

# UPCOMING GYMNASTS



**Kristen  
Haldeman**

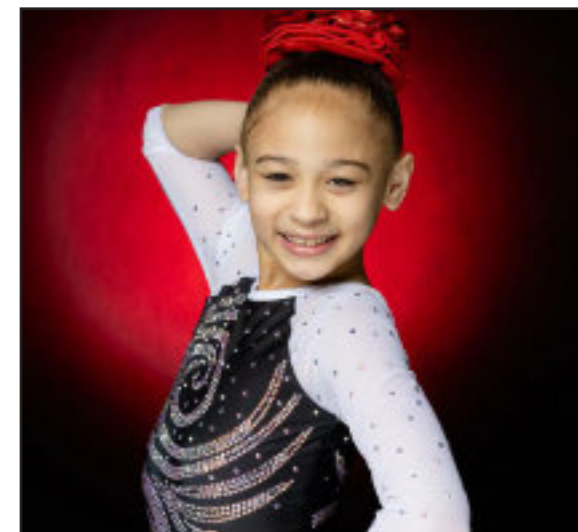
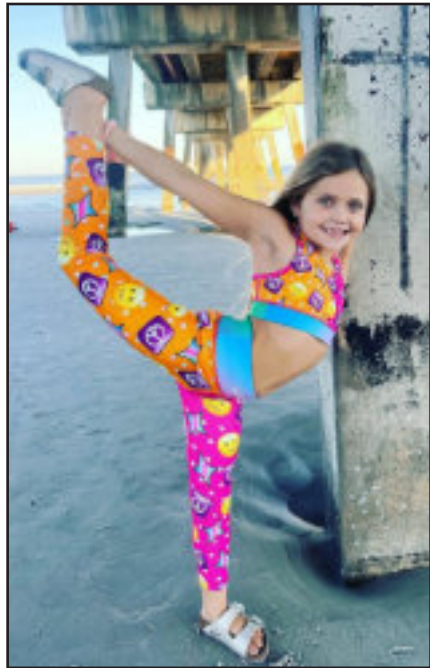
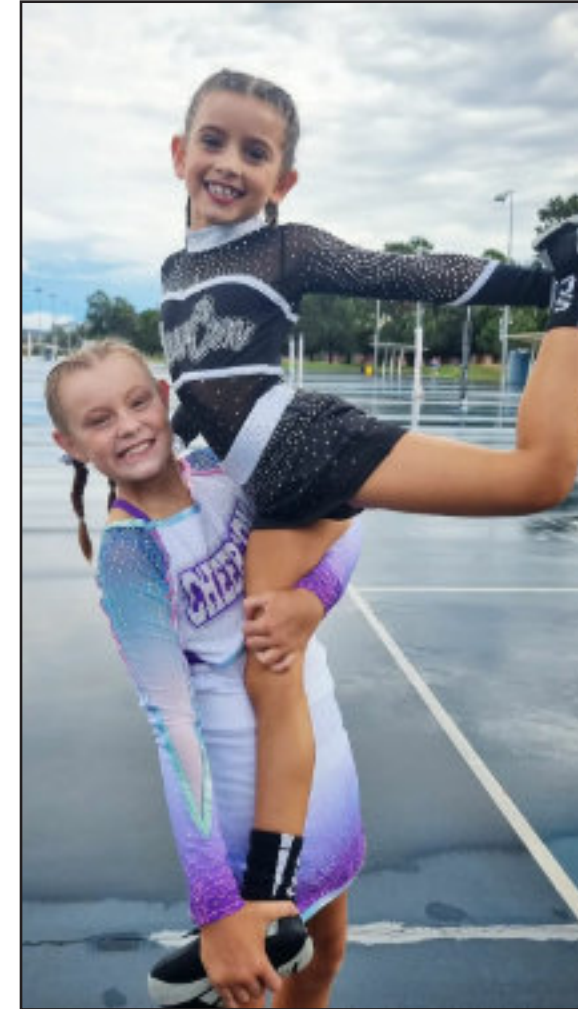
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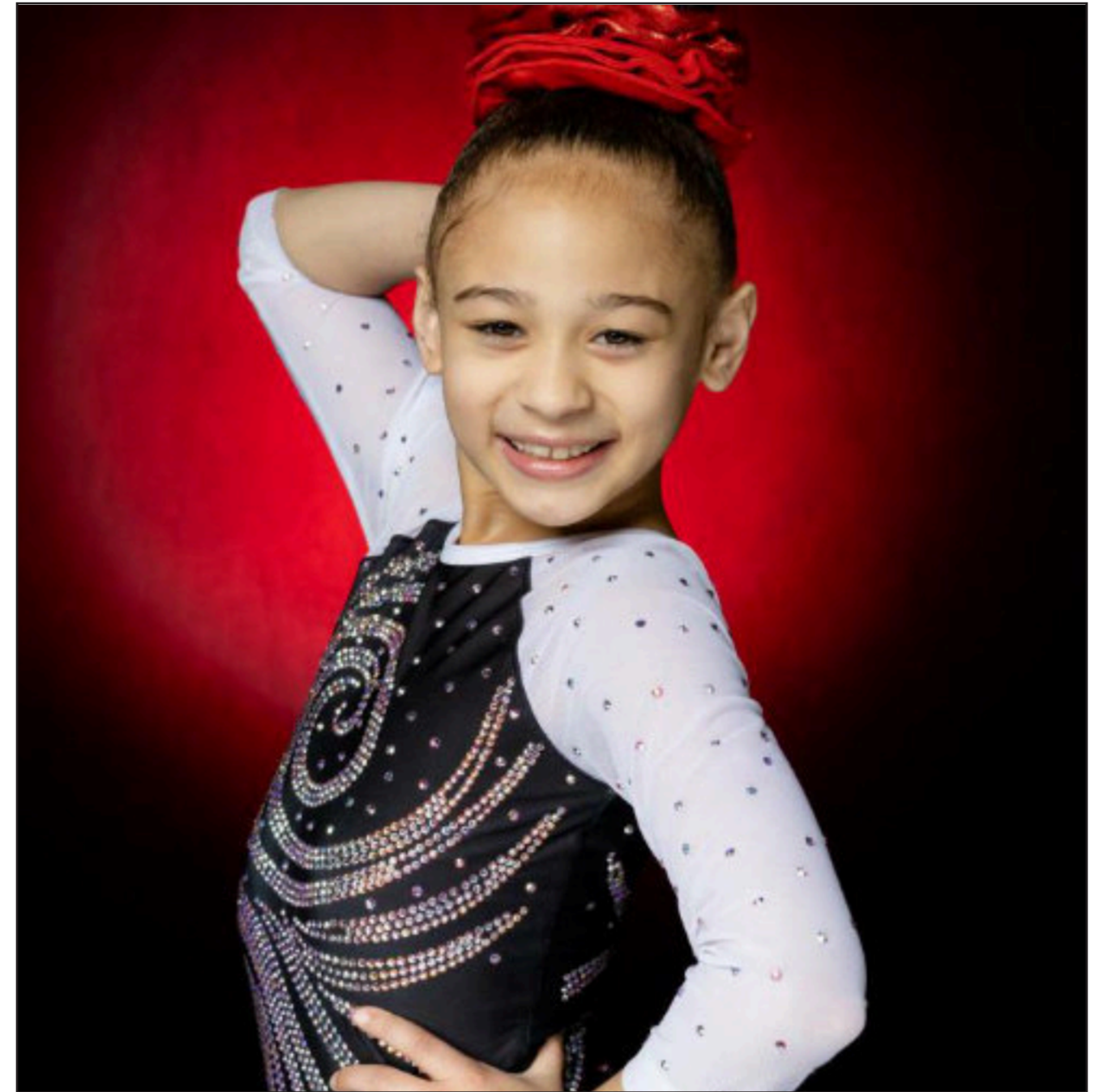
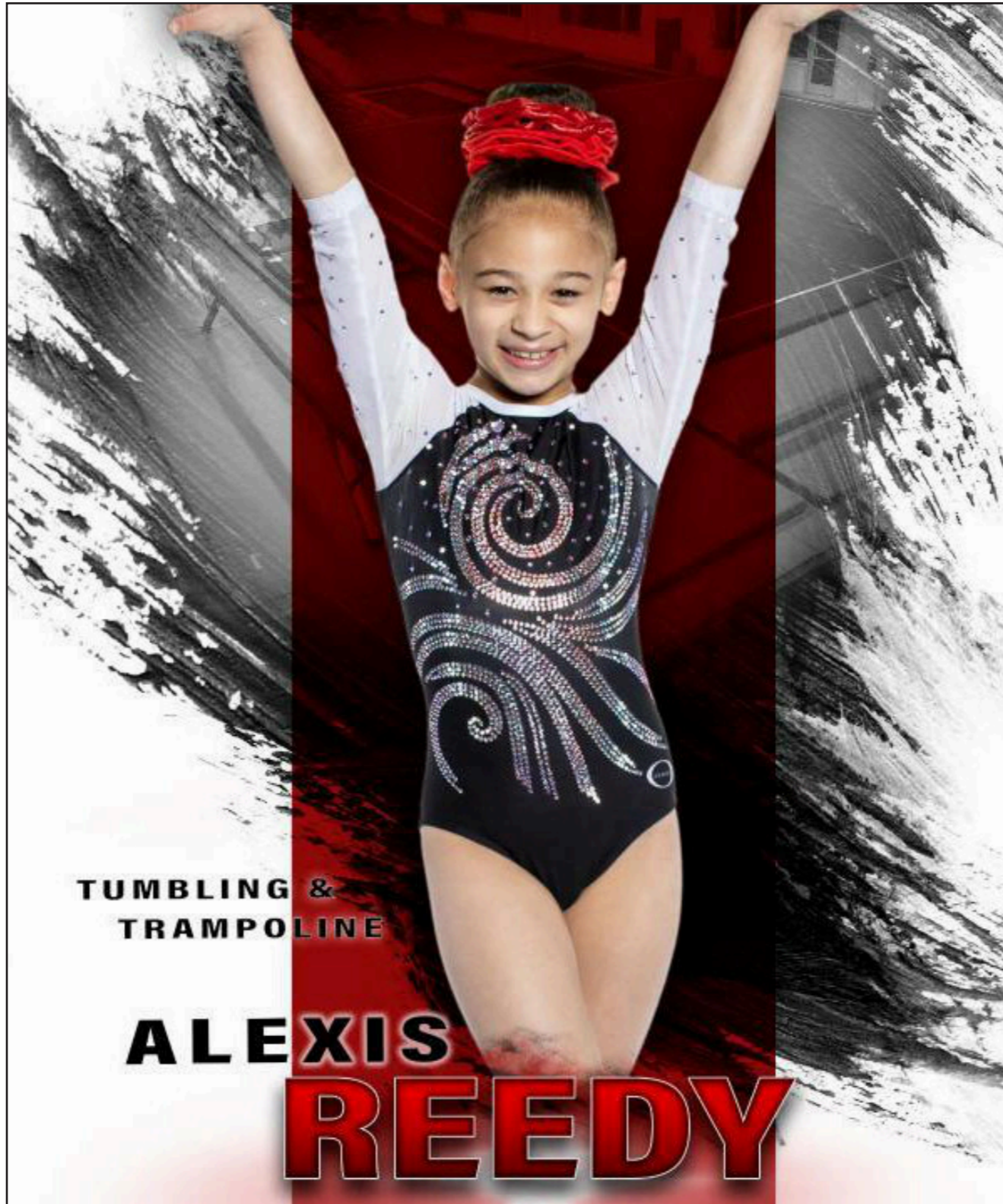


# Featured Gymnasts



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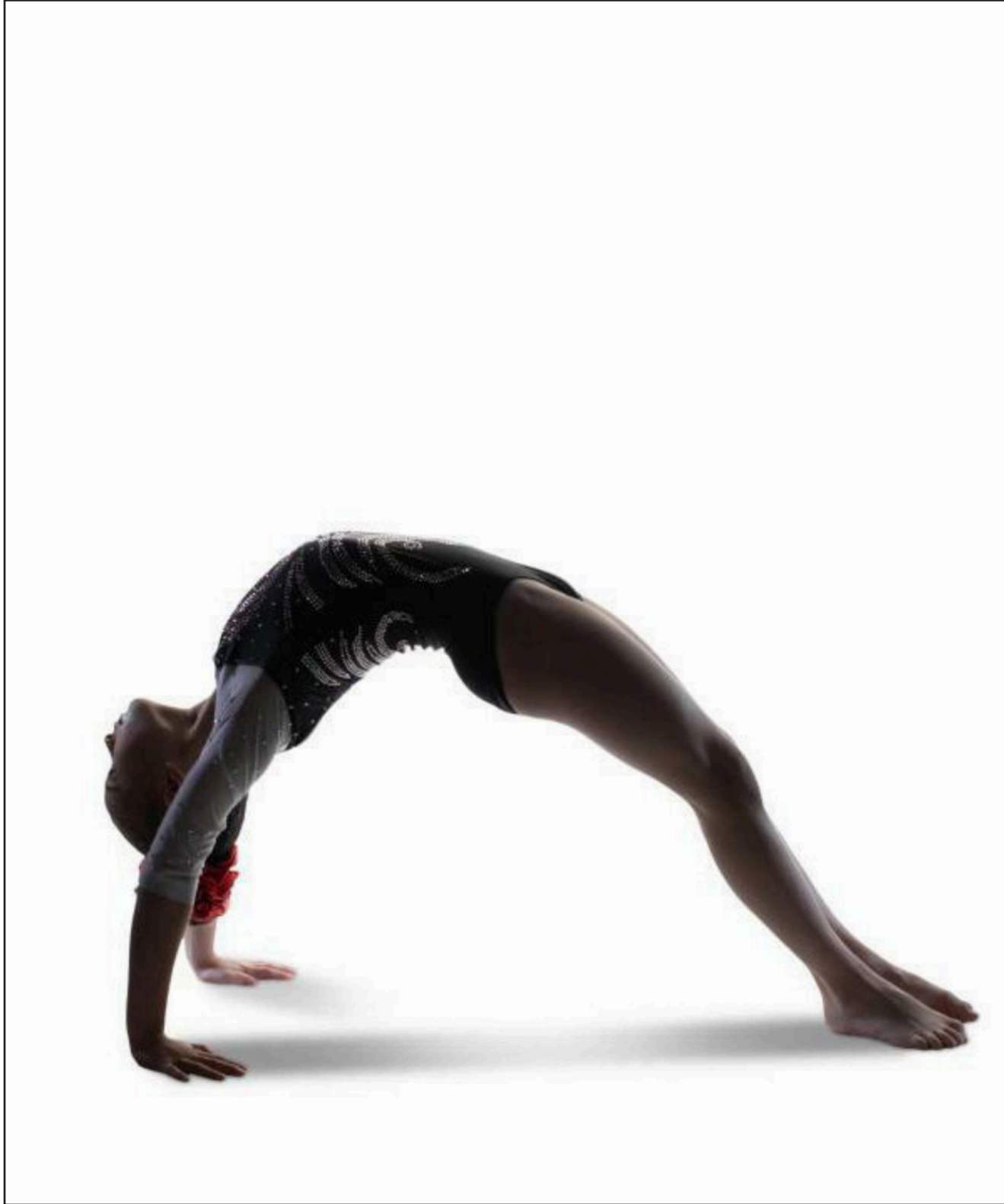




My name is Alexis Reedy. I am 9 years old and am a competitive Gymnast. I am on the tumbling and trampoline side of gymnastics so I compete power tumbling, trampoline and double mini. My dream is to continue to train hard so I can make the World and Olympic Team. I absolutely love to tumble because it teaches you patience, discipline and

confidence. My gym is my 2nd home and I absolutely love my coaches and teammates. They push me to do my best every day. I train 5 days a week and always push myself to learn new skills. Tumbling is the best sport in the world and I think everyone should try it!!

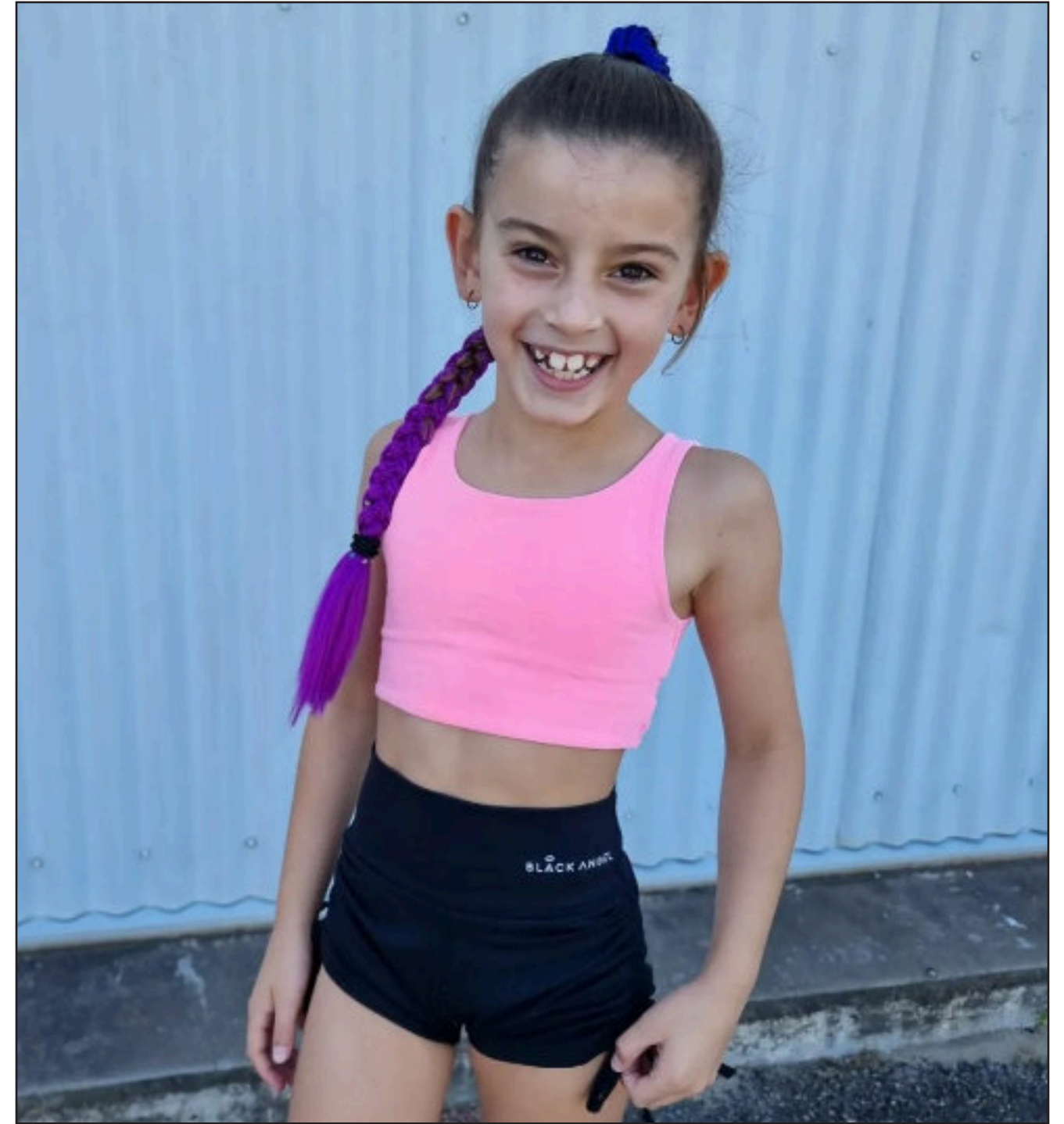








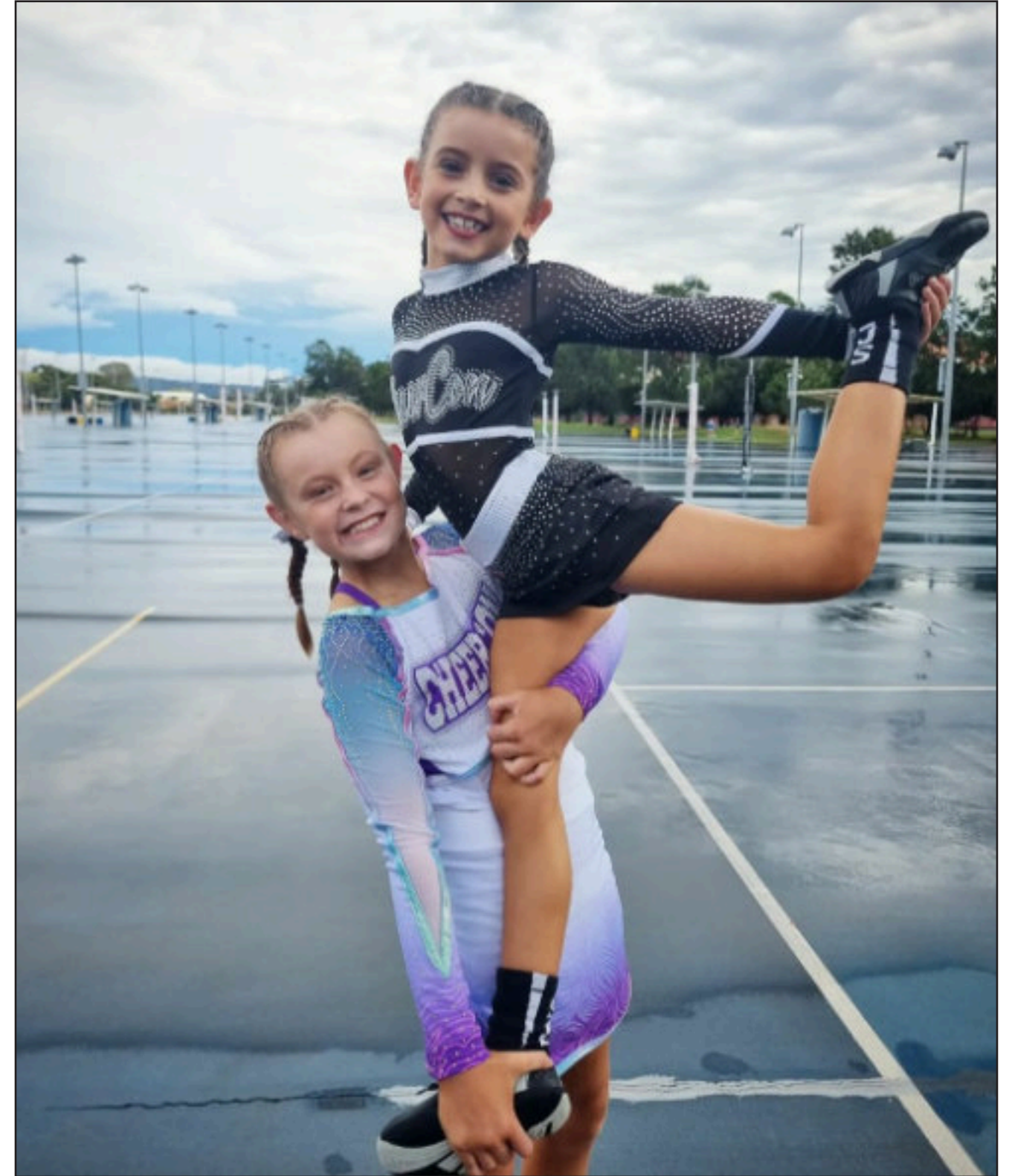




My name is Clara Grace. I am a gymnast and I enjoy doing it more than my school holidays literally. I am always excited and looking forward to next events. I also have so many good friends in my life. I also

like sunday a lot as we get a chance to enjoy on solely sundays. My dream is to become a miss universe. I am improving my personality for it.











# Jessie Victoria

My name is Jessie Victoria. I am 12 years old. I think gymnastics is really cool. It feels so good to pose as a gymnast. I have recently participated in Santa Monica Pier. It is such a honor for me. Gymnastics can be used as a tool to grab the attention and

make people listen to you when they are actually not. I also got to participate in Jacksonville Beach last week. It was an awesome experience. I just hope to have a great journey ahead.















My name is Katalina Victoria LaSalle. I started doing rhythmic gymnastics when I turned 3 years old because I saw on TV a recording of Margarita Mamun from 2012 Olympics. I finished Level 4 and event went to US Nationals to compete. But I did not enjoy the sport that much until in 2022 my former gymnastics coach Arina Arshinova and her mother, a famous gymnast and 8 time World Champion Svetlana Savenkova decided to open a school of Aesthetic Gymnastics and I joined the competitive team called Sky Galaxy where we competed with team of 6 girls. This is a competitive group sport which is relatively young but is more and more popular - its main difference from rhythmic gymnastics is focus on health of the athlete, leadership and group work. We went to 5 competitions this year and two of those were international. We got 4 gold medals and 1 silver. Our group is very close and we learned to support each other, work hard and always give our 100%. Our collective goals is to become a well accomplished team, to continue getting good and to win World Cup on Junior and Senior Levels when the time comes. But most importantly to help make this branch of gymnastics very popular and maybe even an Olympic discipline one day. Gymnastics definitely made me more hard working, focused. It helped me to be more flexible and fluid and overall a very gracious gymnast. I do encourage girls to join this new exciting sport. It will only make you better! We have a great school here in New Jersey but there are other schools that focus on aesthetic gymnastics - find your center and join a winning team!

Photos Credits: These are photos of me and my team from this year. Including competition photos, team travel photos and photos from training!





# Katalina Victoria LaSalle









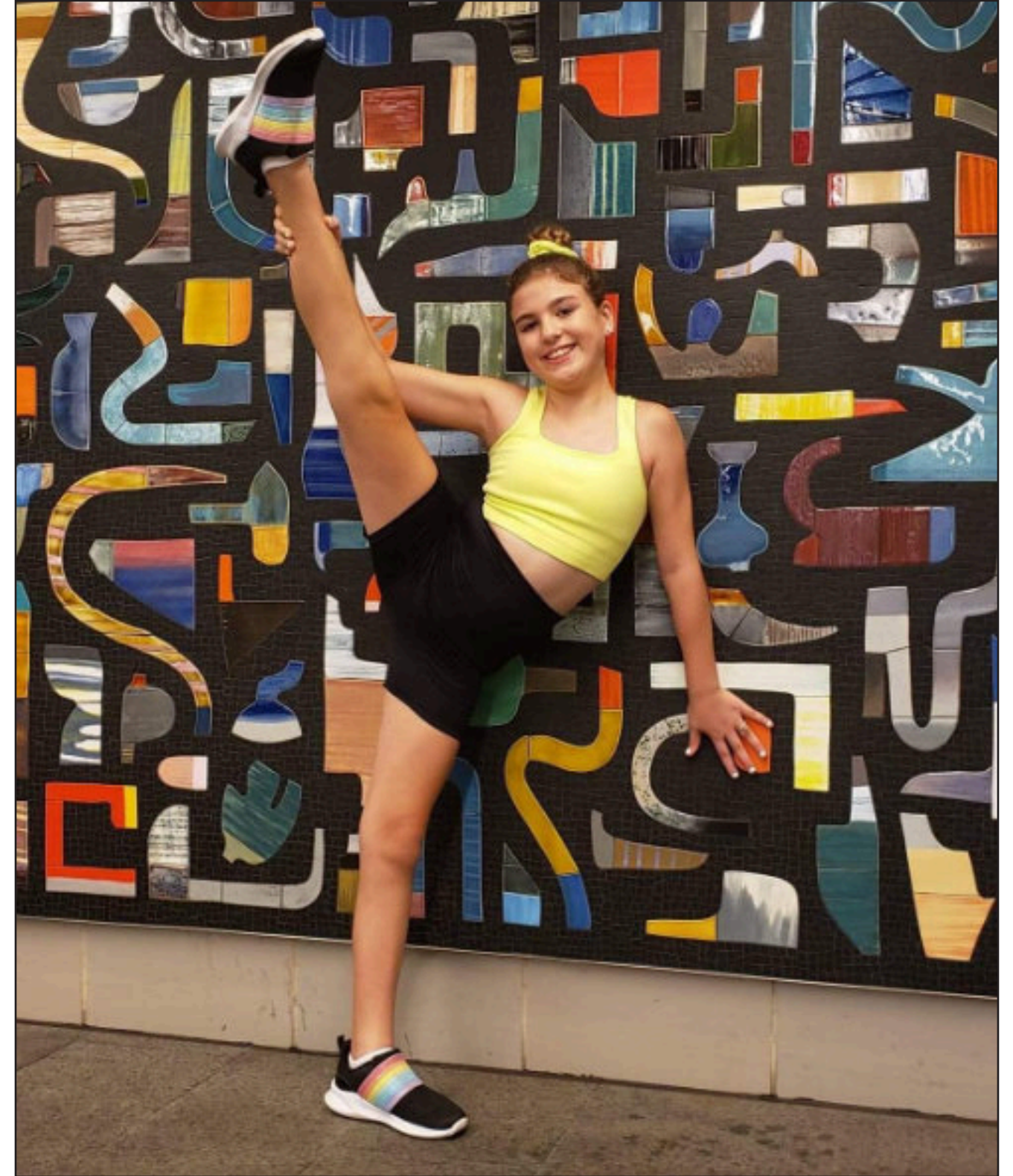




# Fiona Autumn Diluzio



As a dedicated gymnast, my dreams soar through the heights of the uneven bars and twist through the air on the balance beam. Gymnastics is my passion, an exhilarating sport that ignites a fire within me. I step onto the mat with a sense of purpose, driven by a deep love for the sport. While some athletes dream of Olympic glory, my aspirations are rooted in a different path. I strive to utilize my gymnastics journey as a means to achieve a different dream: attending college. By excelling in gymnastics, I hope to catch the attention of college recruiters who recognize the dedication and work ethic it takes to thrive in this demanding sport. Through gymnastics scholarships or admittance to a collegiate gymnastics team, I aspire to pursue higher education and unlock opportunities for personal growth and achievement. Ultimately, my dreams as a gymnast are grounded in the love I have for the sport and the desire to leverage it as a pathway to a college education.









# Kristen Haldeman

My name is Kristen Amanda Haldeman. I am 9 years old and I am a New York state Level 5 gymnast. I started Parent & Child recreational gymnastics classes at just 9 months old. At 4 years old, my preschool friend had a gymnastics birthday party at a competitive gymnastics facility and I loved it so much that my parents enrolled me in recreational gymnastics classes there shortly afterwards. Between 5-6 years old I moved up to Pre-Team / Level 2C and at 7 years old I leveled up to Level 3. It was at that time that I officially started my

journey as a USAG Developmental Program competitive gymnast.

Noteable Achievements to date include the following:

- 2023 America's Top 100 Gymnasts for Perfect 10 on Beam
- 2023 America's Top 100 Gymnasts for All Around Score of 38.85



- 2023 New York Downstate 1st Place All Around Level 4 Champion: 38.85 AA

- 1st Place on Beam: Perfect 10 & 1st Place on Bars: 9.675
- 2nd Place on Vault: 9.625 & 2nd Place on Floor: 9.55

- 2022 New York Downstate 1st Place All Around Level 3 Champion: 37.85 AA

- 1st Place on Bars: 9.8 & 1st Place on Floor:

9.55

- 2nd Place on Beam: 9.6

I am a straight A student and the first gymnast at my gym to score a perfect 10. I also joined the list of gymnasts at my gym who have scored an All Around of 38 or higher ("38 Club"). I have been featured on Instagram by The Beam Store and I currently have a Brand Ambassador deal in the works.

One challenge I had to face was back in March 2020,



# Kristen Haldeman

during my Pre-Team time period, my former gym had to close down due to COVID 19 and go virtual instead. It wasn't the same, we needed our coaches, our equipment and our mats. Three months later in June of 2020 I found out that my former gym would not be able to reopen but that they would be passing the torch to a new gym group. I was worried. I would be losing my former coach and some gymnastics friends too. I wondered what practice would be like under the new gym and who would my new coaches be. This challenge ended up being a great thing because I ended up loving my new gym and my new coaches and the rest is history!

My goals are to keep learning new skills and to continue giving my all at every practice and every meet. Leveling up, uptraining and competing are all part of the process and I want to continue enjoying every minute of it; I live for this!

My dreams are to be an Olympic champion and/or a NCAA champion just like my favorite gymnasts Nadia Comaneci, Simone Biles, Jordan Chiles, Kaitlyn Ohashi, Gabby Douglas, Jade Carey, Maggie Nichols, and Trinity Thomas.

Photos Credits: Gymnast









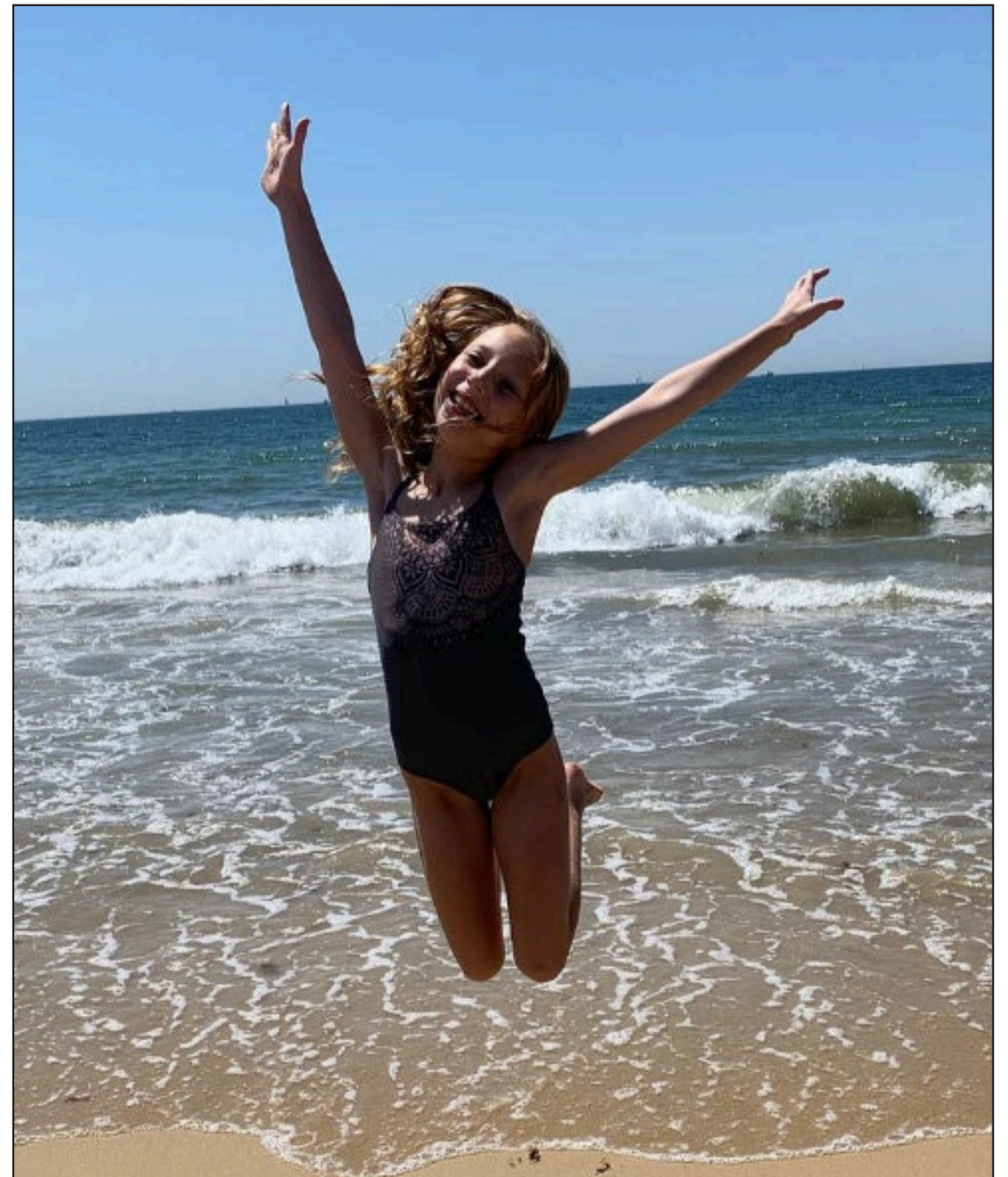




# Shea Paxson

My name is Shea Paxson . I am very excited to share this with everyone that I am about to attend my first national meet ups soon. The timing is really great as I can share this with the magazine viewers as well. Apart from gym, I am very fond of water

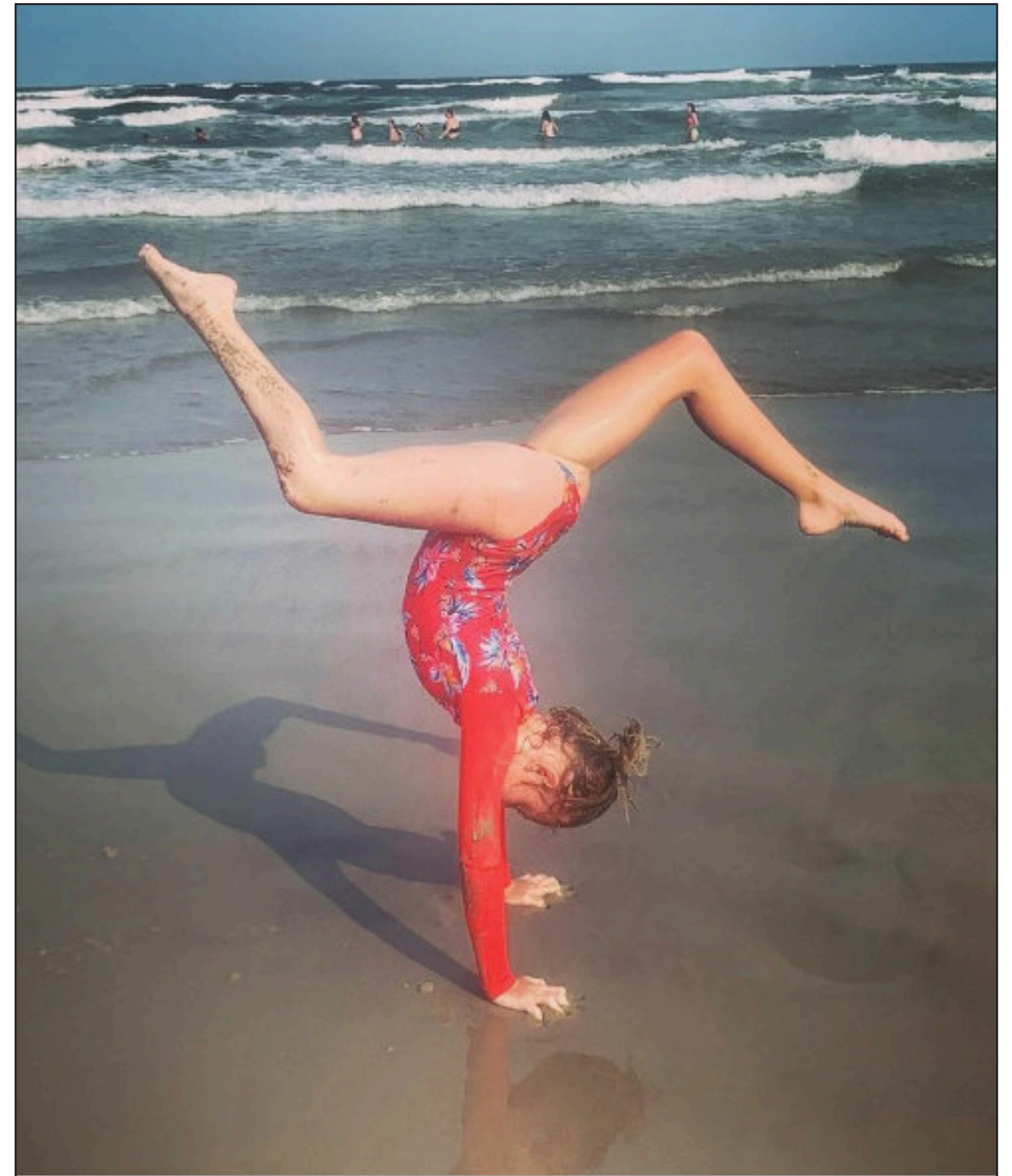
sports and beaches. After all, distancing yourself at beach is better than at home. I always push myself harder during the training duration. I am sure of achieving my dream to represent my nation at international events.









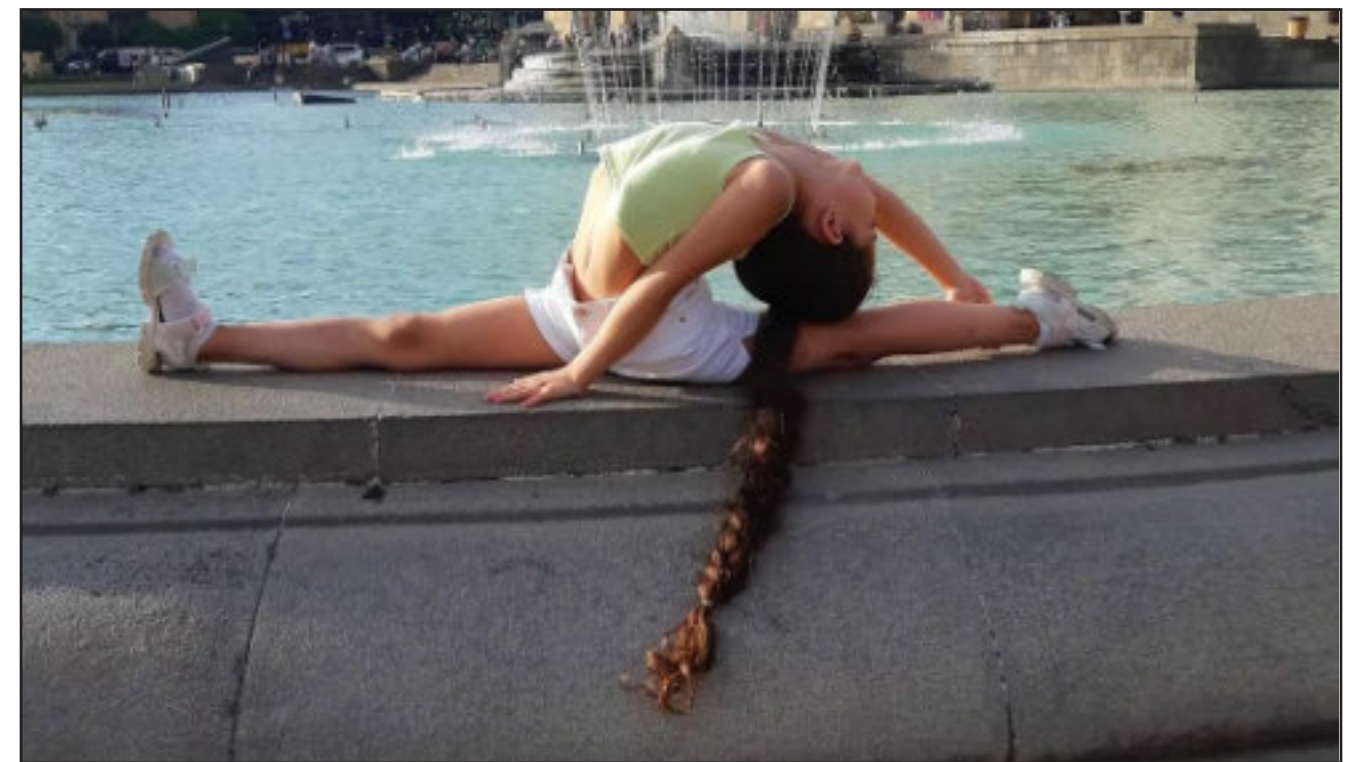




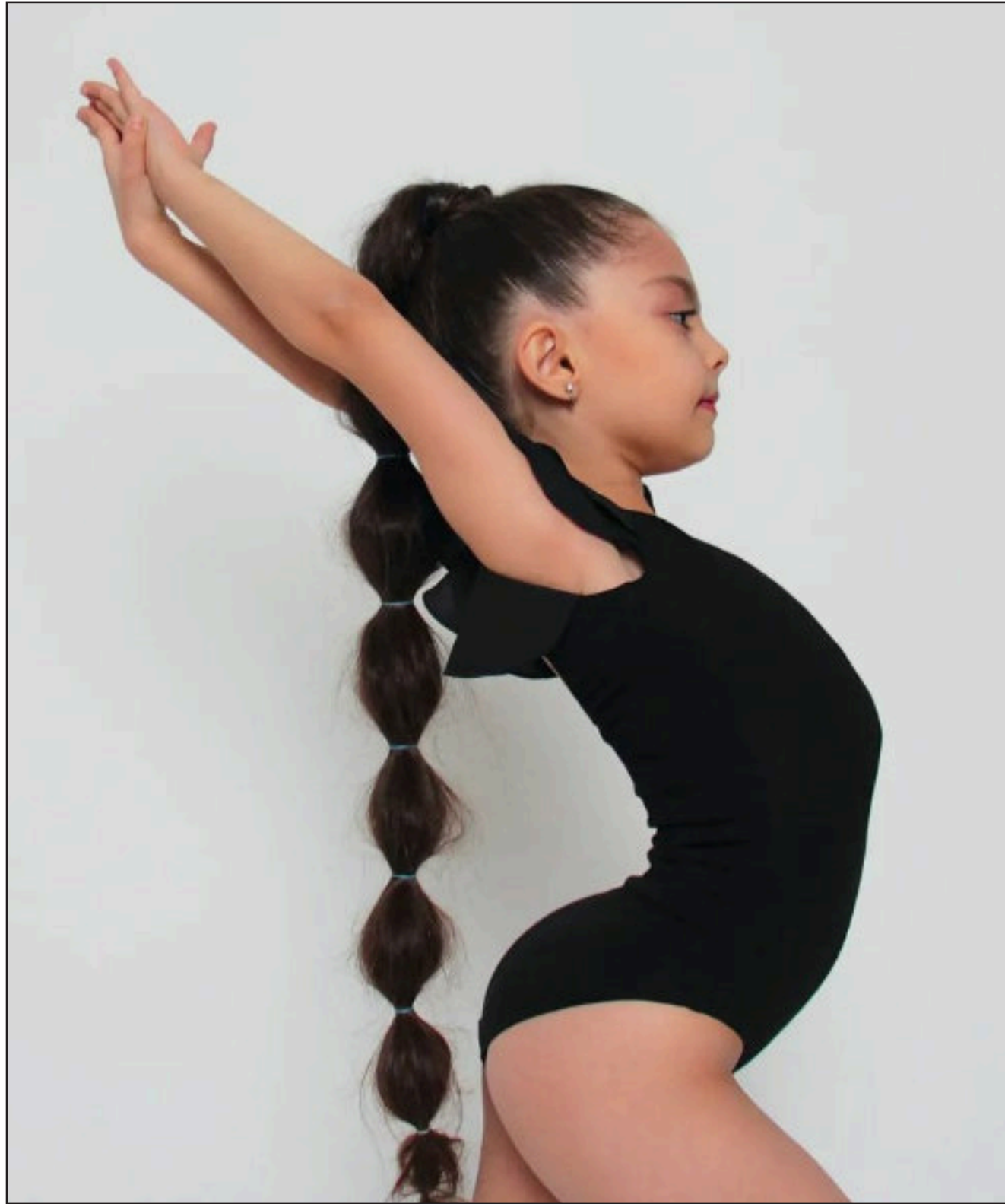
# Valentina Hess

My name is Valentina Hess. I am 9 years old. Gymnastics is my favorite thing to do. I don't like to go to school so much. Still, I can continue with my

gym stuff all day long. I like to stretch as much I can. My biggest dream to get out of school and follow my passion.







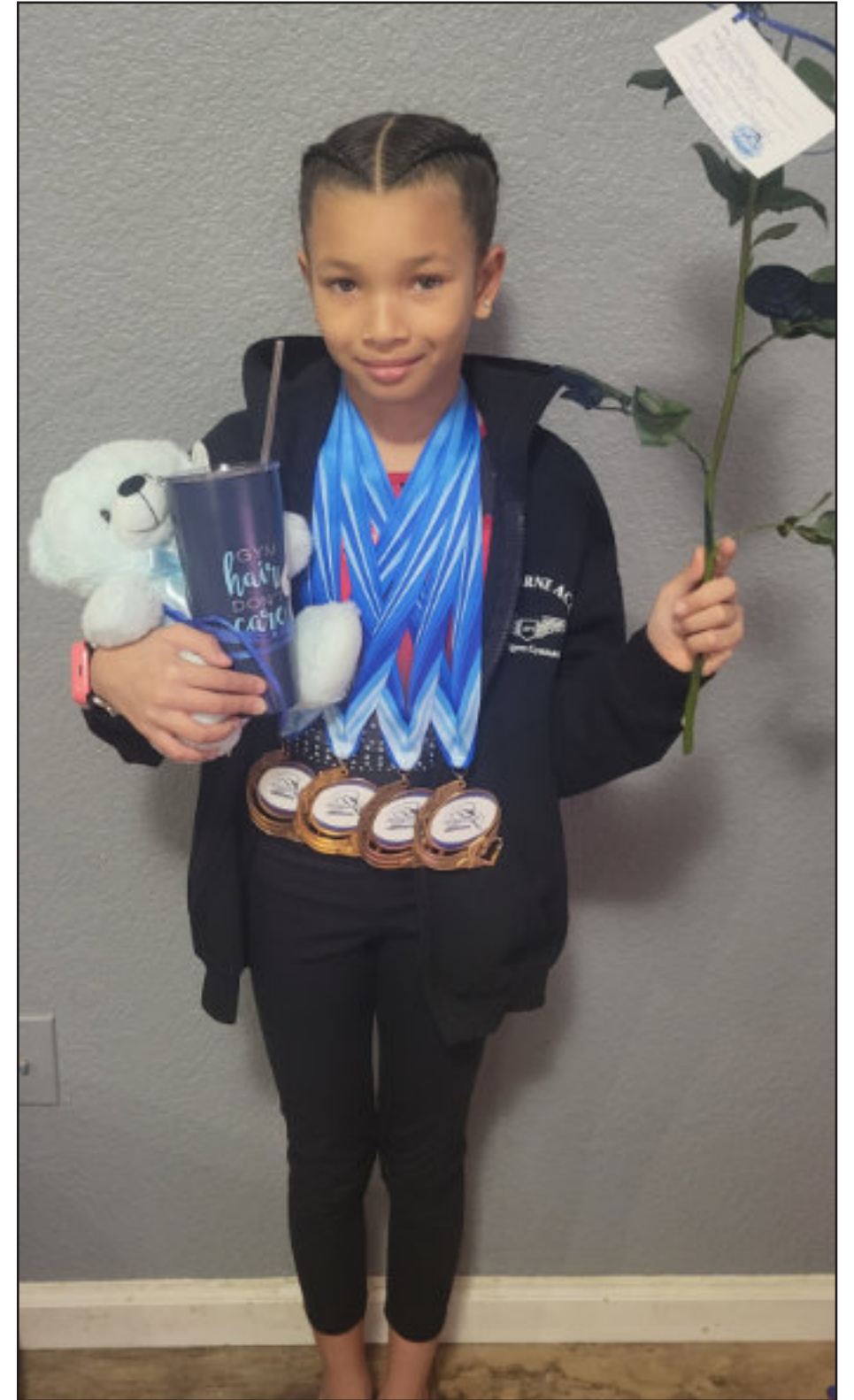


# Yanixa Martinez

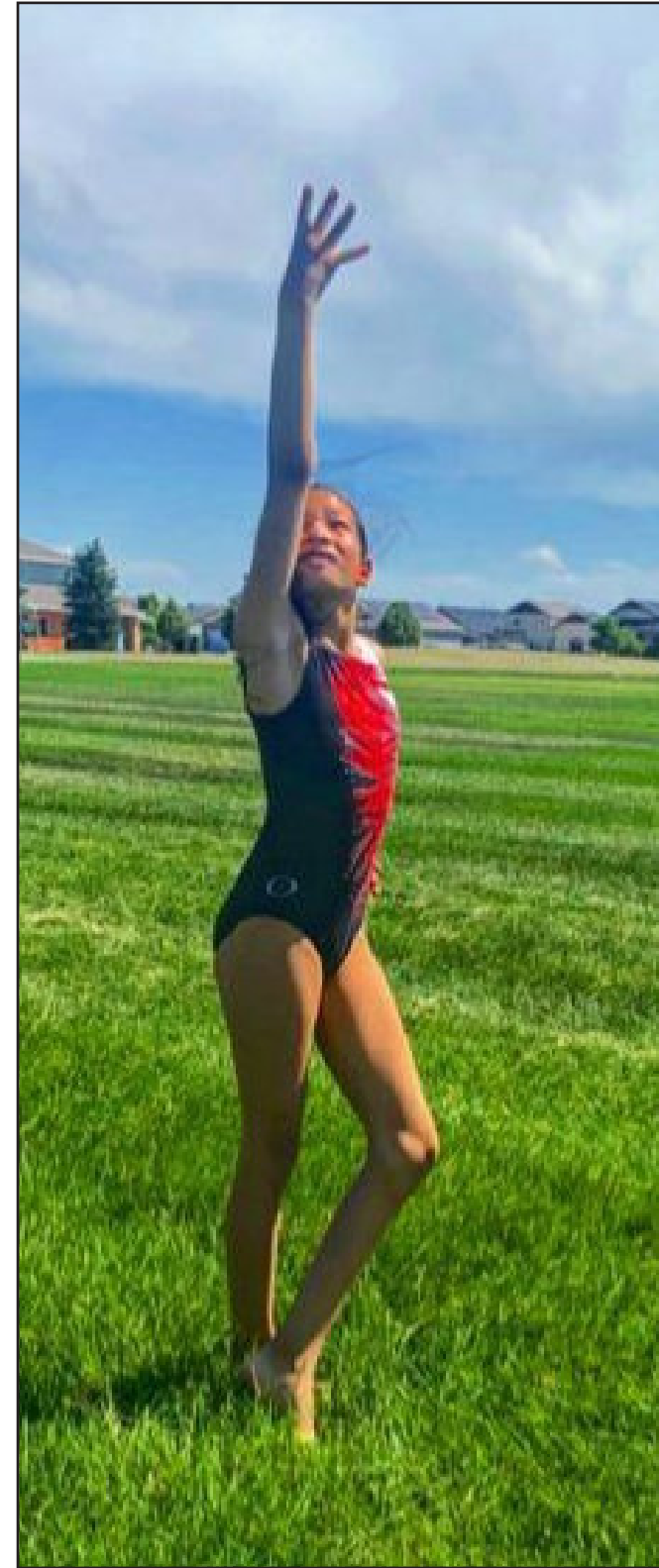


My name is Yanixa Martinez and I am currently an USAG Xcel Silver gymnast. I am 10 years old and have been practicing gymnastics for about 5 years. My love for gymnastics started when I had the opportunity to participate in an introduction class to gymnastics at my elementary school. I really love competing and being on a team where we all support each other. My favorite event is the balance beam. This is where I shine and have received 1st place medals! One achievement I had was when I received a 1st place medal on my floor routine. My goal right now is to focus and learn all the new skills as possible so that I can do well in competitions and so that I may move up in levels. A challenge we faced as a team was when our gym closed down for business suddenly. We had to figure out how and where to practice to finish off the season. It was a very stressful and emotional time for us as a whole. Our coaches Mananita, Jordan and Kennedy did an amazing job keeping us together as a team and finishing off the season with a bang. My dream is to be a college gymnast and to one day be able to go to the Olympics and compete. I couldn't do all of this without the support of my coaches and teammates!!

Photos Credits: Jahayra Martinez & Yadriel Torres















My name is Zara Martin. I am a gymnast from United States. My dream is to do what I love. If you can't change something you don't like, then start liking what you do. I have been promoted as level 10/9 gymnast. I am so proud of myself to get time

out of my busy routine and achieve all this. I don't get afraid by thinking what can go wrong, rather I give my best and stay happy out of it. I just step out of my comfort zone as success doesn't happen from staying in comfort zone.











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# Katalina Victoria LaSalle