

UPCOMING GYMNASTS

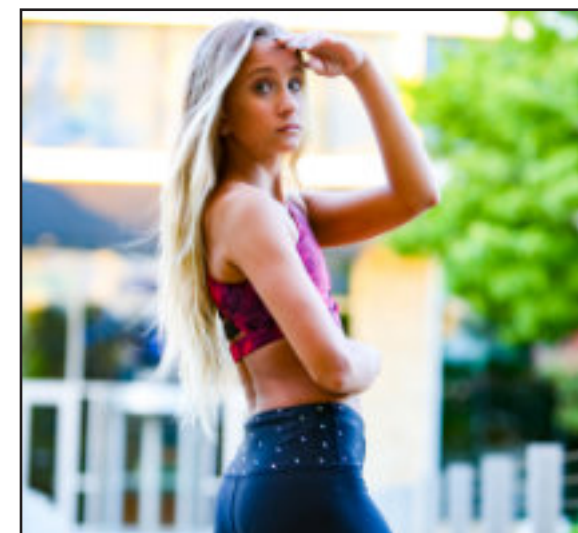
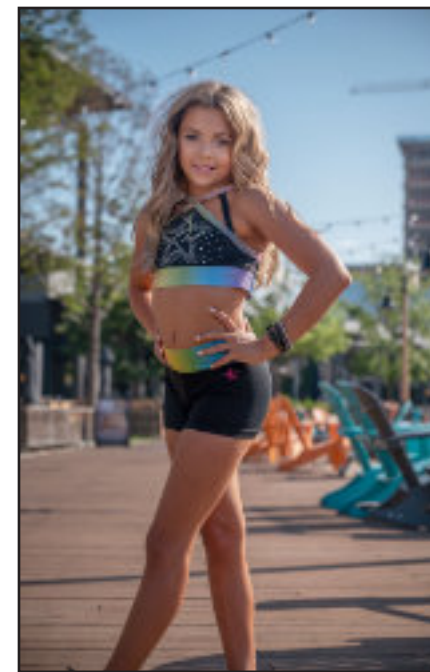
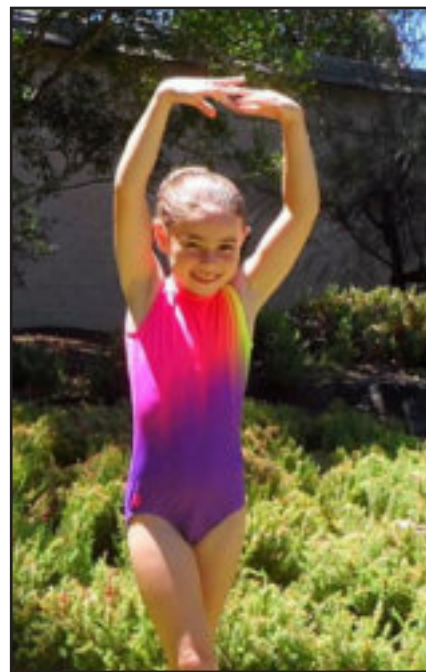
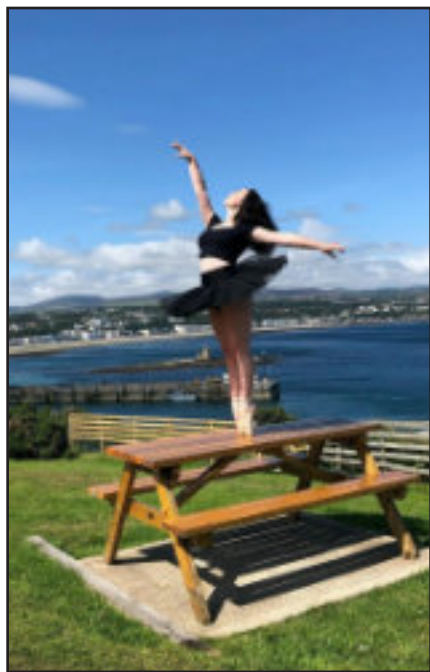
Legends Gymnastics Academy

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Featured Gymnasts



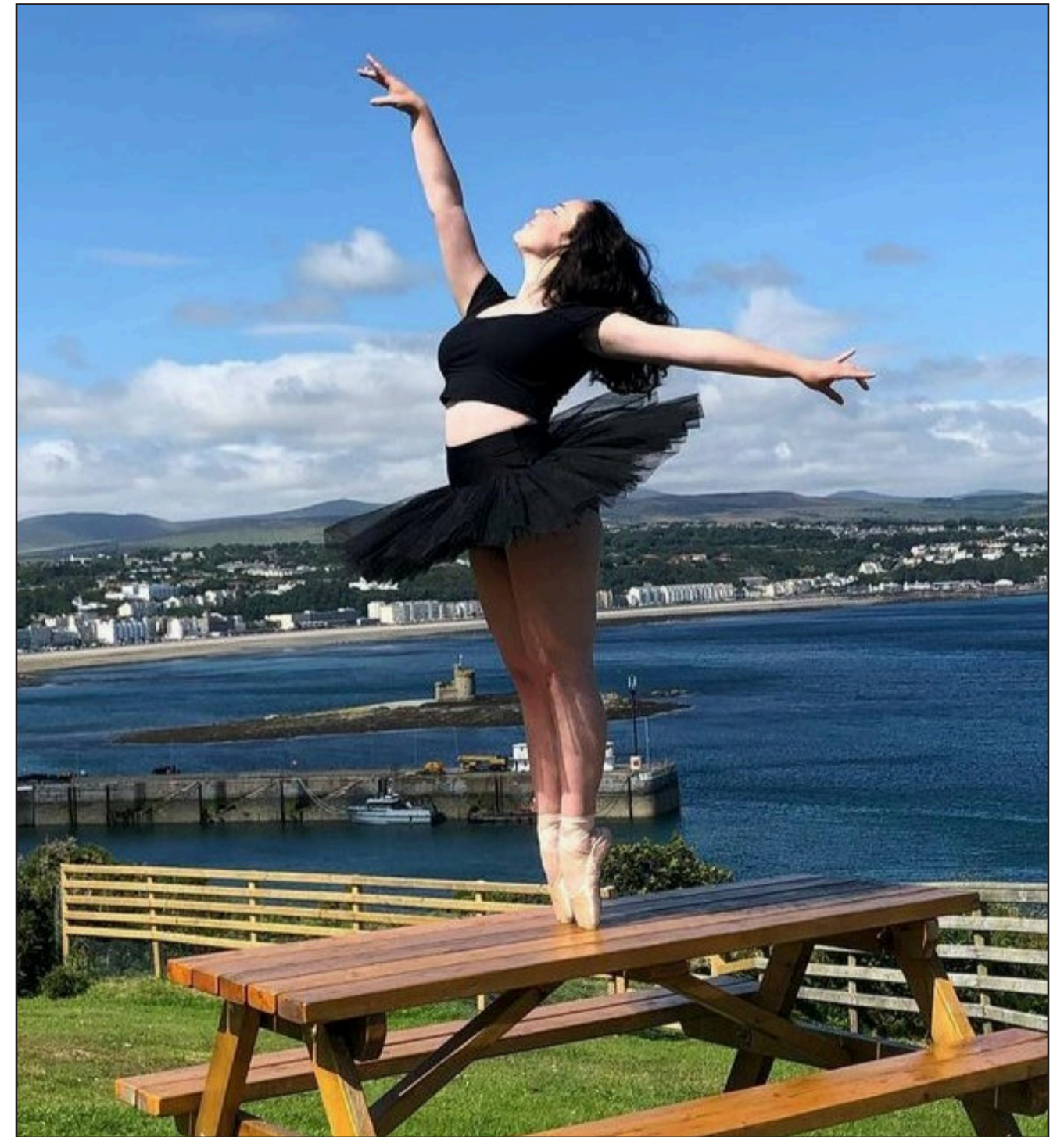
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Abigail Jade

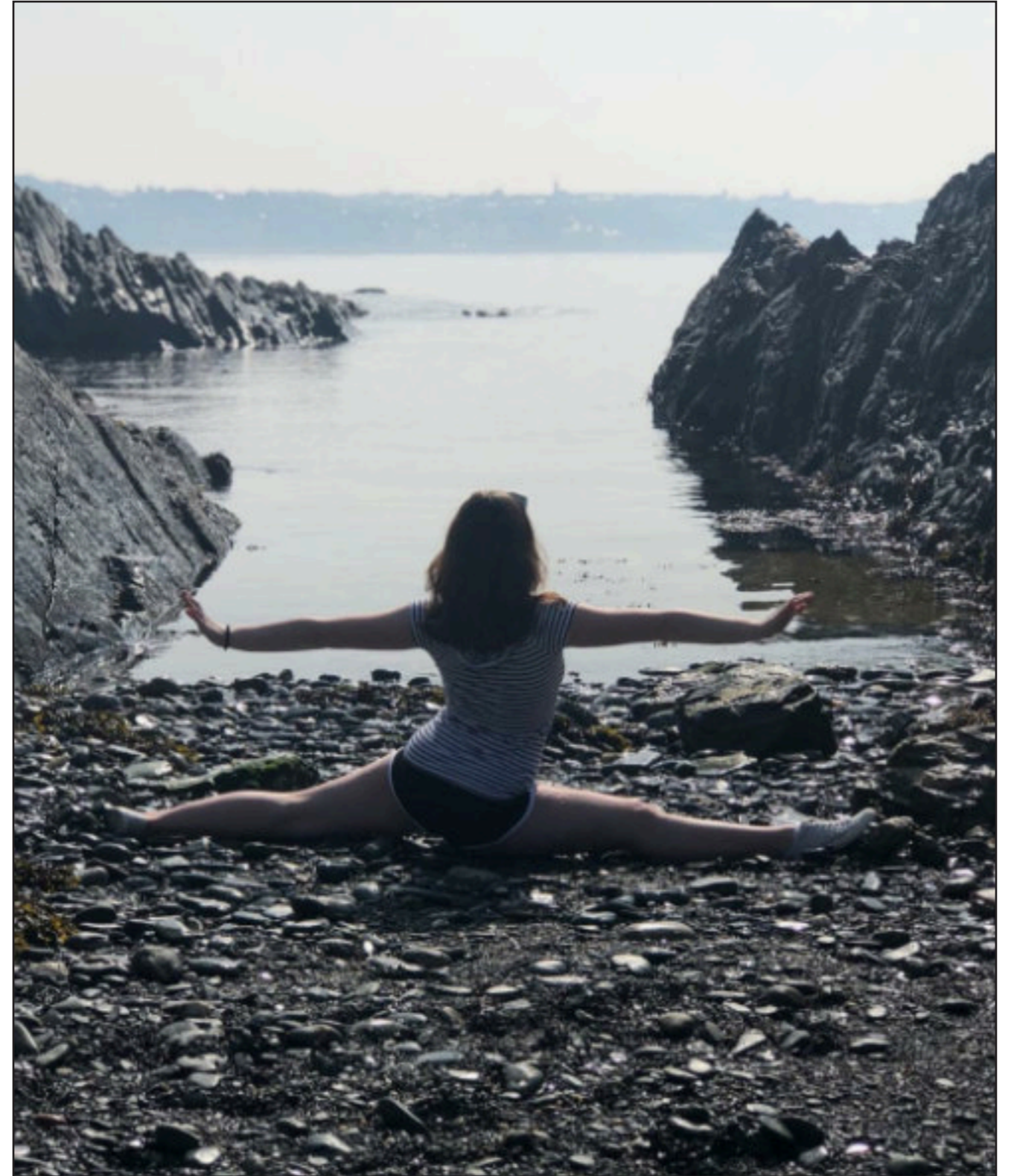


My name is Abigail Jade. I am a 16 year old gymnast from the US. Summer is my favorite season as I get to perform so much in this season. Doing backstage

pass is my favorite timepass. I really enjoy it. I also love to travel and go on small vacations. I am just grateful to perform so many times.



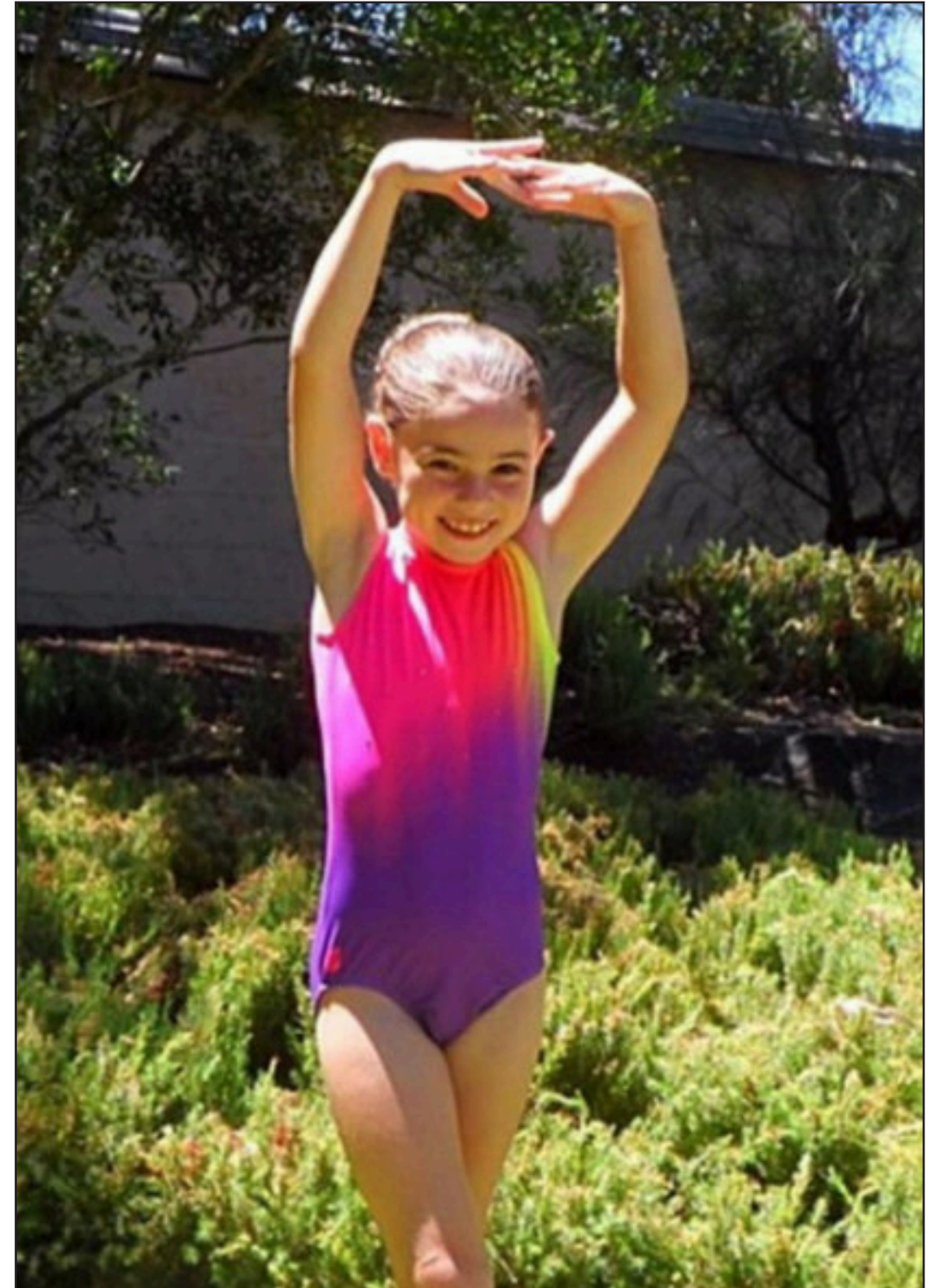




Bailey Carless

My name is Bailey Carless. I recently won the QLD state club championships, we came second overall. Congratulations to my fantastic team mates. I would also like to thank my amazing coaches. I am very

proud to be a part of this team. I believe in smiling and spreading positive energy. I have won Delta as well. Everything is going fantastic. I am again very proud to be a Delta girl.



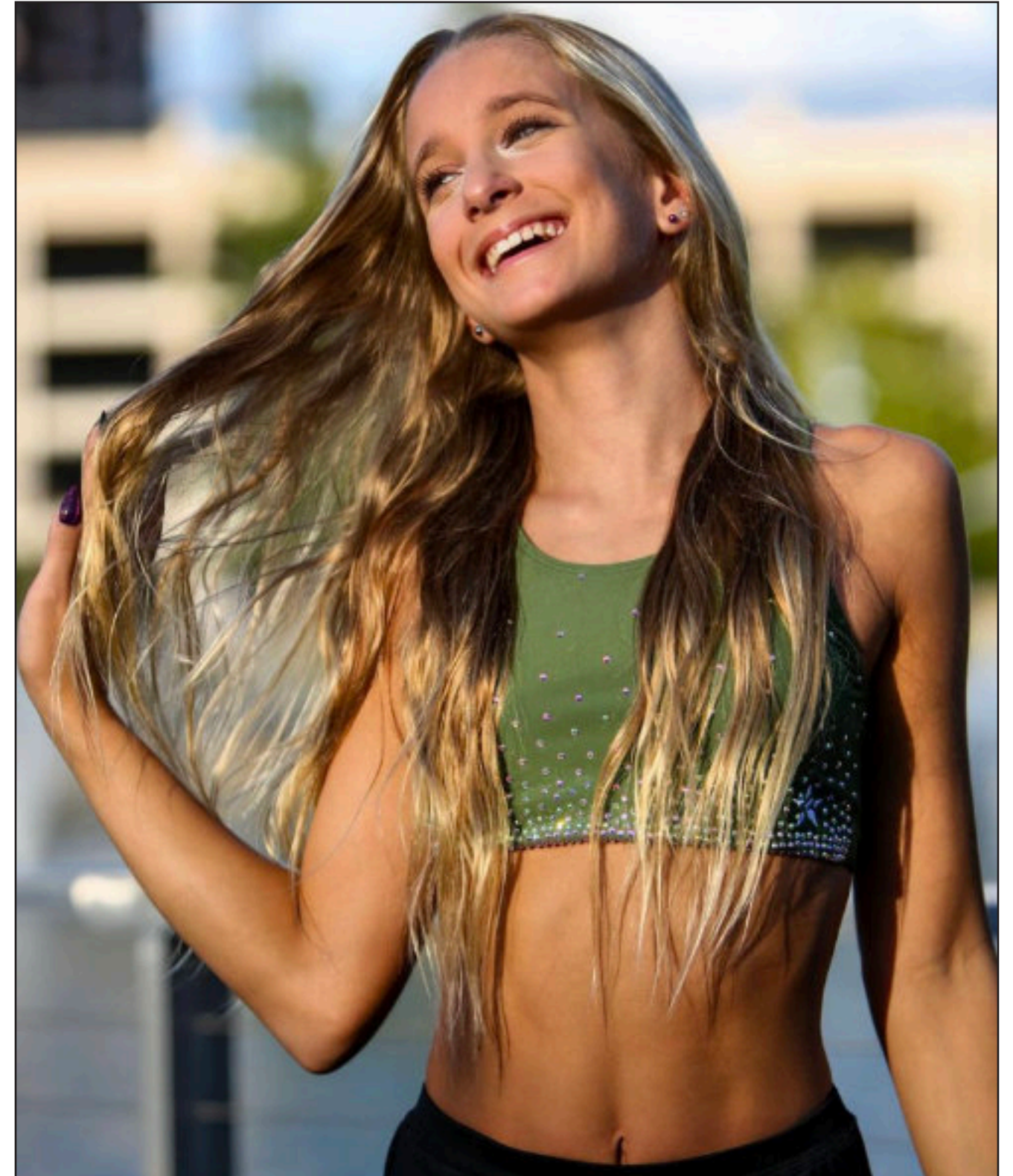


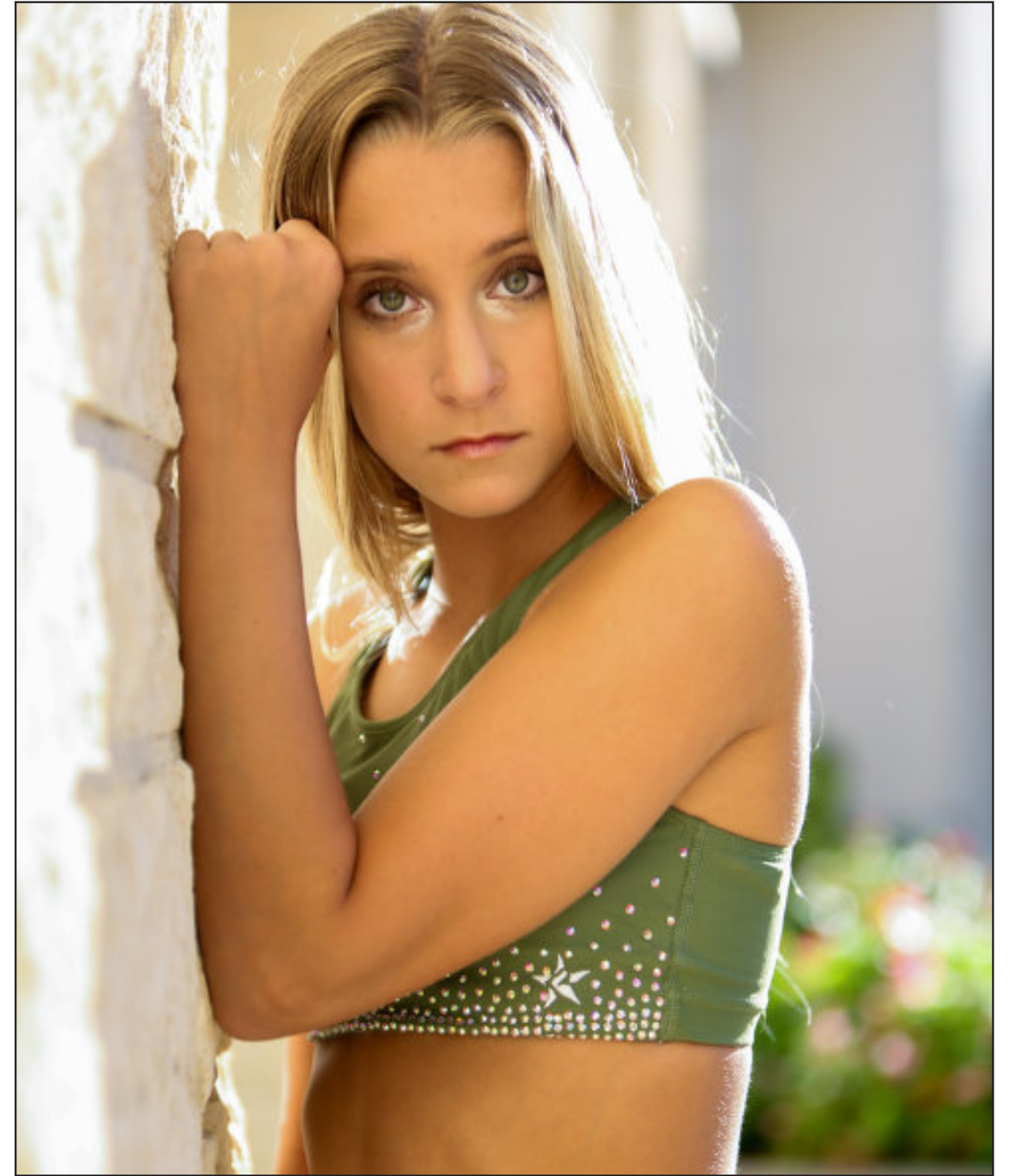


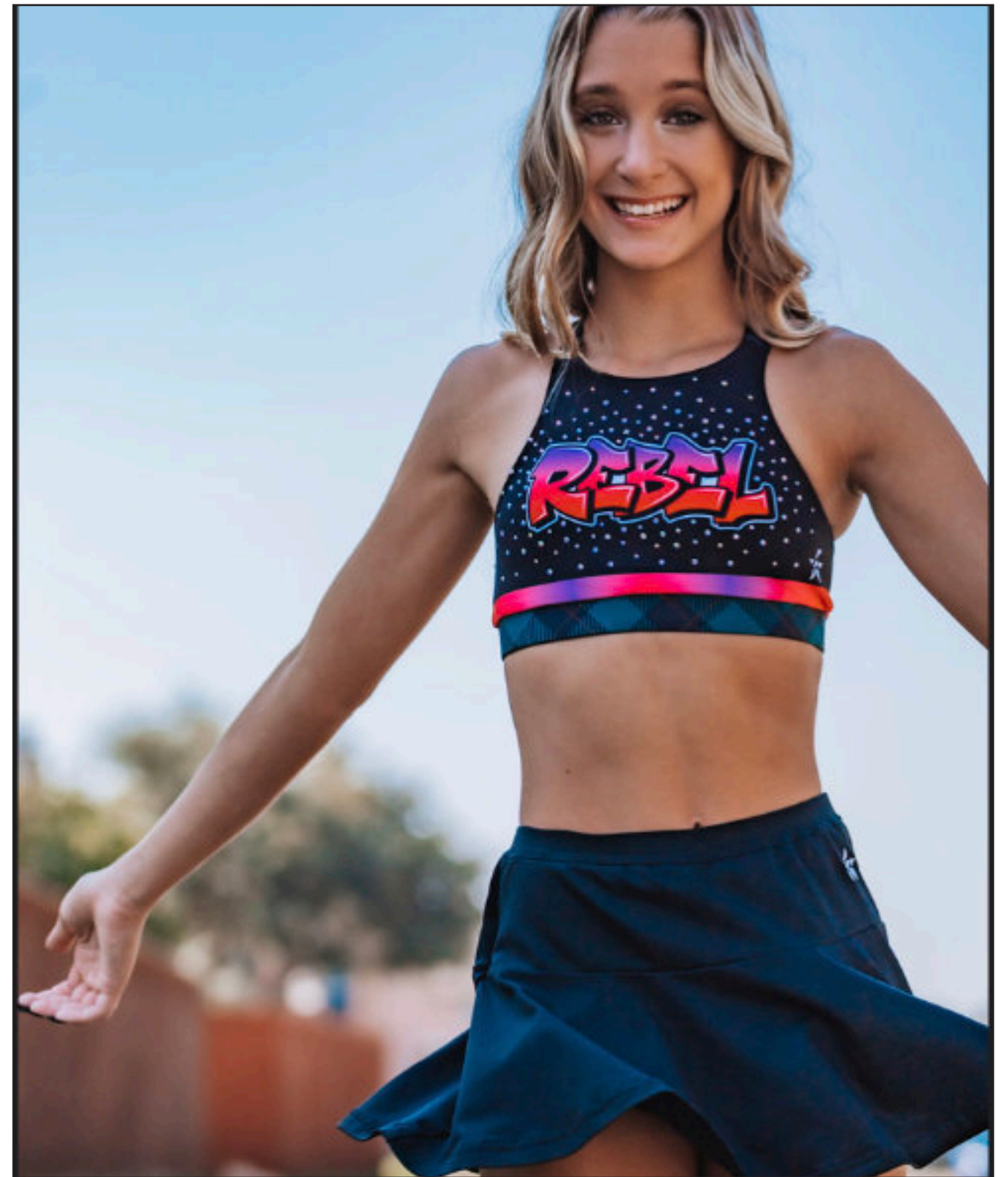


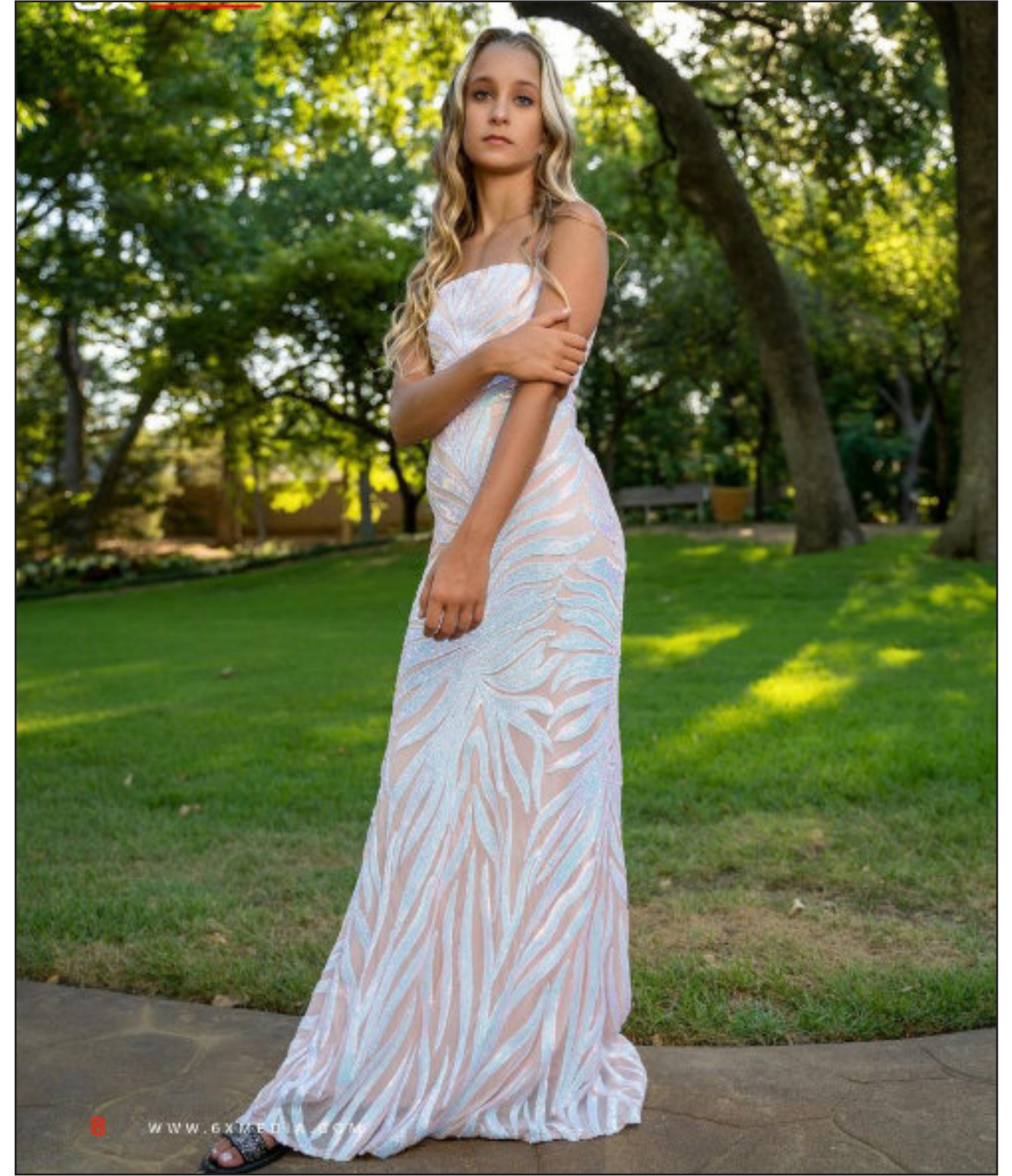
My name is Bella. I have been cheering for 7 years at PowerCheer!All Stars. I am currently on a Junior Level 3 team as a base. My goals are to make it to D2 Summit for the 3rd year in a row with my team. Continue cheering into high school and college! After college I either want to be a doctor or own a cheer gym. My greatest accomplishment in cheer was cheering at Summit for the first time with my team. It was such an amazing experience and I just couldn't believe I was there. I think my greatest challenge was learning a new position. I flew for 4 years and this year I am learning how to be a base. I think it is important as a cheerleader to have a solid understanding of as many positions on a team as possible. Some days are really tough but I have some of the greatest coaches and they are teaching me how to be the best base I can.

Photos Credits :: Kristin Duke @innerbeauty.photography, Ali Lindy @ali_indy_, Dee Stewart @dstewphotography







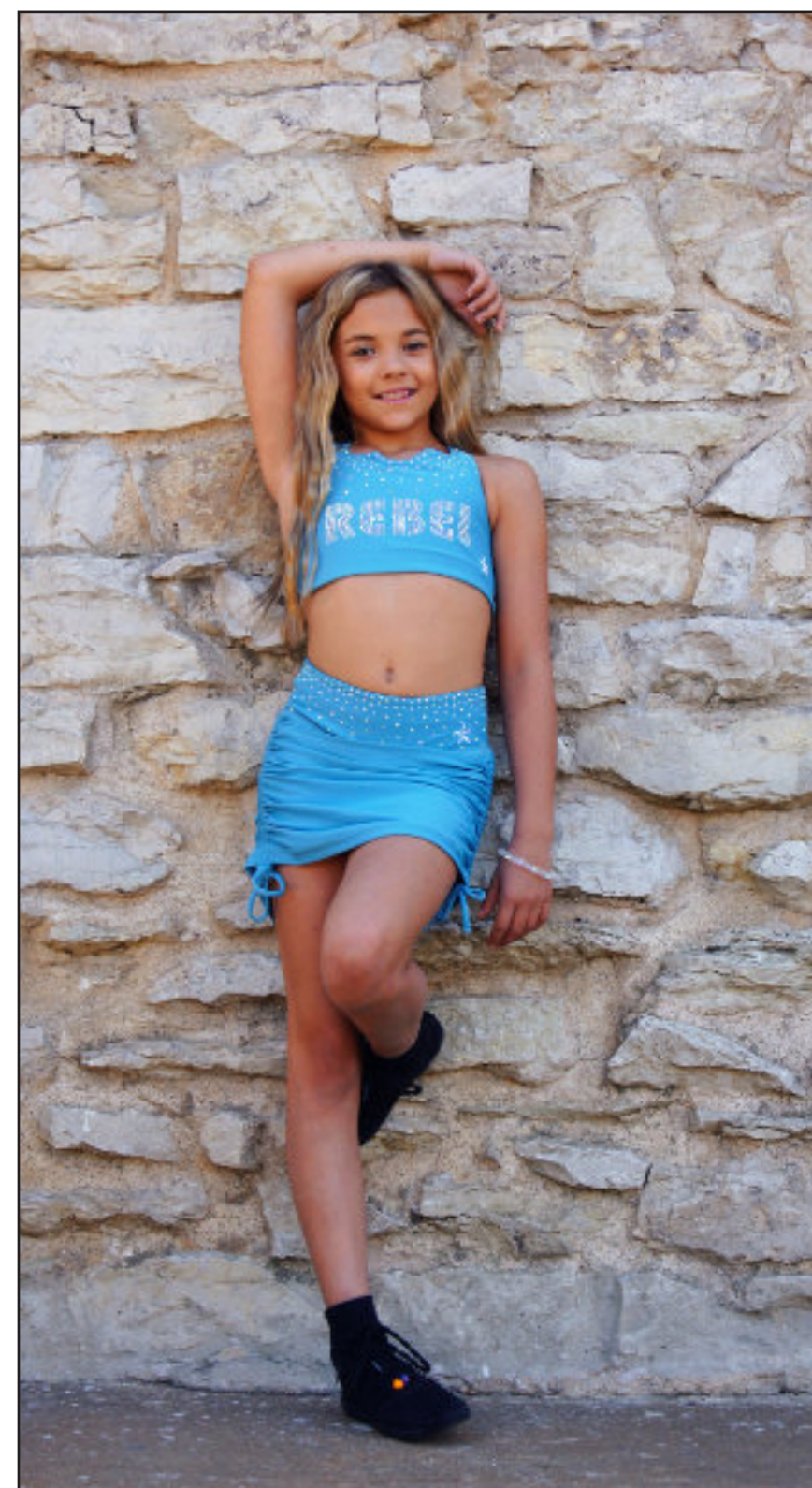




My name is Calloway. I am 11 years old. My greatest passion in life is All Star Cheerleading and animals. I started in gymnastics when I was 18 months old and started cheer when I was 6 years old. Cheer is everything to me. You can find me in the gym at least 5 days a week and sometimes more. In the gym I am constantly perfecting my tumbling skills, doing privates with coaches, and of course team practices.

I have been a flyer for cheer for the past 5 seasons. Being a flyer means making sure I am taking care of my body and stretching constantly to avoid injuries. Flying is all about balance, flexibility, facials, and a lot of confidence in my bases. This year I was asked to be a cross over on a 2nd team and learned how to be a primary base. It is very humbling to be on 2 teams and be able to perfect 2 different positions on the teams. After learning how to base this year, it has tremendously made me better at flying. That may sound a little funny, but it's the truth. Understanding how to base and hold a flyer's foot, taught me as a flyer better foot positions I can do, so my bases have an easier time keeping me in the air. It comes full circle with understanding how to fly and now to base. I can complement my teams by knowing both roles as a flyer and a primary base.

There is nothing that compares to competition day. It's everything I have worked towards. The butterflies that build in my stomach as we are about to take the floor are





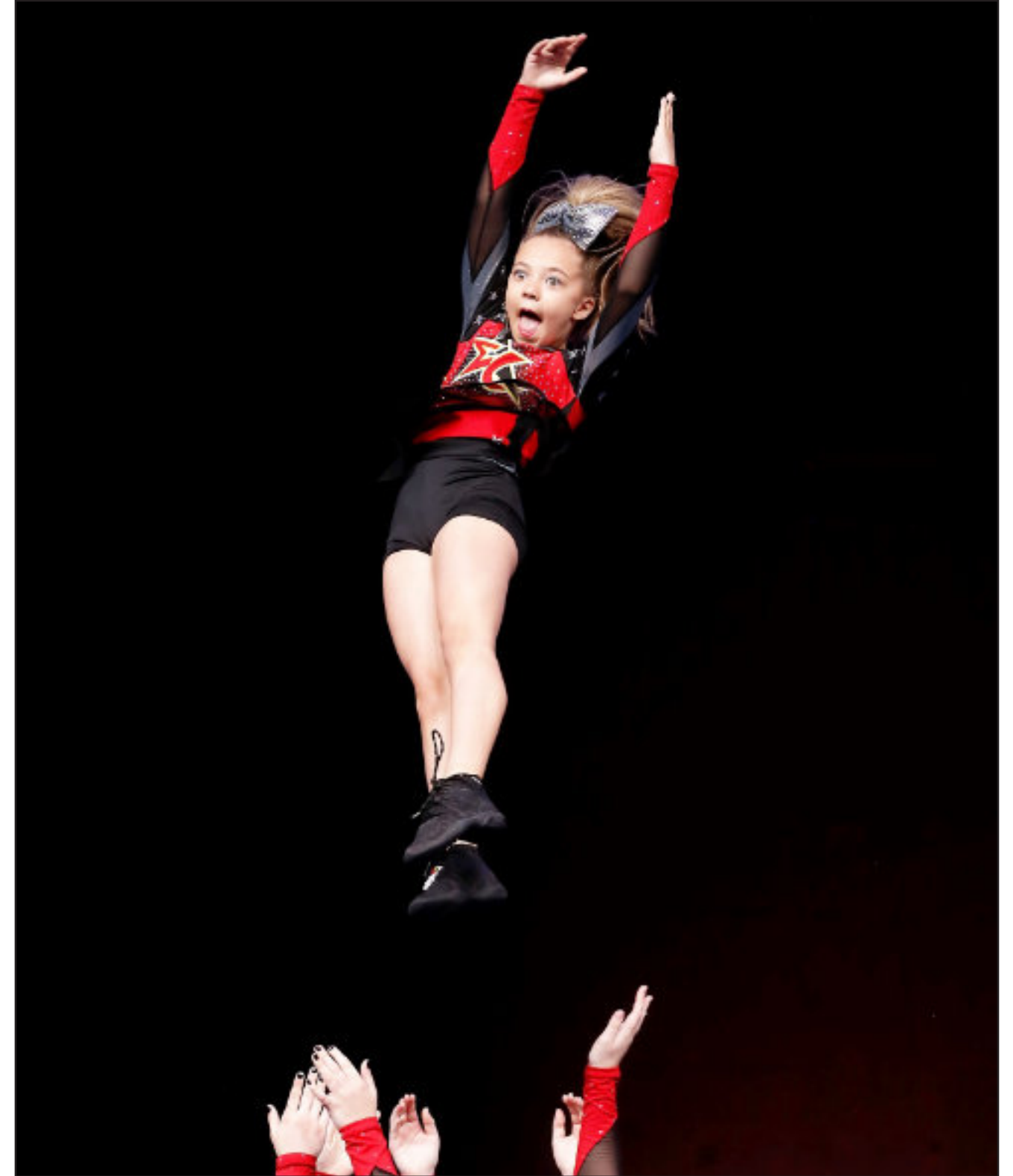
indescribable. The minute the curtain opens, I run out to the floor and get set in my spot – the butterflies go away. The spotlights are bright, and the music comes on. I know at that moment it's my time to shine and give it my all. The 2 minutes and 30 seconds I spend doing my routine goes by in a flash and then it's all over. I can only hope my team did enough to earn us a 1st place finish! I have the best coaches and teammates a girl could ask for.

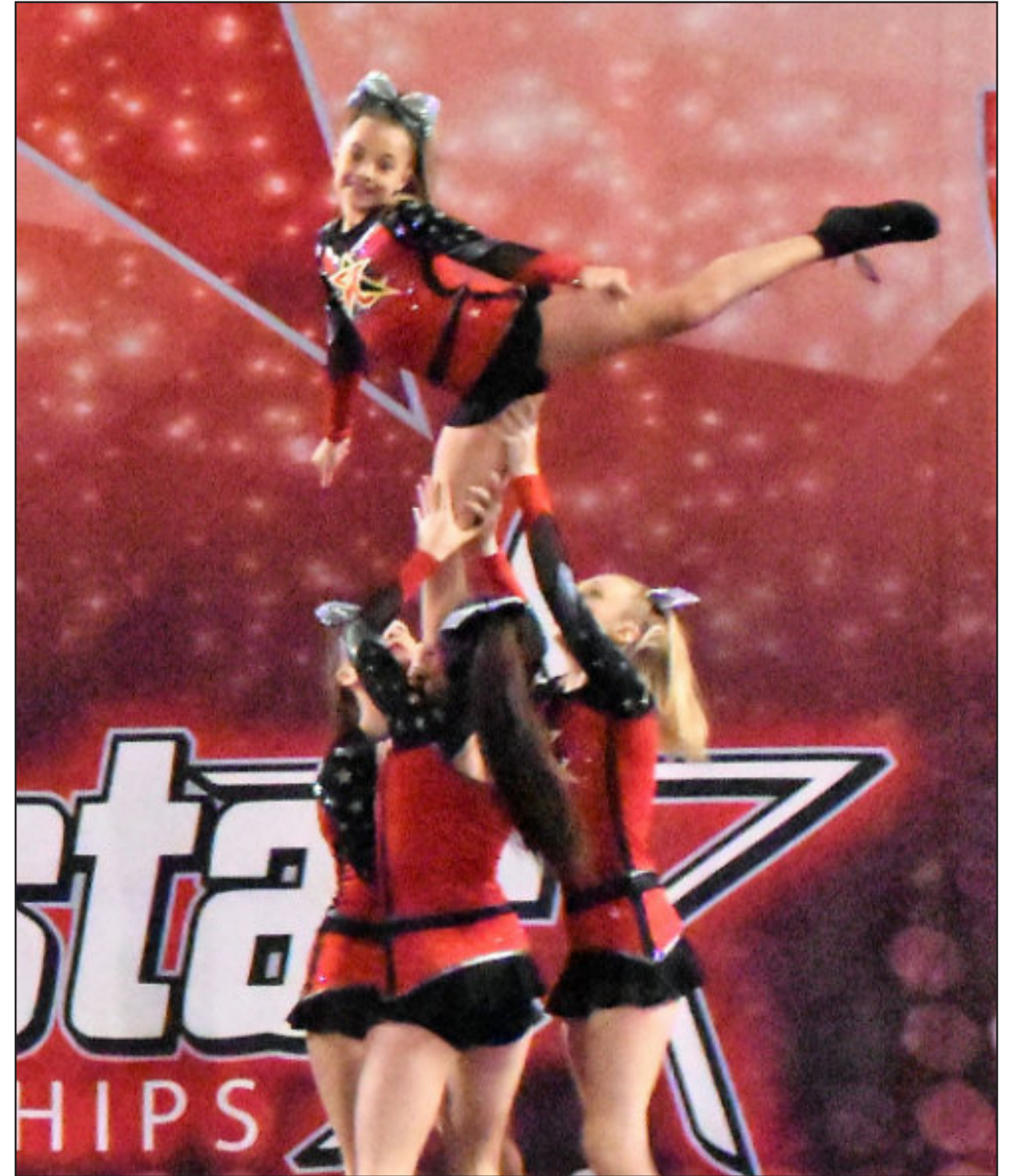
This year I also started to do a little modeling for a cheer company called Rebel Athletic. I am a Rebel Ambassador for 2022-2023 season. I am loving every minute of it. I have met so many of my best friends this year with this new opportunity. I have traveled to many states for meet ups and photoshoots and I am having the time of my life with it. I am hopeful to be able to continue this journey for many years with Rebel.

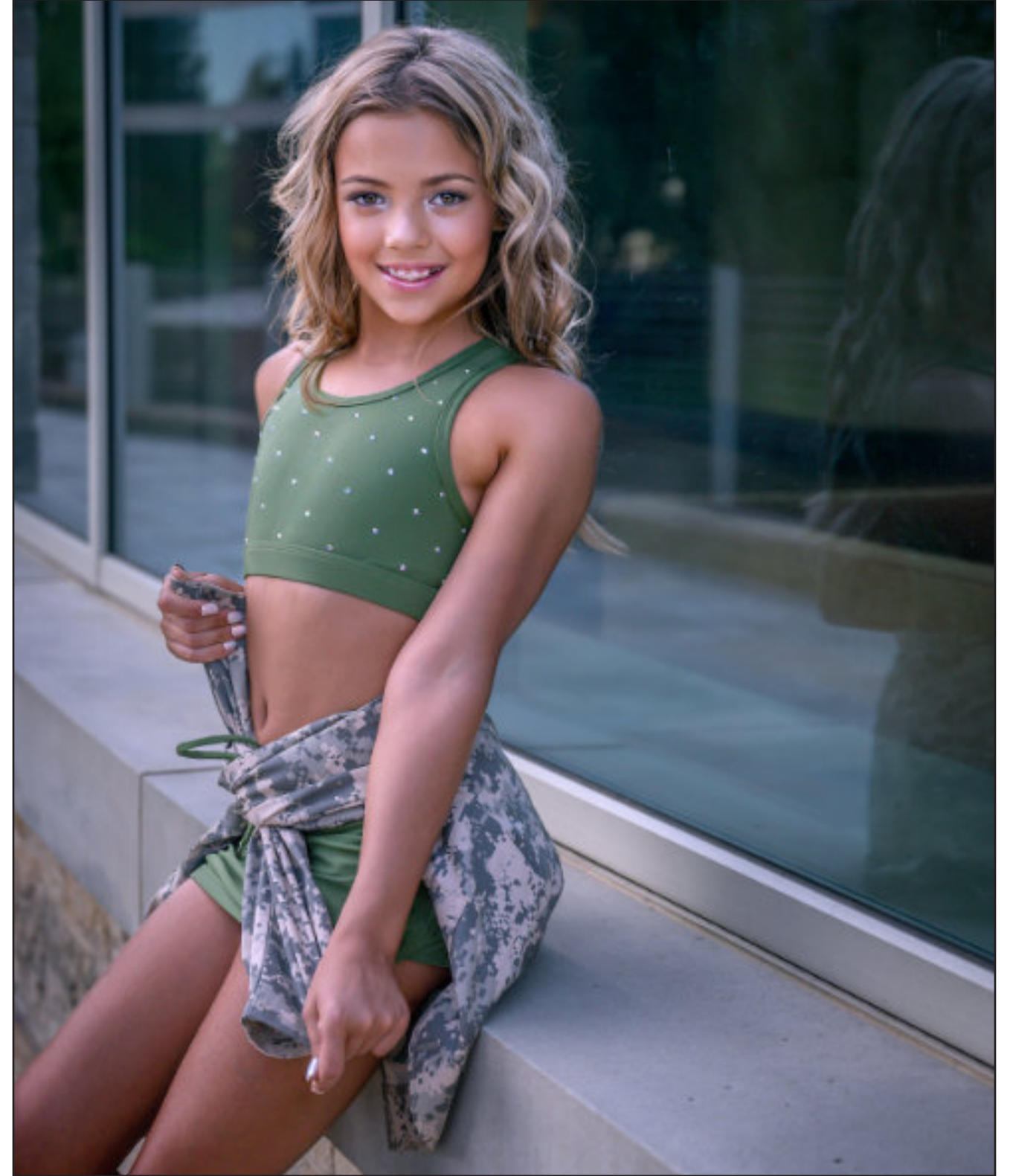
Eat. Sleep. Cheer REPEAT! It's all I know. It's in my DNA.

Calloway

Photos Credits: Kate Smith Photography







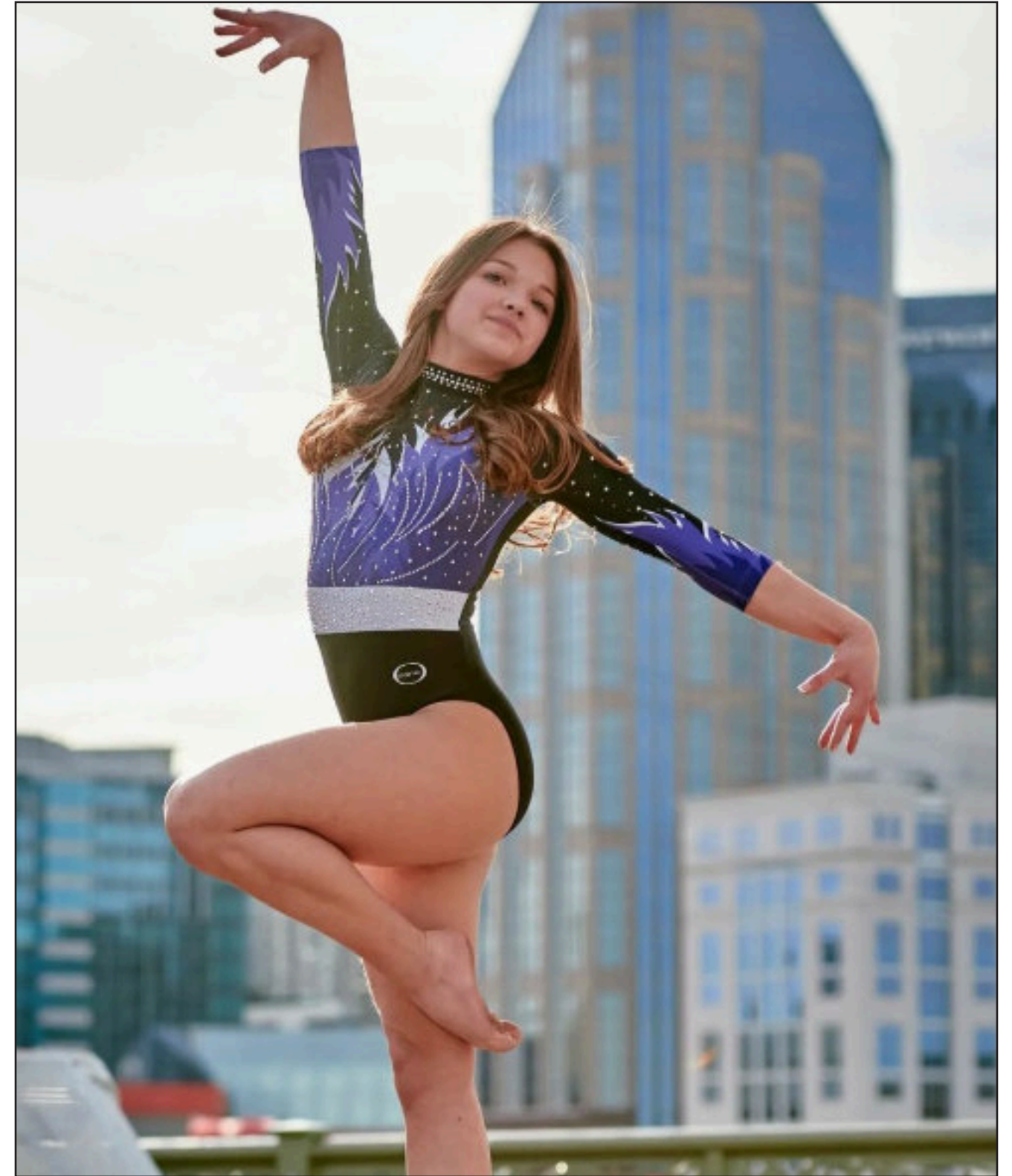


Carolina Payeras



My name is Carolina Payeras. To say that this season was a bust for me would be an understatement. Competed a 1 meet tweaked a hamstring - then competed one more meet with a tweaked hamstring and was out - doing pt twice a week. Still optimistic that i would make it back after missing a couple of meets. Crazy enough on my way to pt 1 tripped on 1 stair - the last step , only to roll my ankle and get injured. Still I am confident of making my comeback.



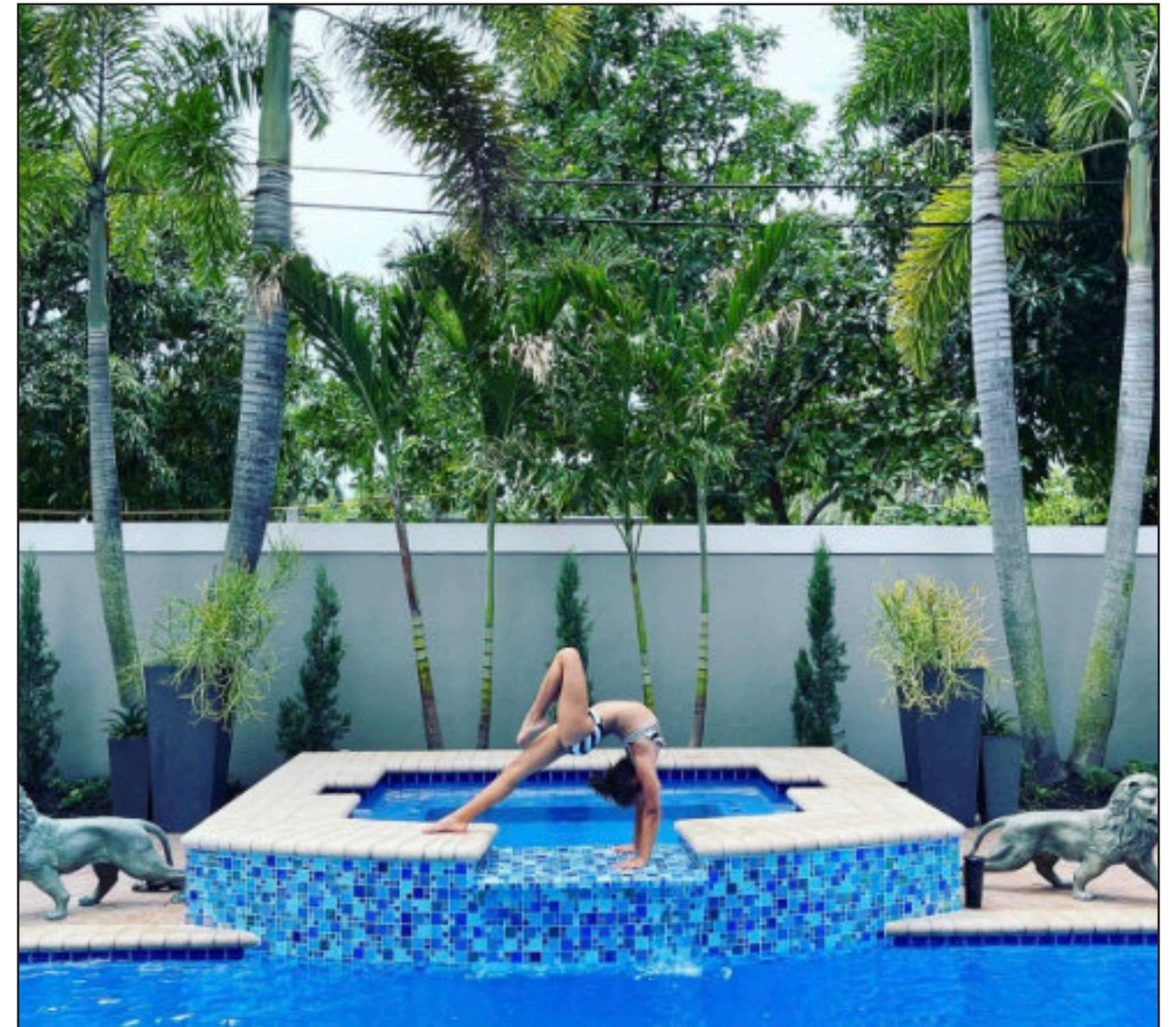




Dionisia Karantzalis

Hi, My name is Dionisia Karantzalis. I'm 10yrs old and practicing levels 6 through 8. I've been a gymnast since I was 4yrs old. I practice 4 hours a day, 5 days a week. My love for gymnastics started with a beam and bars my grandpa made for me in the backyard at 2 years old. I really love being part of a team and being supportive to my teammates. It's important to me to be a leader and love motivating my teammates when practice gets hard. Competitions and camps are also one of my

favorite things about being a gymnast because I get to travel with my family and meet my idols. Ever since I was little, my dream has been to be a college gymnast and get the opportunity to compete in the Olympics. My grandpa and my uncle got to compete in the Olympics and it's my dream to follow in their footsteps. My goal right now is staying focused so I can do well in competitions and continue to learn more skills so one day I can get to go to college for gymnastics. I



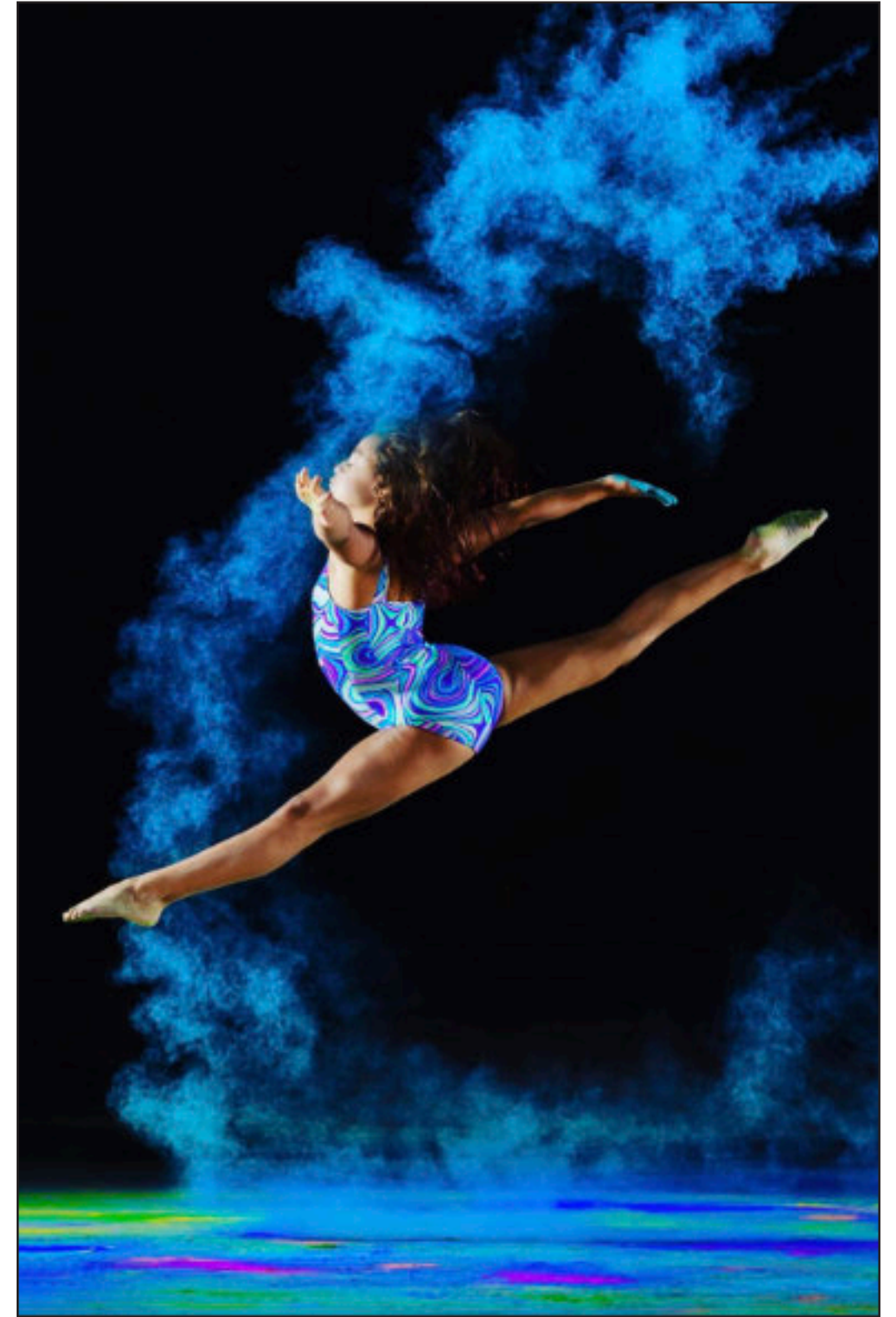
also want to continue working hard and staying dedicated during practice so I can achieve my dream. It's always challenging being patient with myself and trusting the process but keeping a positive attitude and doing daily affirmations always helps me get through. School has always been a challenge for me with Dyslexia so gymnastics helps me free my mind, challenging my mind and body with hard skills in the gym. It's the best feeling in the world when I finally get a skill I've trained hard to get. I'm able to have a lot of achievements and successes through my hard work

and dedication to my training. One of my greatest achievements is being America's top 100 gymnasts for beam and floor which are my favorite events. My greatest success yet is being picked for a fast track team that works difficult skills and up-trains a lot. My coaches help me believe in myself and keep my love for gymnastics. It's exciting to see all my medals on hang in my room to remind me of each success I've had so far while looking forward to more in my gymnastics career!

Photos Credits :: Clay Morgan photography









CONGRATULATIONS to my Amazing and Fabulous Parents who started ☆Gymnastics City ☆ 43 years ago!! Owners Vinny and Anita Savastano founded and established, Gymnastics City in August 1980, in Peekskill, New York. They stayed 4 years in that location before moving to Mohegan Lake where they had a new facility built to their specifications. They stayed there for 10 years, before moving to their new 15,000 sq. ft "State of the Art" facility. It has been a long road to becoming one of the most successful programs in the U.S.A. Vinny and Anita had a dream. It was to put together a highly dedicated staff committed to running a safe, well organized, enjoyable program for babies on up through High School age students. They wanted to bestow the benefits of Gymnastics and provide a

program to meet the needs of the recreational gymnasts as well as those students who wanted to move into the competitive area. The program keeps growing by leaps and bounds. It all began when Vinny, a graduate of New York University, began teaching for the Yorktown School District, 35 years as a physical Education Teacher. Vinny started the first Gymnastics Team at Yorktown High School and remained coaching there for the next 14 years. During that time, his teams racked up many awards and they were one of the most respected High School Teams in New York State. Along with his coaching career, Vinny also was a Gymnastics Judge and then became Certified as a Nationally rated Collegiate Judge. He judged many College and University Gymnastics meets, where

Gymnastics City
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he judged Champions. He also had the privilege of Judging the Y.M.C.A. and National Championships. Anita also became involved in Gymnastics at the recreational level, where she grew up on Long Island. While raising 3 children, she still found the time to be a High School rated Gymnastics official and judged numerous High School competitions. After a few years their daughter Elena joined the staff and is now their Program Director, as well as a Team Coach. Elena, Vinny and their most highly qualified and dedicated staff have produced many of New York State's finest Gymnasts. Countless numbers of these Gymnasts have gone on to win Local, State, Regional and World Championships!! Our philosophy is to have children feel good about themselves. This program has evolved and developed into one of the finest anywhere. Along with the obvious physical benefits; strength, agility, coordination, and flexibility, Gymnastics allows the mind, body, and spirit the feeling of exhilaration! It teaches the young child to overcome obstacles; to "stick to it" and realize "you can do it" Children then understand the benefits from the work and effort that went into learning a skill and they become proud of their accomplishment. These are life skills; they recognize that with hard work at something they can succeed! Through the years our Gym City Staff has trained virtually thousands of youngsters to love the sport of Gymnastics and prepare for life. We are a family run



Gymnastics City

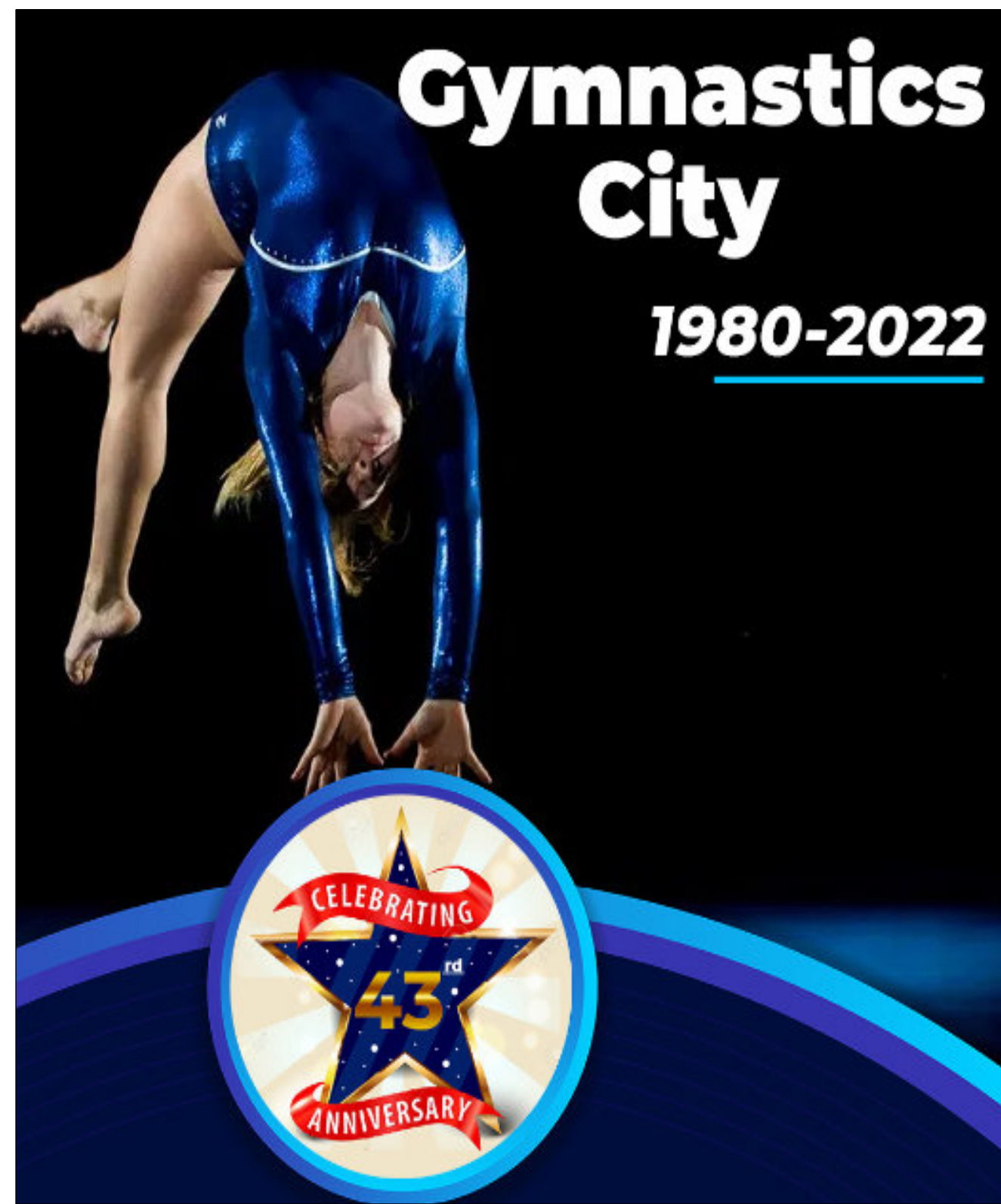
Sign up today

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Gymnastics City

business celebrating our 43rd Anniversary, and we continue to enjoy providing a friendly atmosphere, service with a smile and the spirit of challenging your child to gain his/or her fullest potential. Thank you to everyone who has helped us over the 43

Years! It's been a pleasure seeing our Gymnasts flipping from little girls to becoming Doctor, Nurses, Teachers, Lawyers, Pilots, Engineers, Mothers and More!!!



Legends Gymnastics Academy





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Connie McBroom
Director/Head Coach

125-A Industrial Park Drive
Hollister, MO. 65672
tel. (417) 320-1475
legendsgymnastics@usa.com
www.legendsgymnastics.com







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Carolina Payeras



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