

**UPCOMING**  
**GYMNASTS**



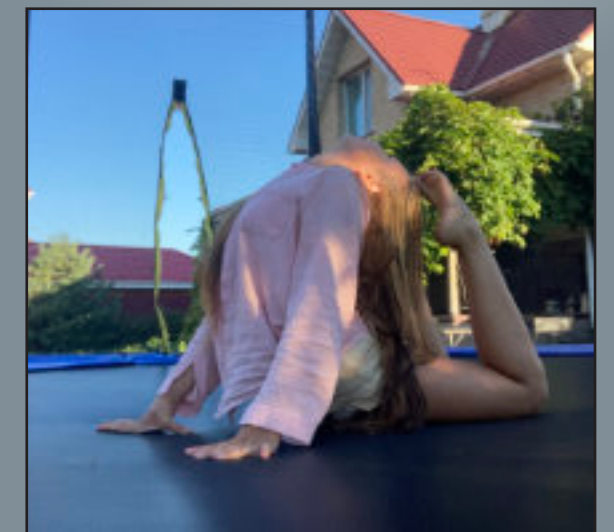
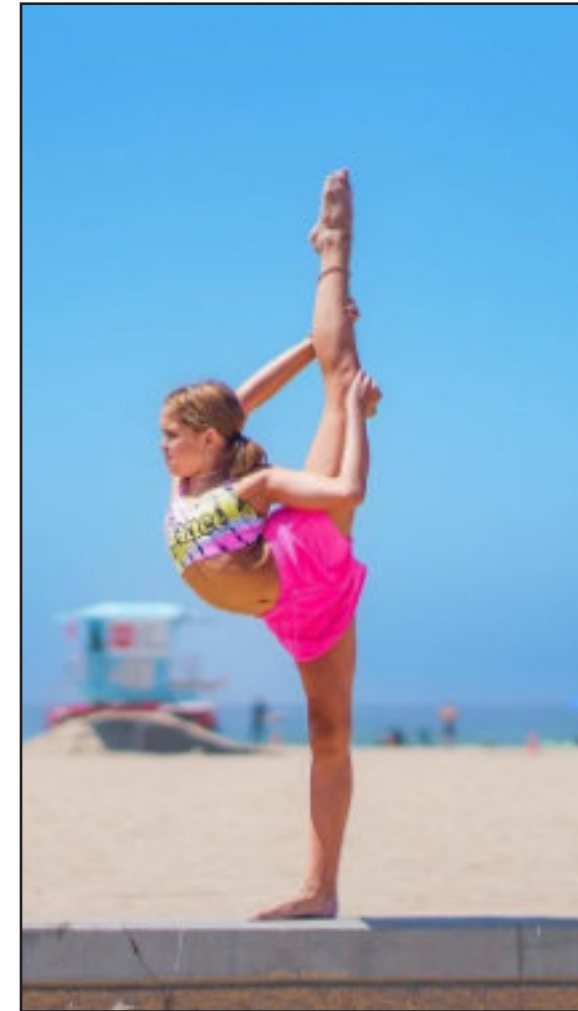
**Jamila  
Douglas**

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# Featured Gymnasts



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My name is Ada, and I am a level 6 gymnast. My gymnastics journey started out in 2018 and it certainly hasn't been an easy journey. I started at zero, I had no skills, flexibility and was extremely clumsy. After basic classes for a year with some breaks in between, I decided to take gymnastics to the next level. I signed up for tryouts and made the Xcel silver team! I was super happy and I felt so accomplished, but I didn't realize all the challenges were still in front of me. I didn't have most of the skills my teammates had and after just a month of training with my new team my coach wanted me to quit the team and go back to recreational classes. I was devastated so a couple hours to soak it in.... but I realized this wasn't over,

I told my coach I was going to keep trying. That summer of 2019 I worked so incredibly hard on gaining strength, flexibility and skills. Every bit of hard worked payed off. My coach started to believe in me and decided to keep me on the team. In January 2020 I attended my first ever competition,

and despite some mistakes, I loved it! I competed again next month, not knowing it was going to be my last competition for a long time.... I finished in 1st place on bars, floor and even in the all around. I realized in that moment that I proved my coach wrong, I was much more capable then she thought I was at first.

Unfortunately, this is when my gymnastics career took a sharp turn. March 2020, my competition season came to an end due to covid. I was devastated but I went to every Zoom practice to condition and get stronger. There were times during the 3 months my gym was closed that I wanted to give up. However with the support from my family I kept going. Once again, my hard work payed off. Because of not missing any Zoom practices I was told I was going to move to the next level (Xcel gold). I couldn't believe it! After 3 long months at home, I made it back to the gym. This time with new coaches and new teammates. I had lost almost all of my skills because I wasn't able to

anything but condition and basics at home. I worked so hard to get the skills back and eventually did, along with gaining other skills to prepare for my Xcel gold season. But only then the real challenge started... In early January 2021, just before competitions were about to start, I flipped off a mat and landed on a straight knee. I didn't realize my season was over at that moment. I returned to gymnastics full on after six months off. I worked my hardest, went to extra practices to get skills back and gain more confidence.

I started to struggle with other injuries after a few

months. My ankle was really bothering me and it was tough to work through. The problems kept coming but I pushed through the pain because I wanted to compete next season. I'm eventually made it to next season and competed fully at every meet. I was so proud of not giving up and at the end of the season I won the Washington state bars champion title!

Every bit of work payed off and I am so proud of pushing through the pain, struggles, setbacks because that's what made me tougher and a lot stronger!





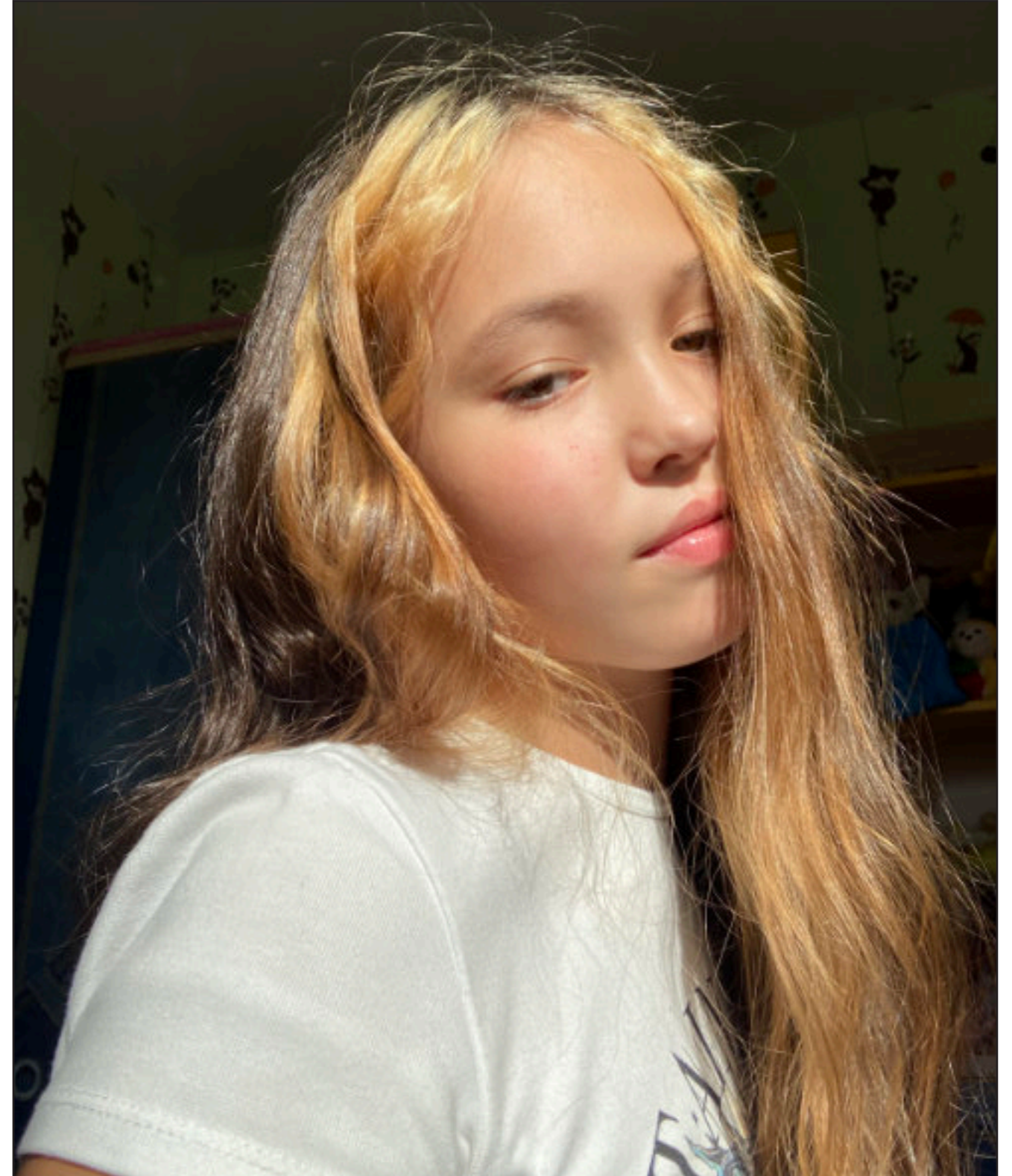
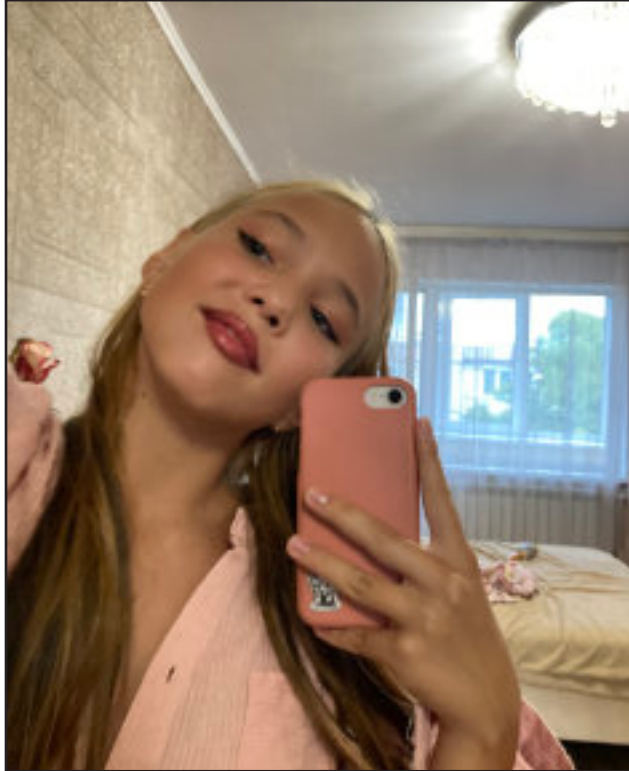


My name is Alice. I don't like to talk about my places and goals. But I can say about my achievements. When I was diligently engaged in Kick boxing, I went to competitions where I took 2nd place. In rhythmic gymnastics, gymnastics, we did not have competitions, but I can sit on the splits, get to the top of my head and many

other interesting things. And if you touch a little on the topic with goals, I can say that I want to learn English, Korean and I want to live in Dubai

Photos Credits :: With gymnastics ex., model, with kickboxing, in the rack





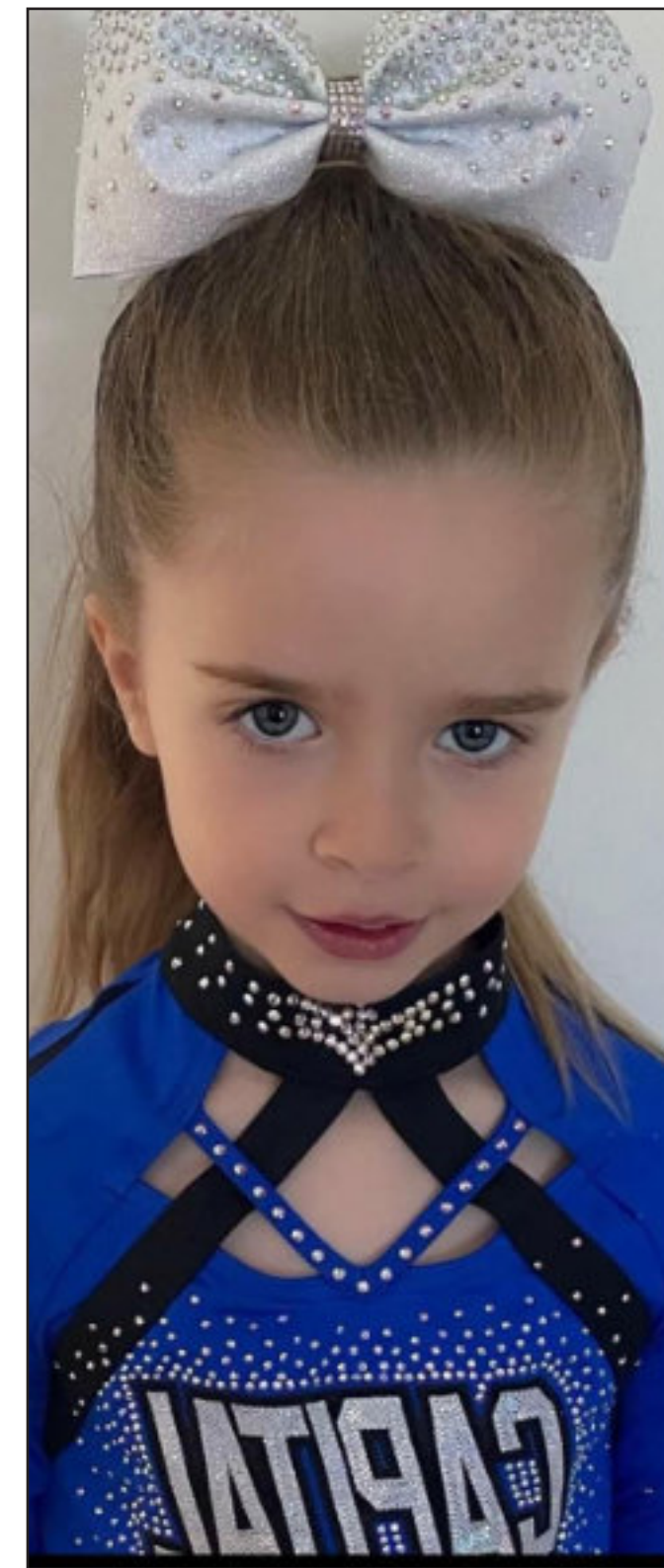
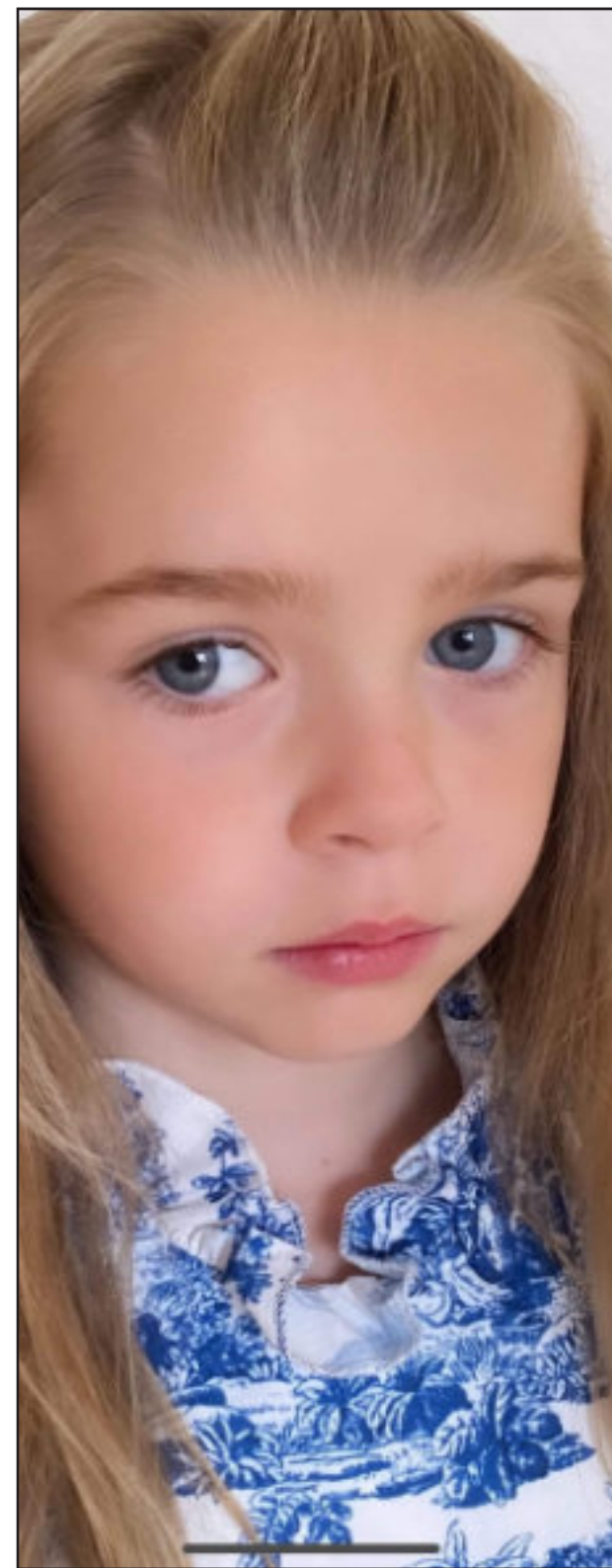


# Cerys

My name is Cerys I am 7 years old and I love all things dance and gymnastics. My dream would be to be the best I can be in cheerleading, gymnastics, dancing and modelling. I love acting and I have featured on tv before and I can't wait to do more tv work. I also love playing with my friends and my brother who is 9. We are best friends.



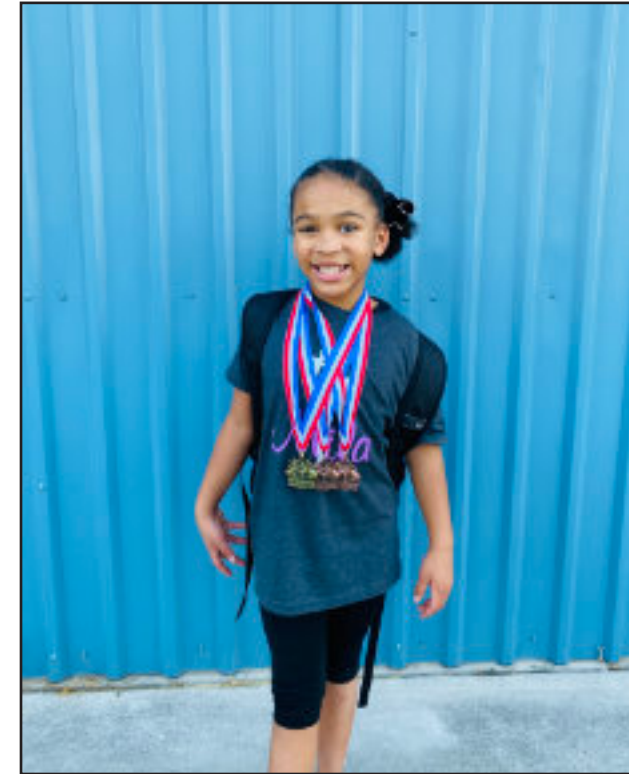






My name is Jamila Douglas I am a level 3 artistic gymnast. My instagram is Milagymnasticsgirl. This competition season has been the best ever yet I've had so many first place wins and couldn't be more proud of the work I have accomplished. It has been a season of personal best. I've actually won first place on an event I have never placed in before. My coach Sarah Novak is such a wonderful coach she has helped me overcome mental blocks and his help me do my best all season I couldn't have asked for a better coach. Not only have I been placing podium this year but my team feels like a family

they push me to do my best and they make me feel so good. I love to tumble it is one of my favorite things to do the last few weeks have kind of been tough as I have been going through a mental block on tumbling but I've pushed through and I'm so proud of myself. This year I have one all around district champion on beam. Vault and bars are usually my best events as I've won several first place I am vault and usually plays podium on bars. I can't wait to see what next year brings especially with the amazing coaches and friends that I have.







my name is Kodie Marie Gray and I'm 9 years old. I was born in Scotland, and currently live in Tenerife. I have a younger brother called Bradley Ace Gray - he loves basketball and tennis. I dance 5 days a week at Ritmania Fame Academy and I love every minute of it.

My biggest achievements so far include attaining Best Dancer in my age category at the world wide event All Dance Spain, as well as this year achieving Distinction with Honours in my dance exams.

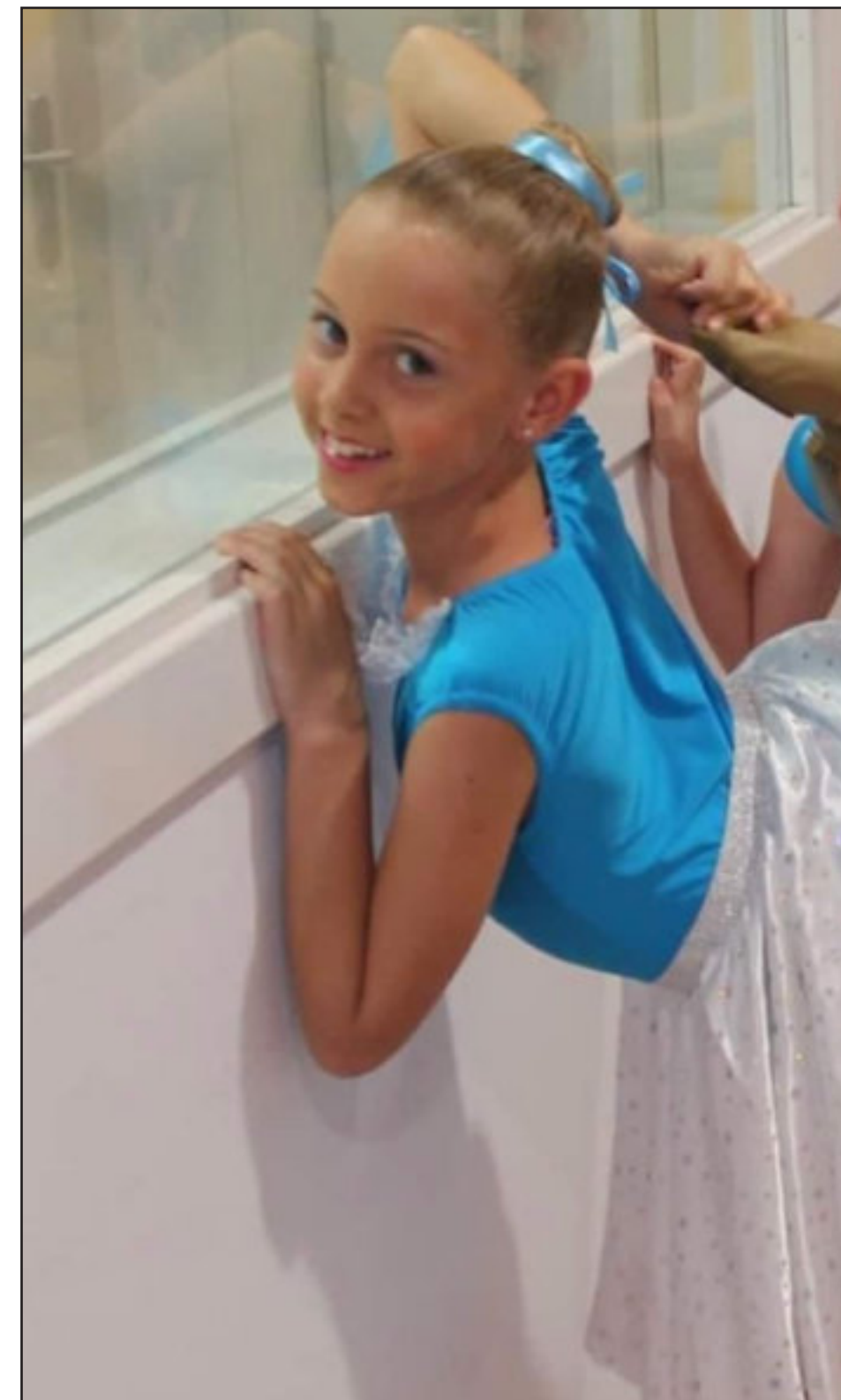
My current focus is to continue

working hard in the studio so I am fully prepared for upcoming competitions. I love being on stage, my passion is performing.

My ultimate goals are

- To be in a music video
- Perform at Half Time at the Super Bowl
- Perform with the Rockettes
- Own my own Dance Academy

I also play tennis at Tenerife Tennis Academy. I love being part of the team - it's a lot of fun!





# Lena Walsh

My name is Lena Walsh, i am Mexican/American, I'm 4 years old and I've practicing gymnastics for over a year.

During the pandemic of covid 19, we installed a gym at home, my mom and grandpa noticed i have lot of habilities such as strength, balance, flexibility and lots of stamina, so once the insolation was over, my grandpa signed me up for a summer camp

of gymnastics, afterwards the camp, i started to train 2 hours every saturday, even though weren't too many hours, i progressed very quickly, i was able to mastered some skills before any of my teammates.

When i grow up i wanna train with the greatest gymnasts from the US and do skills never seen.







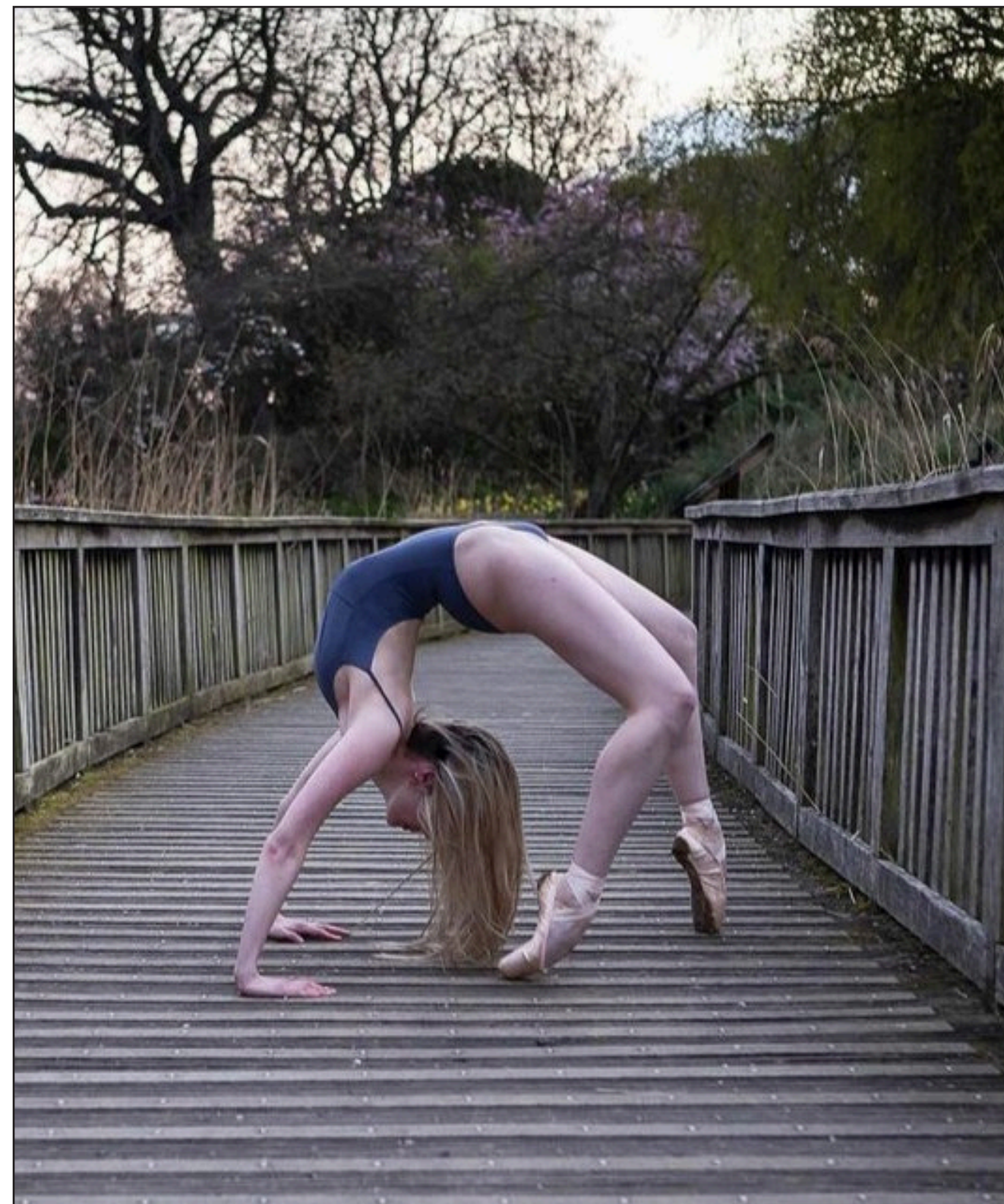
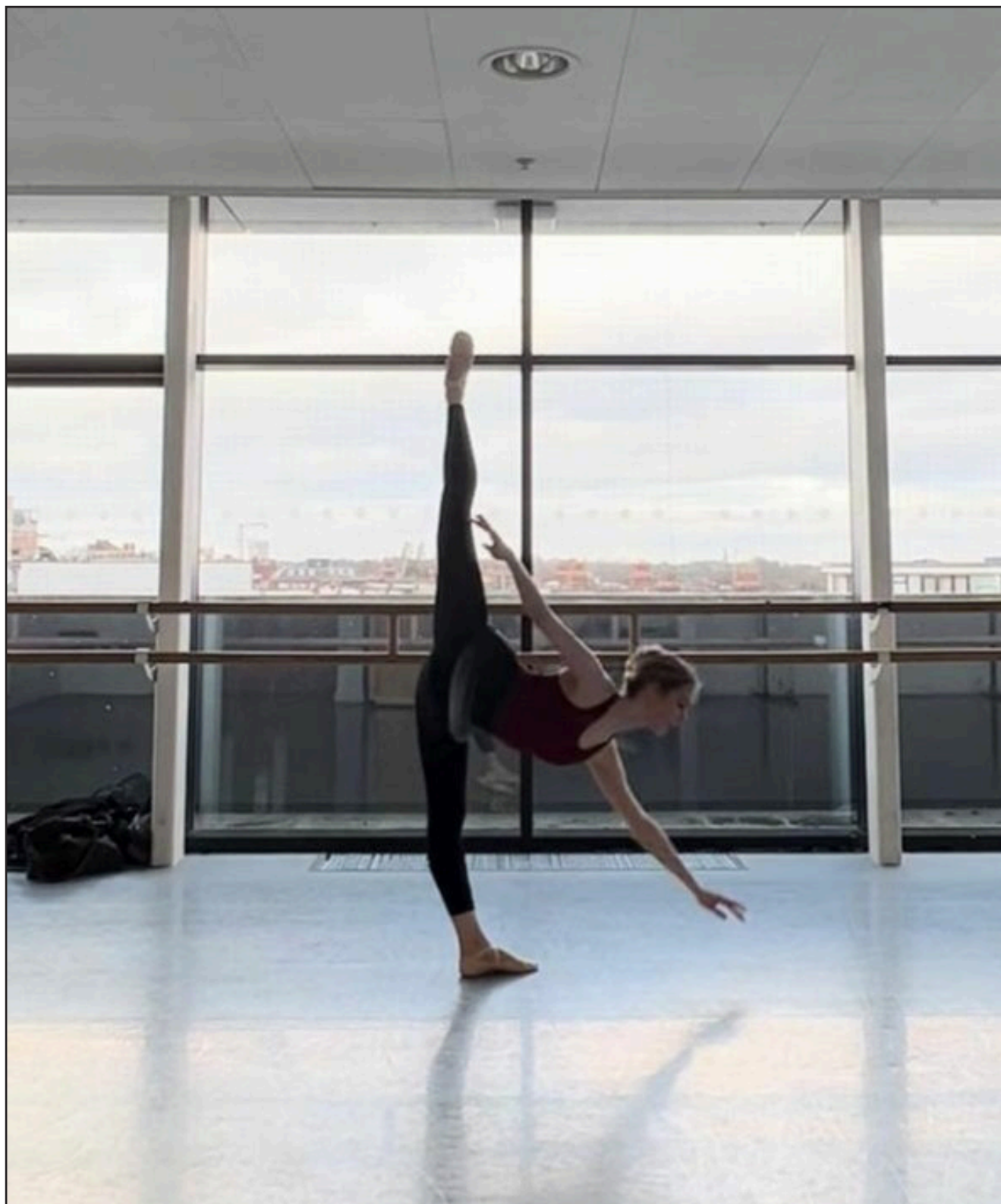


# Siani Delanie

My name is Siani Delanie. I am 15 years old. I just want to continue gymnastics because it makes me happier. My only goal at this point of time is be happy. I am enjoying what I do and want to continue do that.









My name is Sienna, I am 7 years old and have been training in gymnastics for 1 year. My biggest goal would be to make it to the Olympics when I am old enough and be as good as the best gymnasts.

I have competed in 2 competitions so far and have

won 4 gold medals, 2 best overall medals and 2 silver medals across beam, vault, floor and bars. My favourite would have to be bars as I feel strong.

The biggest struggle in gymnastics would be the conditioning because it is

harder than people think but we need it to be able to perform neat and tidy routines.

Gymnastics is the best and I cant wait to see how far I can go.

Photos Credits :: Kyra Ligon







# Tinley Weirup



My name is Tinley Weirup, I am 5 years old and I love cheerleading and gymnastics! My goals are to be a famous cheerleader and go all the way with cheering. I have big dreams to be like Gabi Butler! I just started cheering last year and so far I have learned a lot of skills and grown so much over that here. My challenges would have to be I'm super

hard on myself and always push myself to be better. I never give up and I want to make sure I do everything right. My mommy is my biggest support and she always encourages me not to be too hard on myself and to work towards my goals!

Photos Credits :: Brittany Weirup

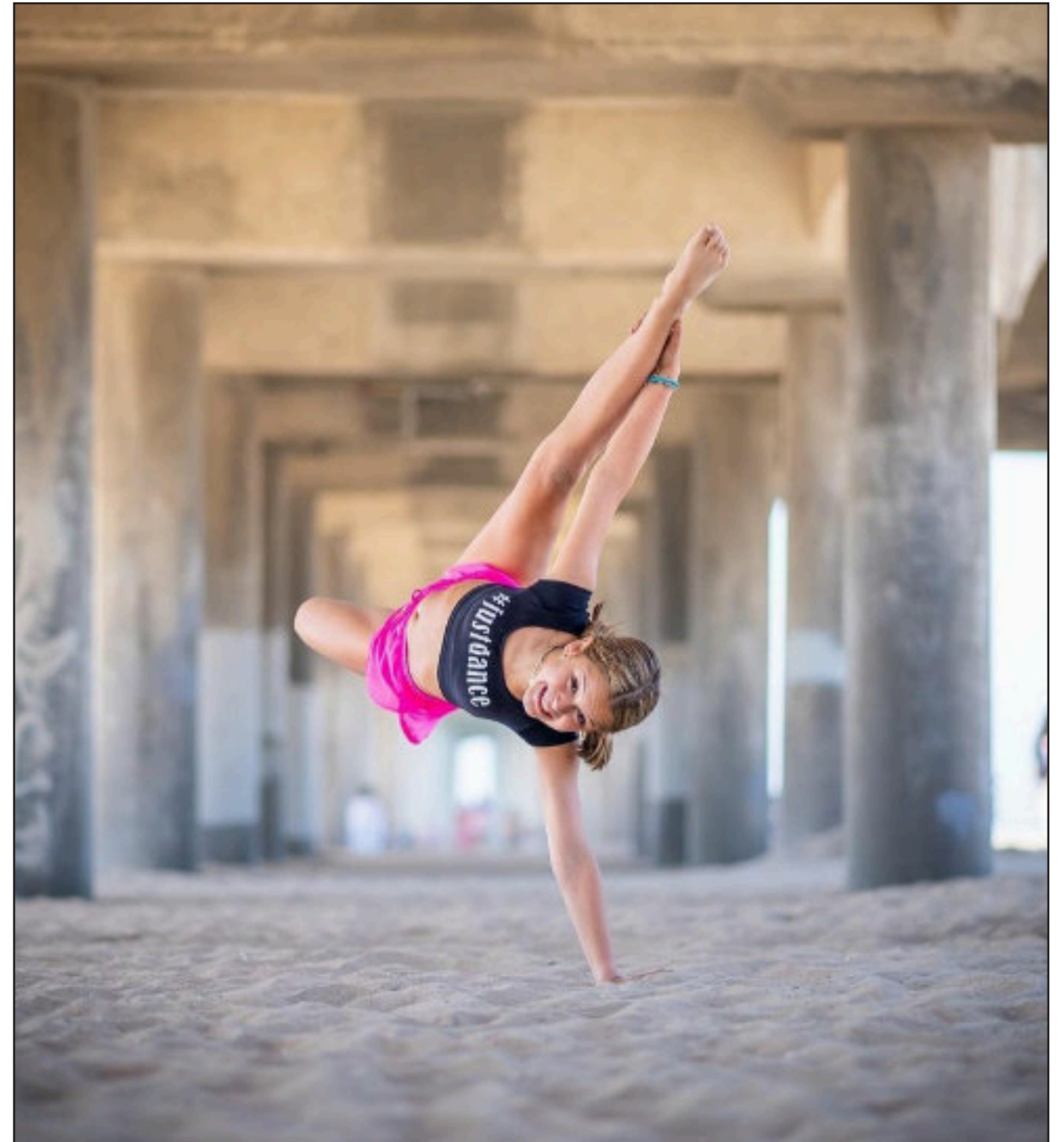


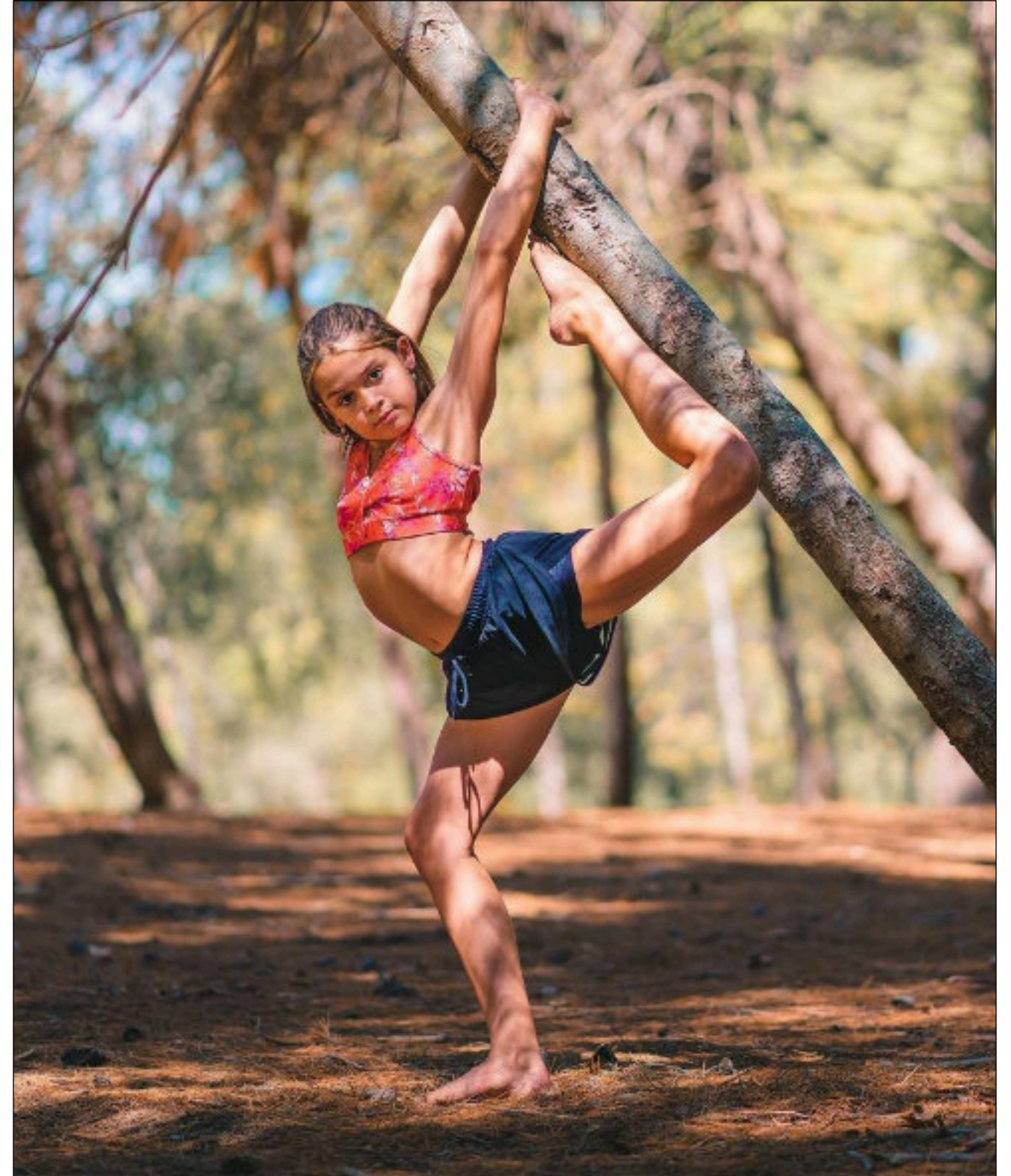
# Victoria Sofia



My name is Victoria Sofia. I am 7 year old gymnast from England. Weekends are always full of fun for me because this is time when I get to enjoy

gymnast. Also, I like dancing along the tides. I believe that a simple life is a good life , so surround yourself with people who make you hungry for life.







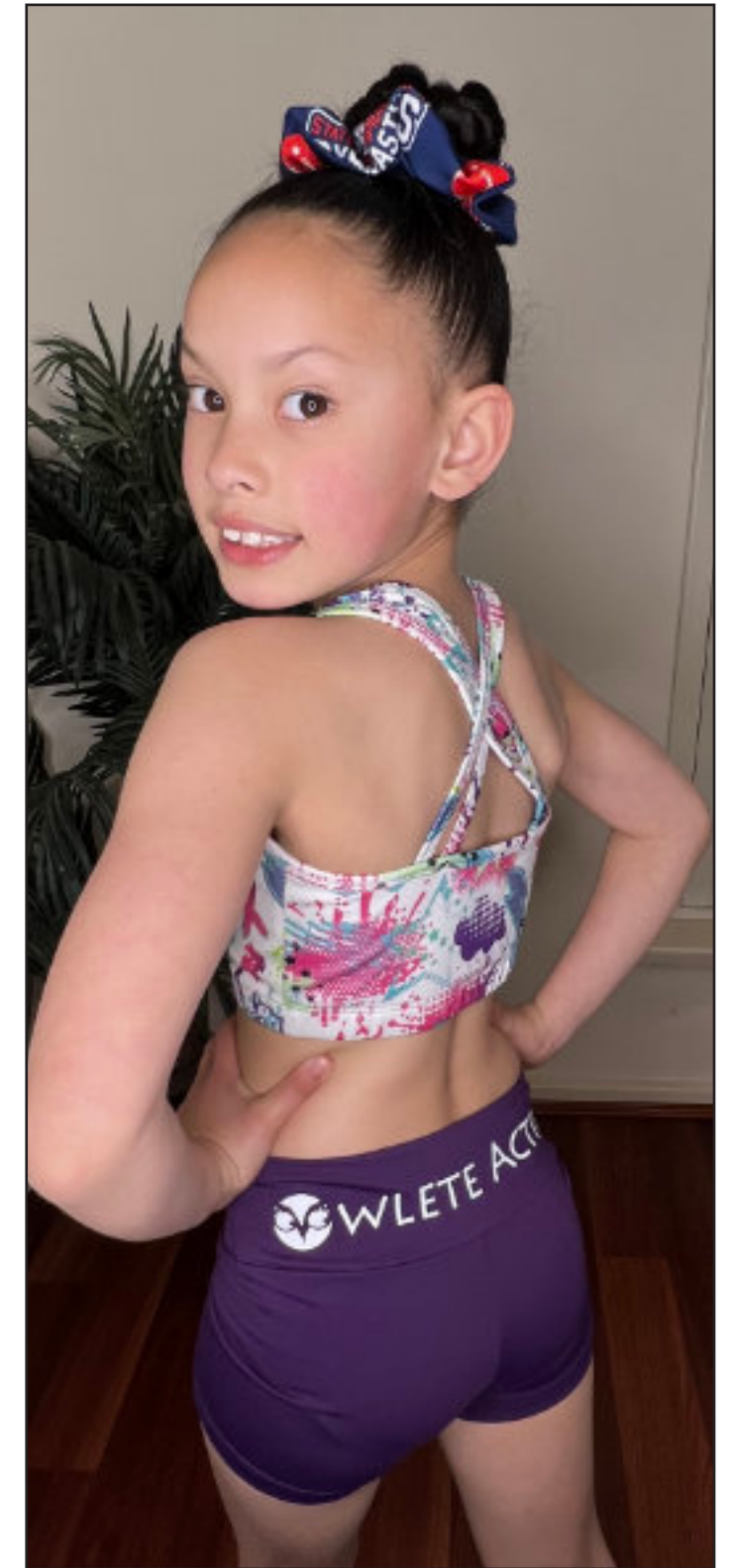
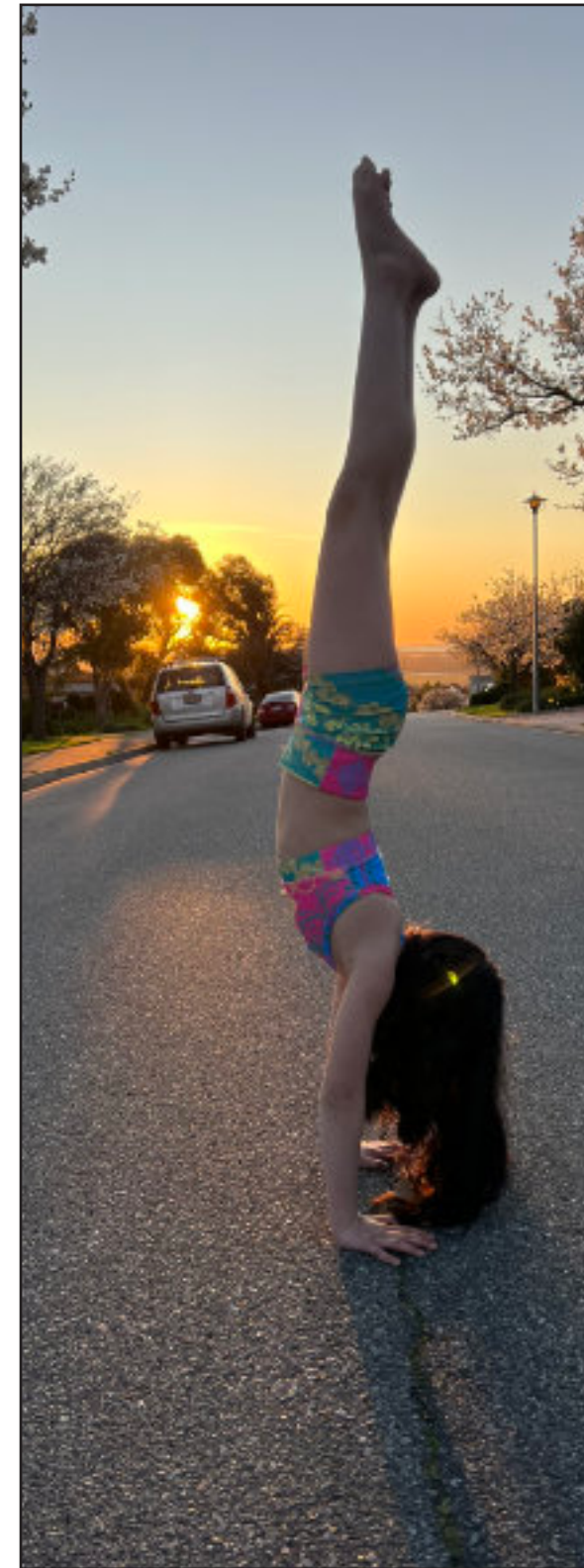
# Zara Kurniawan

My name is Zara. I'm 8 years old and live in Adelaide, Australia. I love everything about gymnastics including gymnastics fashion. I am a member at Tea Tree Gully Gymsports and competed in Level 4 in 2022. I love that gymnastics develops strong and fit girls! The

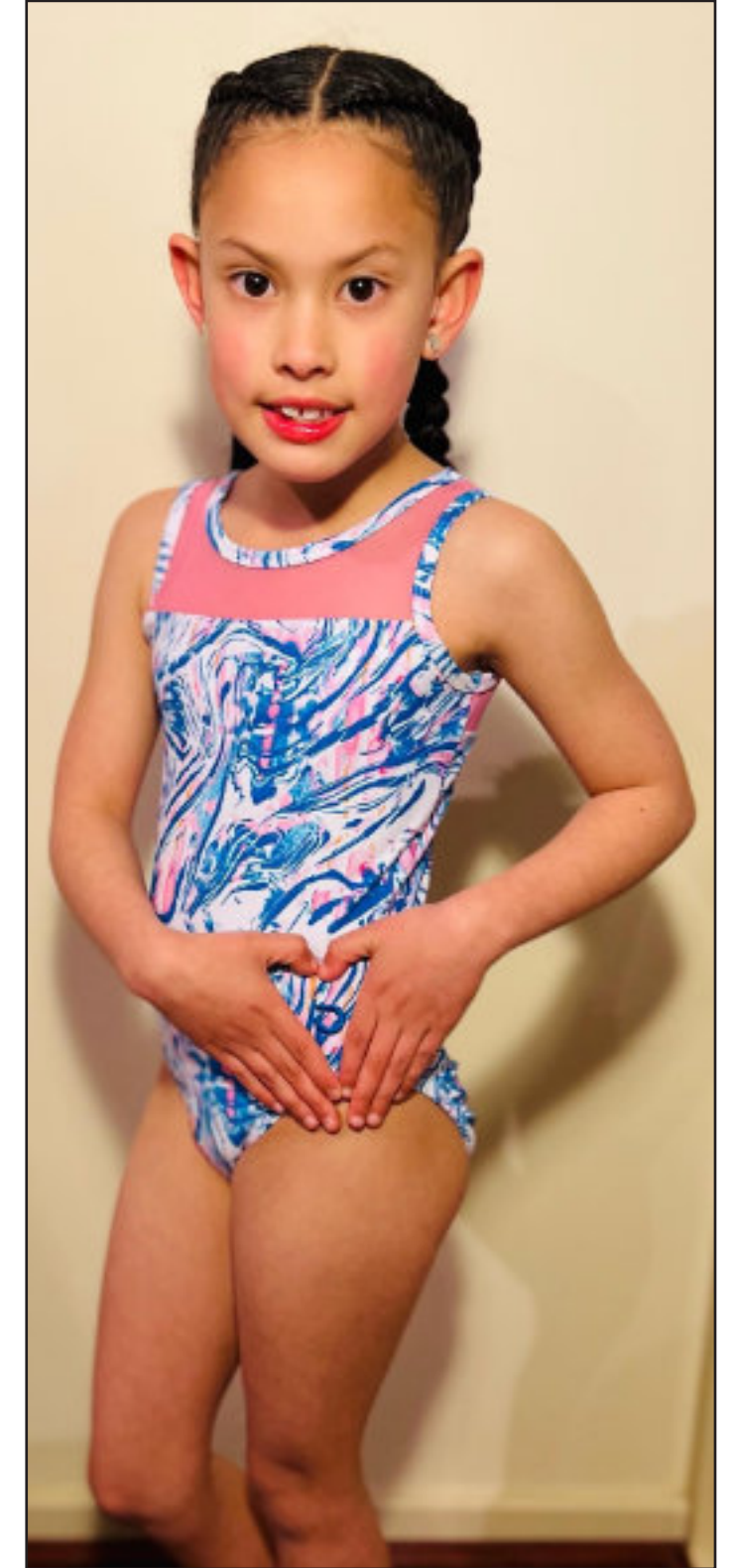
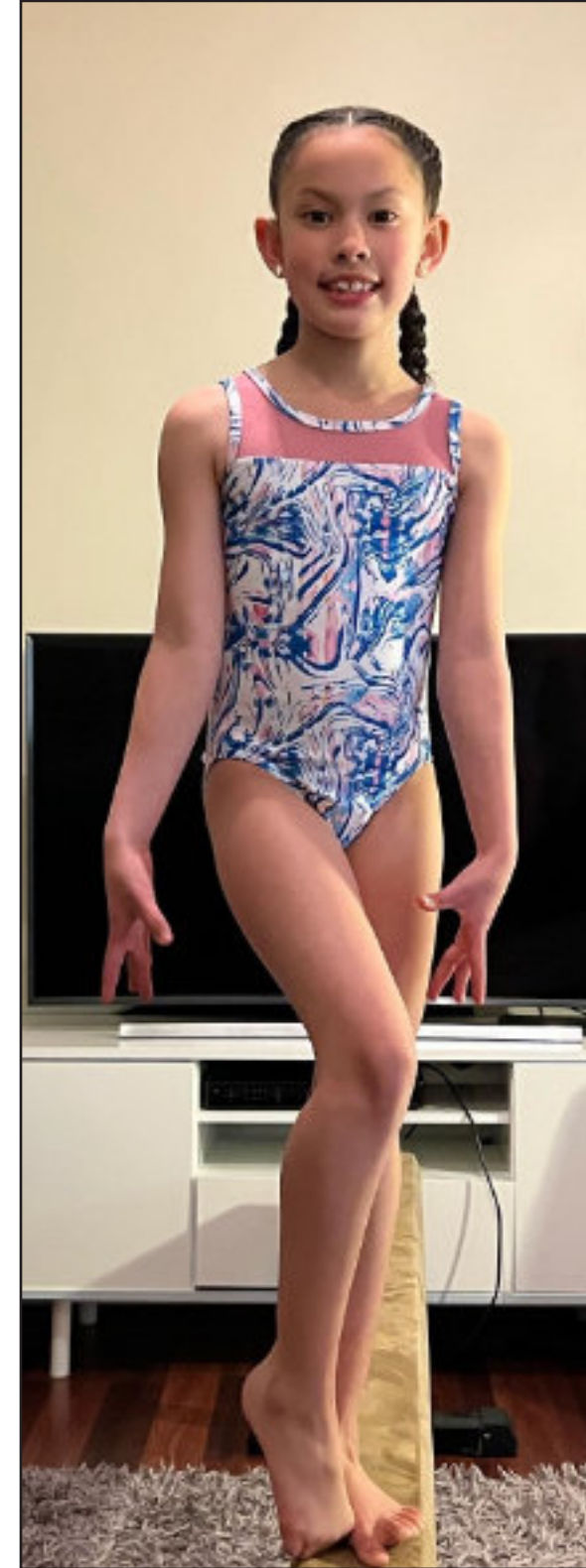
friendships that I have made are also extremely important to me! I dream to be the best I can be at gymnastics and make amazing friendships along the way.

Bars is my favourite apparatus. I've recently learnt to do my

backwards walkover on the beam. I also love floor and vault and keep on working on skills to improve. I love learning from different coaches and I'm getting much better at implementing their feedback. I can't wait to continue to develop my skills in 2023









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## Victoria Sofia



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