beg2 Trampoline and 6-8p Beg3 Mixed Gym).**



Brian Lane BA — (Hometown: Sacramento CA, hired 2013). He has participated in many, many sports, including artistic gymnastics, dance, parkour, circus arts, performing arts (musicals, dance recitals, Renaissance Faires, etc.), qualifying him as HA's most diversified teacher teaching all the classes we offer at top retention and growth levels. Mr Brian has teaching credentials (from California State University—Sacramento), was a professional dancer, national champion competitive acrobat (twice), with lots of experience in circus and performing arts. He has instructed and coached gymnastics at nearly all levels, including many years of experience with special education classes. His class discipline is appreciated by many and ensures the safety of his students when doing higher level skills. He describes his most special experiences as "working with students who struggle to learn a skill...



watching the frustration and disappointment in their face and body, then finally after much hard work they perform the skill. Their expressions, and the way they carry themselves after that point, are wonderful to see. And the best part is knowing that I had a part in making that happen." **At WG, he teaches Mondays (Adult-Child, Preschool, and Beg1), Thursdays (Preschool, Beg1, and Beg2), and Saturdays (Adult-Child, Preschool, Beg1, and Beg2).**

Kate "Kat" Blanchett BA -- (Hometown: Honolulu, Punahou School, hired 2018). She has taught children at Punahou School and the Children's Discovery Center and is a skilled teacher of preschool movement education, mixed discipline gymnastics, and trampoline gymnastics. She competed in track in high school (she's tall) and was briefly on HA's Trampoline Team. Recently she completed her bachelor's degree at the University of Edinburgh (Scotland) and moved back to Hawaii in 2025. She especially likes teaching toddlers, preschool, beginners, and intermediate students and outside the gym enjoys competitive frisbee. She is one of our most enthusiastic and engaged (with her students) instructors. Her students love her because she is warm, caring, and interested, plus she demonstrates the skills she teaches. **At HG, she teaches on Mondays (Adult-Child, Preschool, Beg2 Mixed Gym) and Tuesdays (Beg1 and Beg2 Mixed Gym).**

