

UPCOMING
GYMNASTS



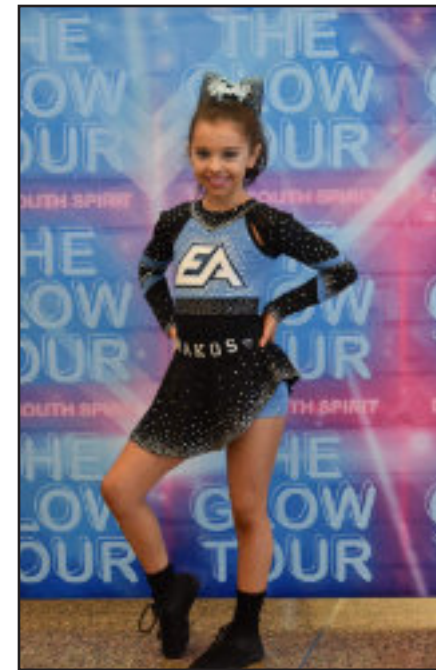
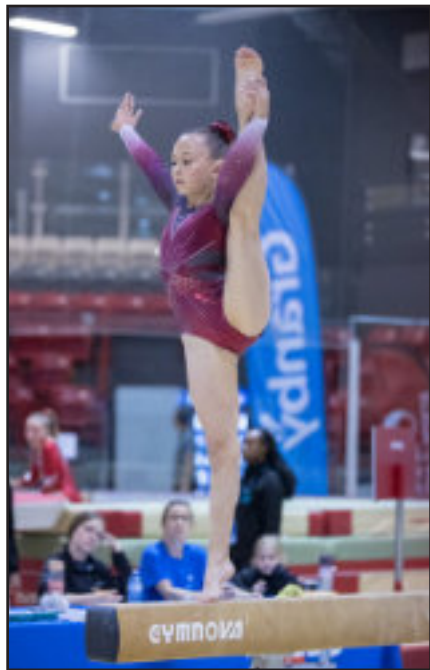
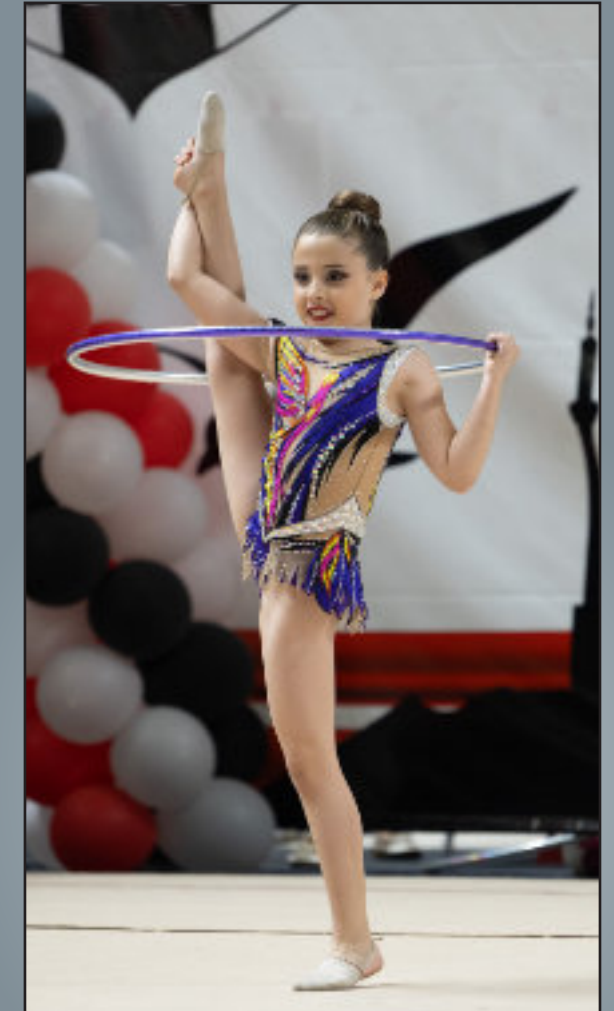
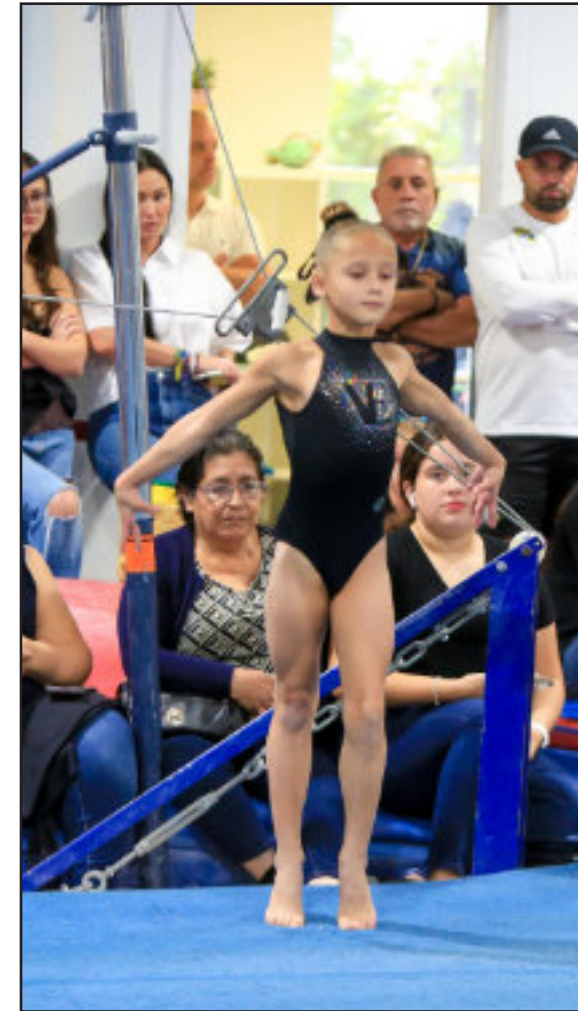
**Krystelle
Afteem**

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Featured Gymnasts



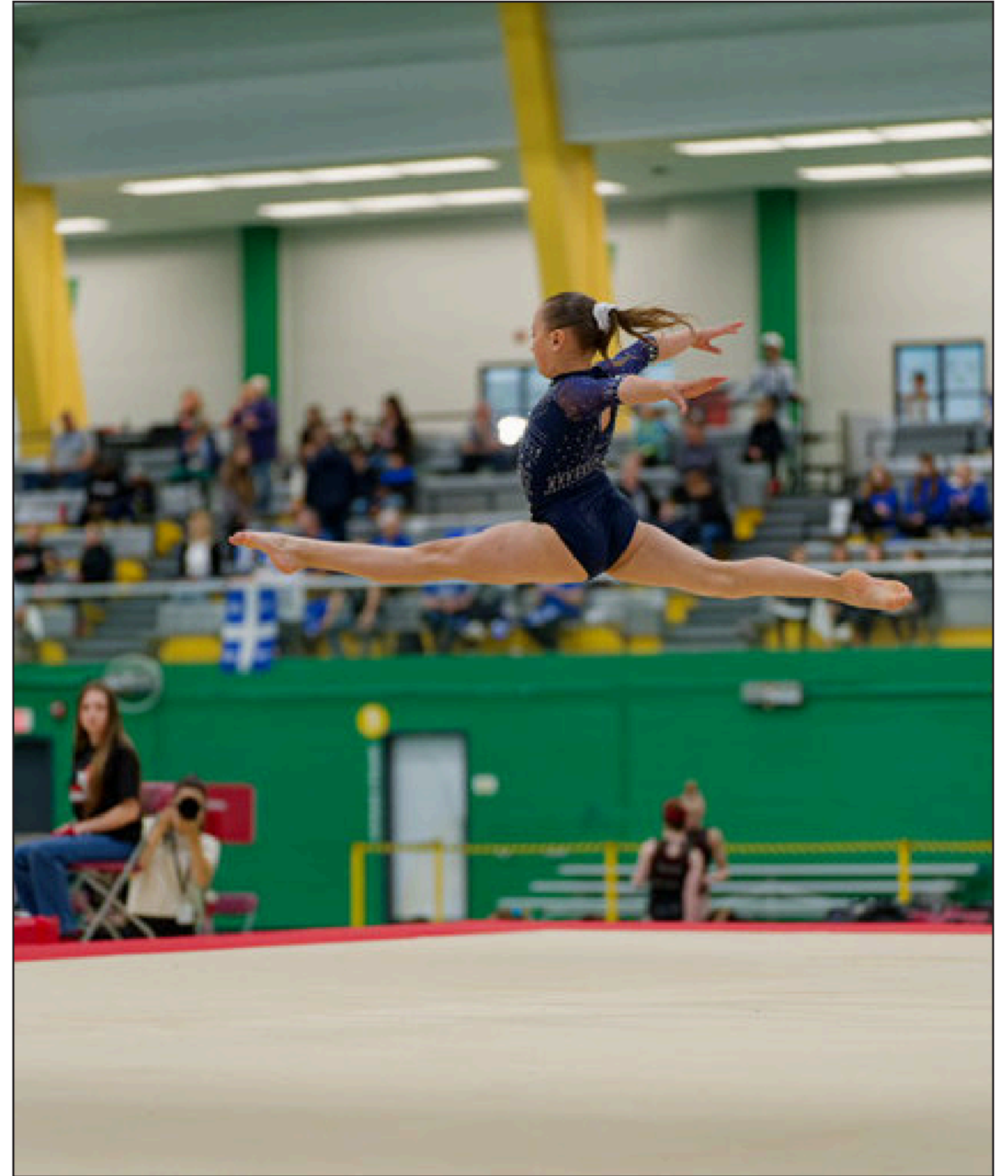
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Alexia has only one passion in the life, is Gymnastics. She does gymnastics since she has 4 years old. Her dream is compete at national level. She's training for

20 hours per week. She has 12 years old and now, she is level 8. Last year, she is classified for Quebec Championship. She has received 2nd on floor, 5th at

beam and 5th all around. So, she qualified for Eastern Canadian Championship. Team Quebec finished 1st all around.





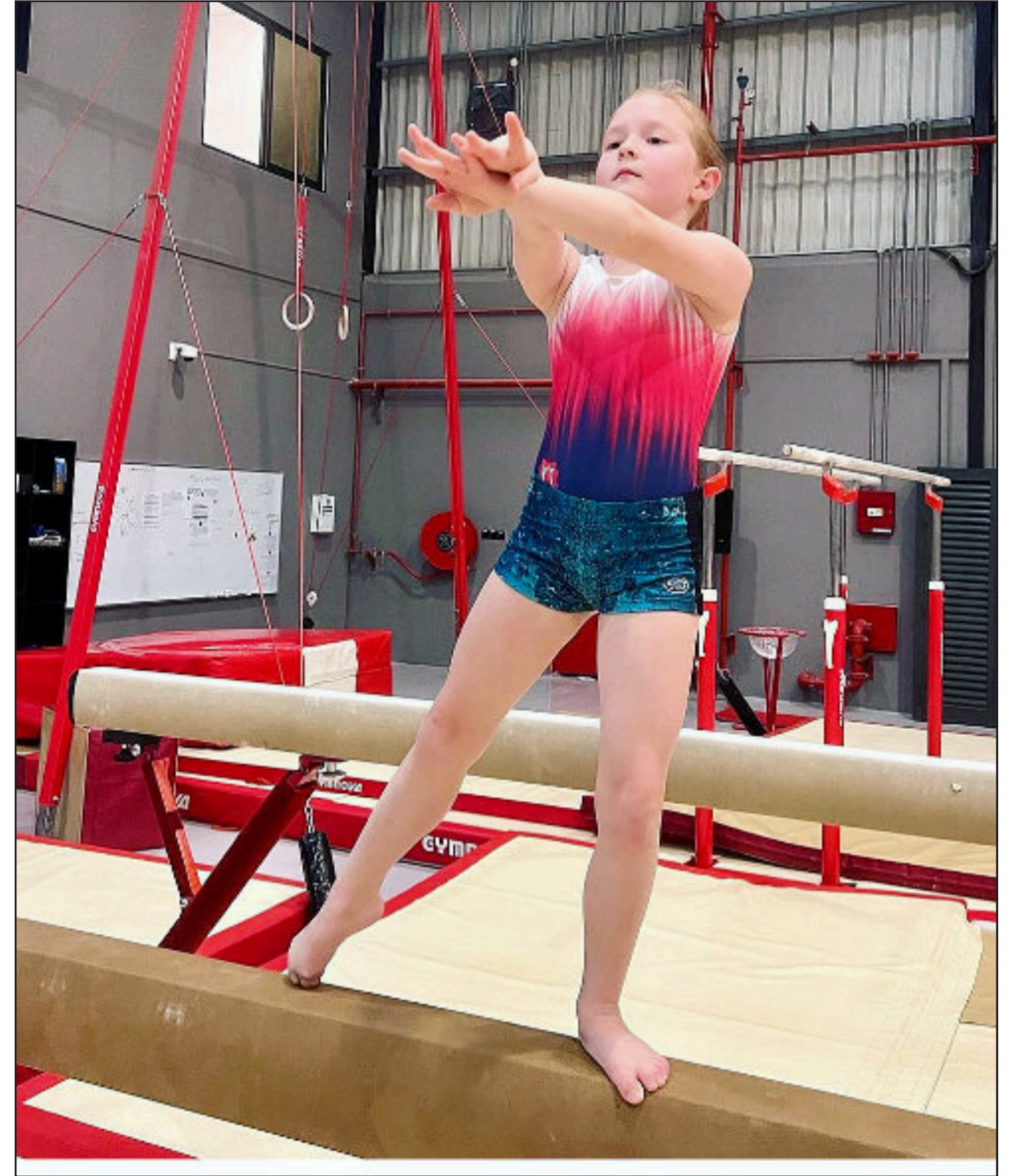
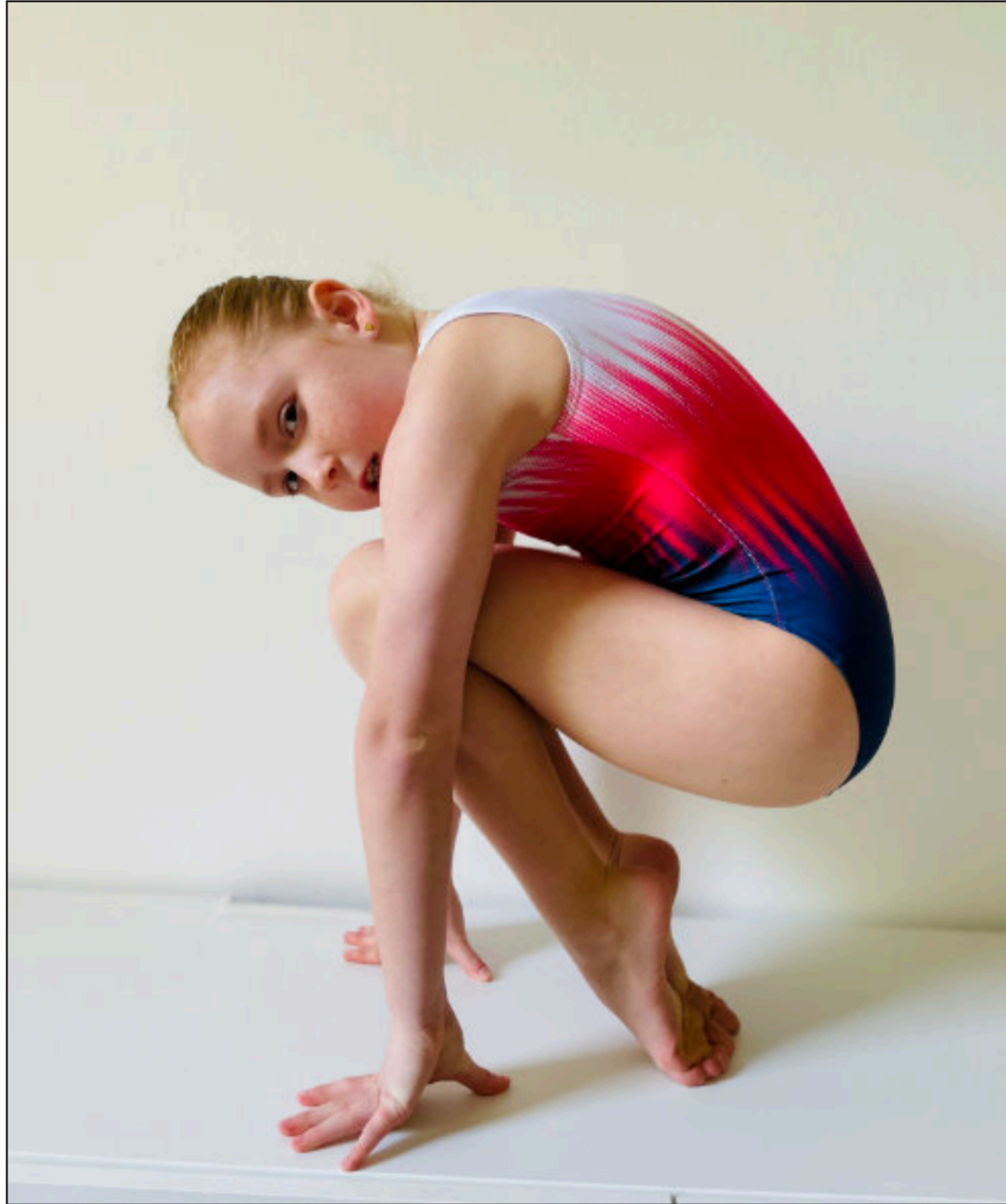


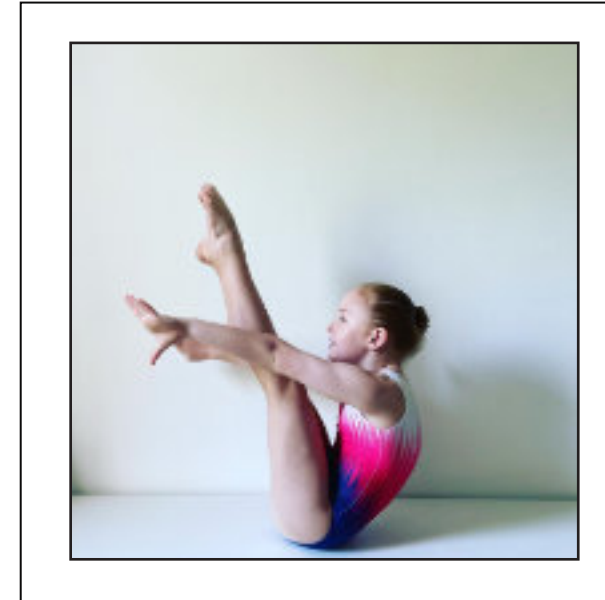


My name is Alisa, I'm 9 years old and I'm an artistic gymnast. Gymnastics is my passion and love of my life. It teaches me to be strong and never give up. Through the ups and downs, my commitment and

desire to improve only grows. I work hard and dream big.

Photos Credits: My copyright





Amaya Bronson

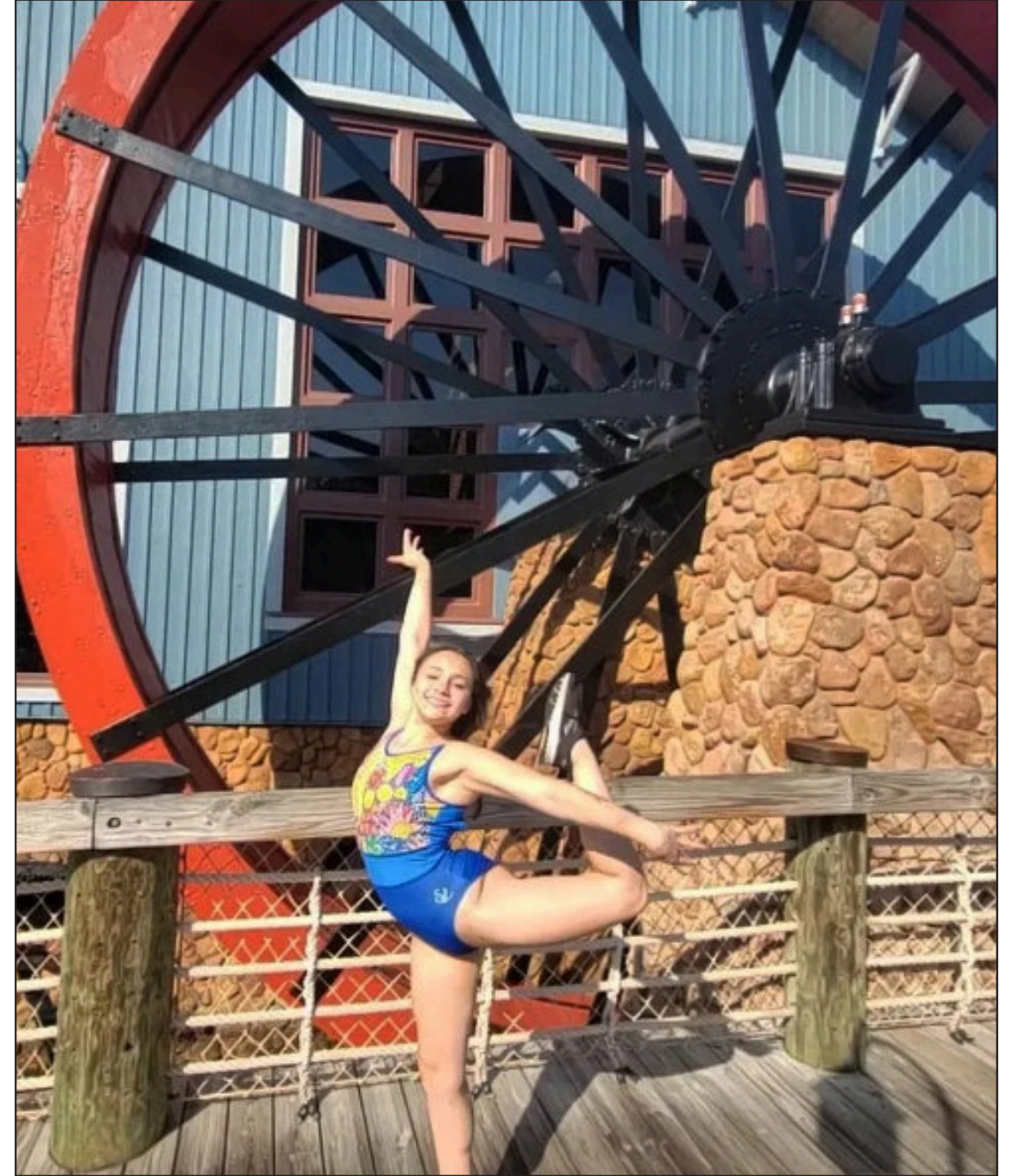
My name is Amaya Bronson, I am a level 9 gymnast from Illinois. I have always wanted to be a gymnast that could say "I did my best". My dream is to be a collegiate gymnast. I originally wanted to be an Olympian. At age 11 my dream changed when I noticed that college was important to me. I am starting my freshman year and love to learn. I am in Student Council, photography, and KEY club, along

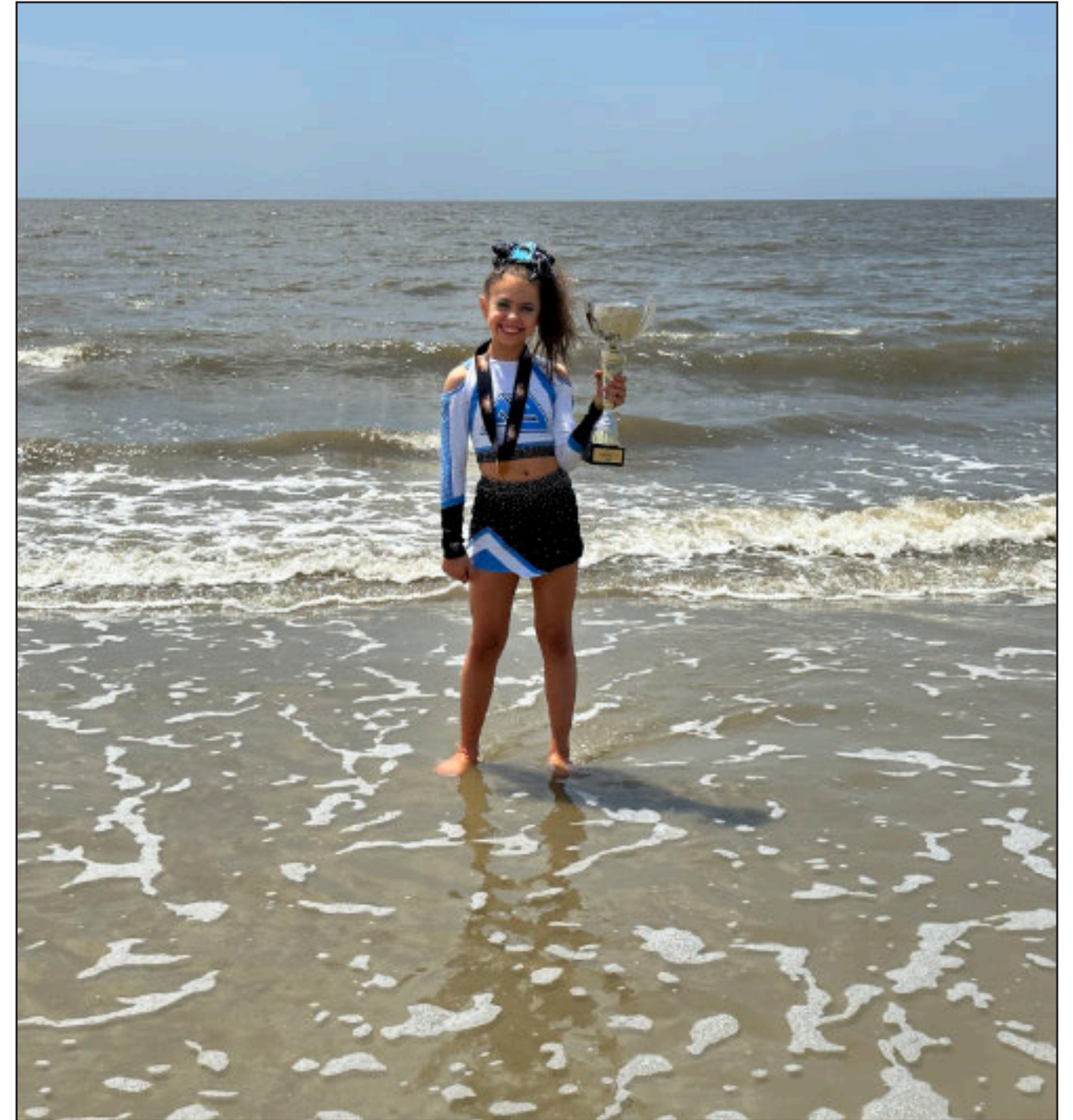
with my core classes. I know that college as a gymnast will be difficult, but I hope to stay organized and focused so that college is easier for me. My standards are high, but as a level 9 gymnast I am expected to be exceptional. I wish that this year I will be able to say "I did my best" with no regrets.

Photos Credits: Amaya Bronson







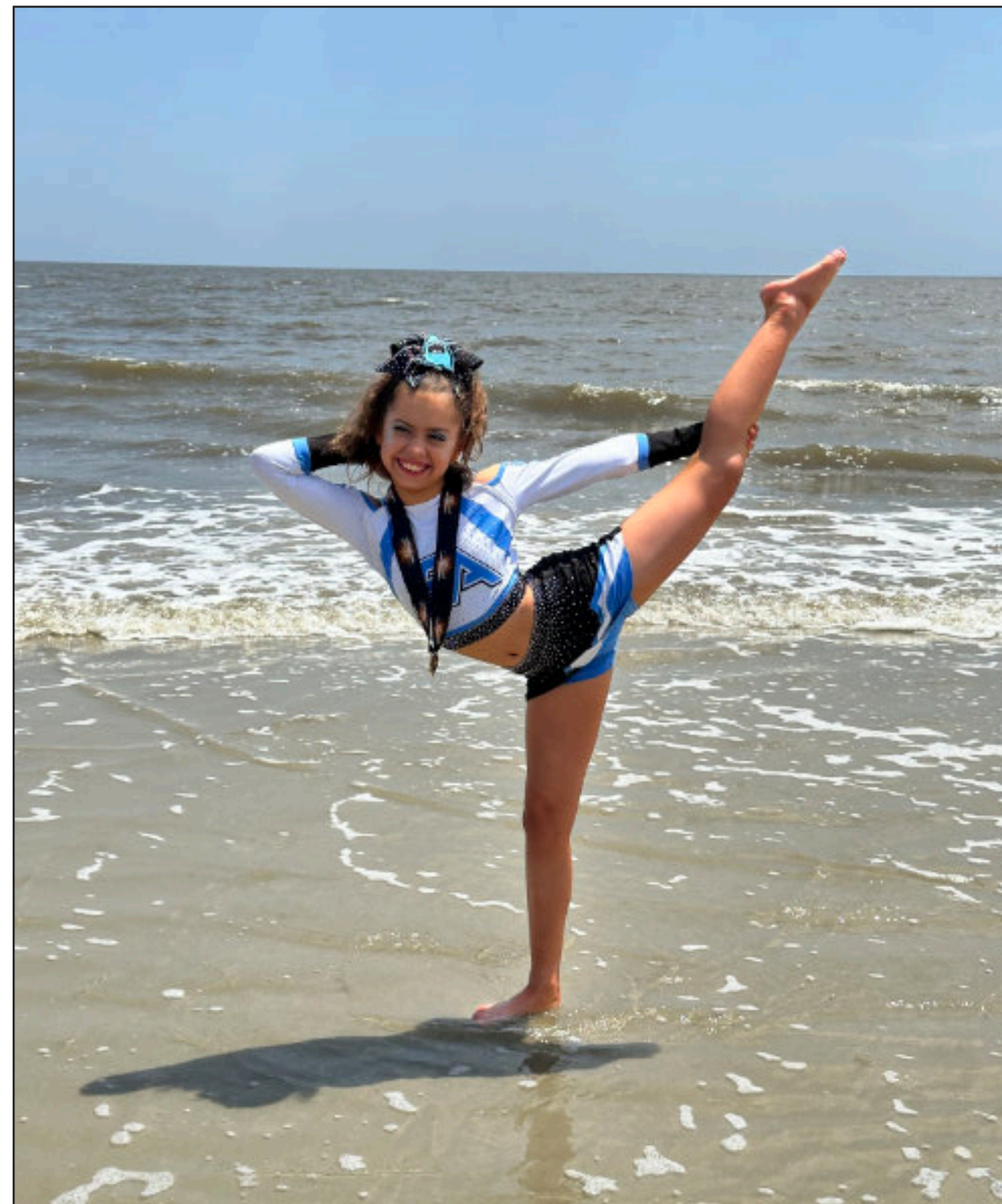


My name is Blair Paul, I am 10 years old and I'm on my 4th year of Allstar Cheer. I compete on level 1, 2 and 3 teams. Cheering has always been my dream. I love being in the gym learning new skills to better

myself. I hope to one day cheer for a national title.

Photos Credits: Kristen Orr





Florence Gaston



My name is Florence, even though I may only be 7 I have huge ambitions to become place and win at worlds within tumbling.

I currently train 13 hours a week with the Milton Keynes development tumbling squad 4 days a week. I live, breath and dream tumbling!

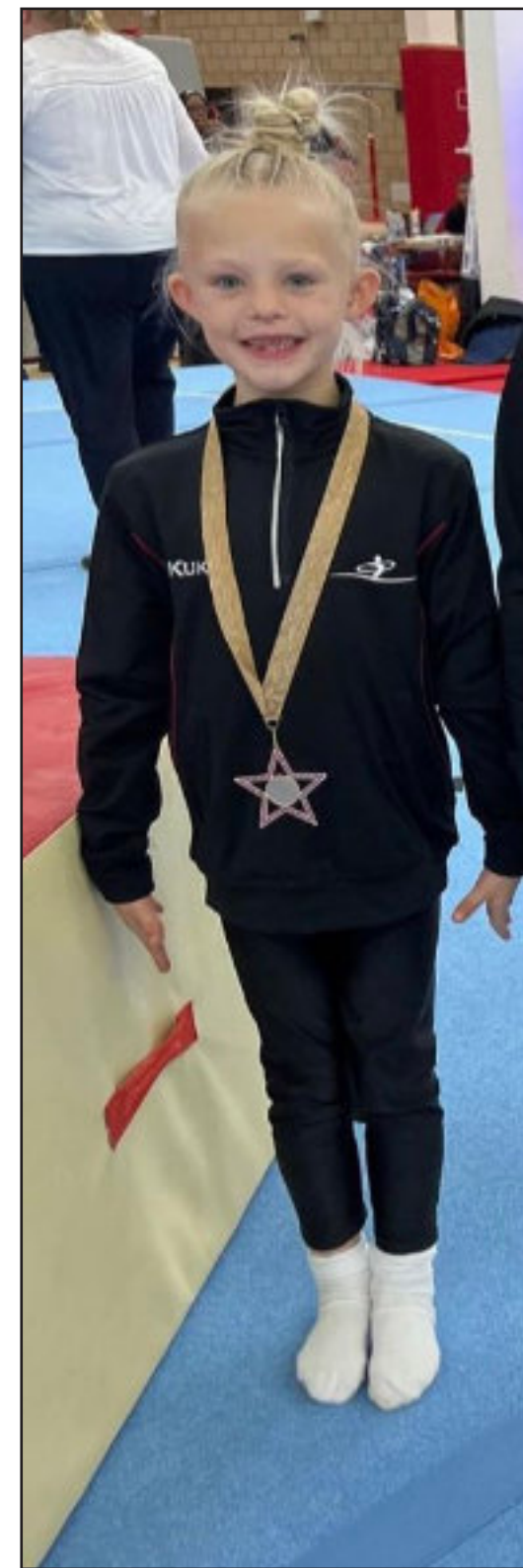
My journey started when I was 5 due to the COVID 19 pandemic I was a little later joining a gymnastics squad. I started at SSAC in Stevenage for one hour a week within the recreational Acrobatics squad. I was very quickly asked to join the development squad where I joined a trio and excelled through the badge system. I also joined their tiny tumbler squad, which gave me a passion and drive within this area. Even though I was able to cartwheel at two years old I did not know I had a talent for tumbling until I completed my first in house competition where I placed second against 7 and 8 year olds, I was 5! Soon after my club increased my hours and within a few months I was able to round off flic.

Whilst away I was approached by a Coventry cheer club whilst shopping in the city. They explained I had a natural talent! Within 8 months I was able to free walk over and complete 5 flics on a air track! I was living my life up side down and loving every second of my tumble journey! My hours increased and I moved tumble squads. I was the youngest on the squad by 2 years!

My first big competition at Hertfordshire county saw me place third in my Acro trio and first in my club tumble competition, however the club tumbling was not challenging enough.

I first set foot in Milton Keynes at 6 on a cold January morning. I completed by club 4 runs and placed Gold. Whilst waiting to podium I was happily tumbling around on the mats. My mum was approached by 4 different clubs who expressed an interest and advised I needed to train at an elite club. Myself and my mum had no idea I was actually pretty good at this! Together we spoke and talked about my dreams and ambitions. I watched inspiring gymnast such as Megan Keeley and knew this was my dream and I needed to approach a new club to peruse it.

Over the next few weeks my mum spoke to Milton Keynes where I was invited to trail. Within hours I was asked to join their development squad and to train 13 hours a week across 4 days. It was a tough decision, living 27 miles away from the venue, meant not seeing my friends and family as much and leaving school early. It also meant saying goodbye to the squad and team that had supported my



Florence Gaston

journey and given me the passion and drive to follow my dreams!

With a sad goodbye I said farewell to SSAC and embarked a journey at Milton Keynes and what a journey it has been! Within weeks I was able to tuck back, pike back and straight back. Within three months I travelled to Telford and placed third with my team at Lilleshall, a venue I had once dreamed of training at. I am coached by two international tumble champions who inspire and drive me to be the best I can be! Even though I cannot compete at a high level due to my age, i take on all the challenges my coaches set me to be the best I can be!

Once I am 9 i want to be selected for the GB development squad for my team. My dream is ti compete at the British championships and one day go to Worlds. I work alongside the best team who are supportive and know how to channel my ADHD! I wish to inspire others who have super powers like ADHD to follow your dreams!

I may only be 7 at the moment but watch this space! British championships and worlds I am coming for you and I will be unstoppable!

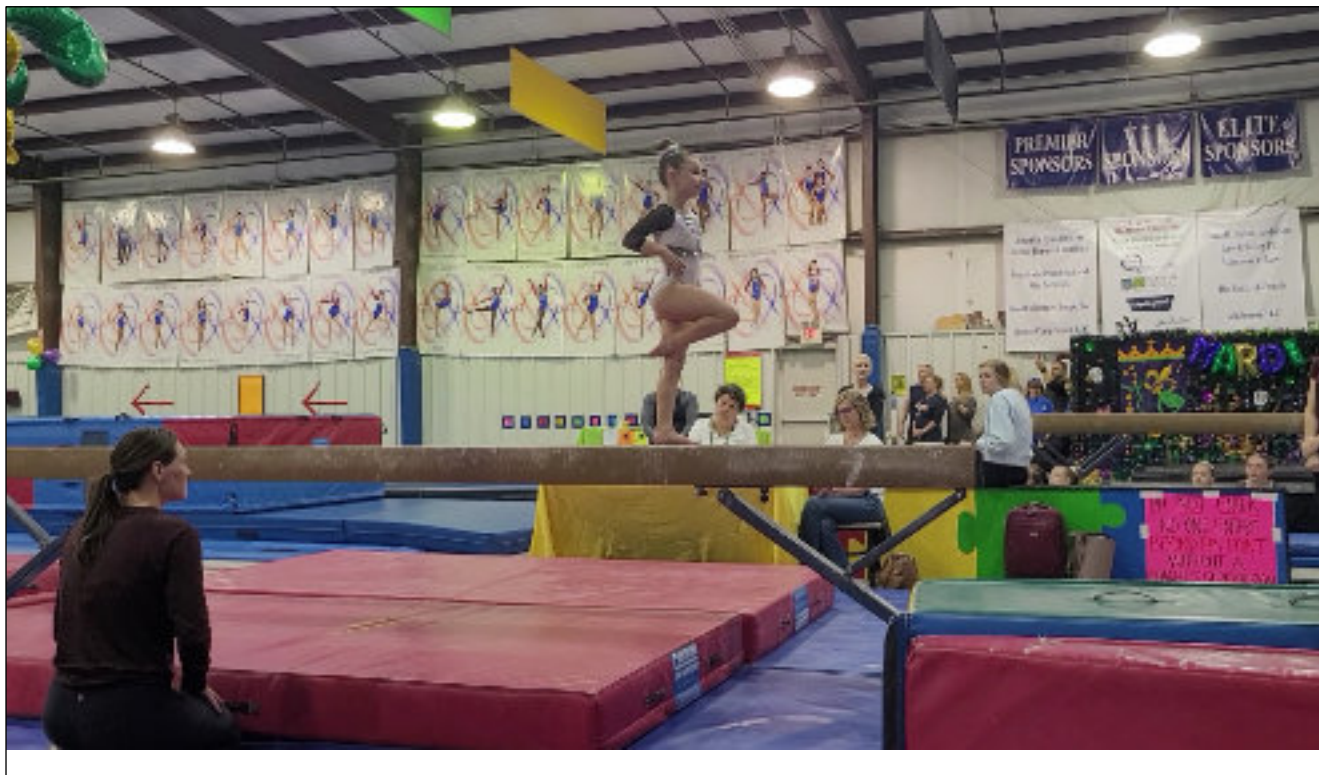
Photos Credits: Tamsyn Gaston



Florence Gaston



Kenley Duplechain



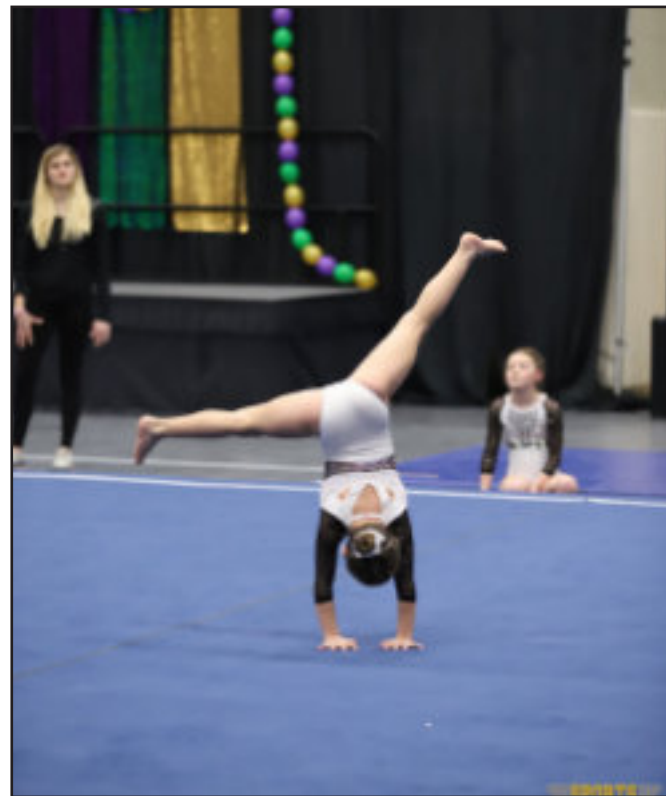
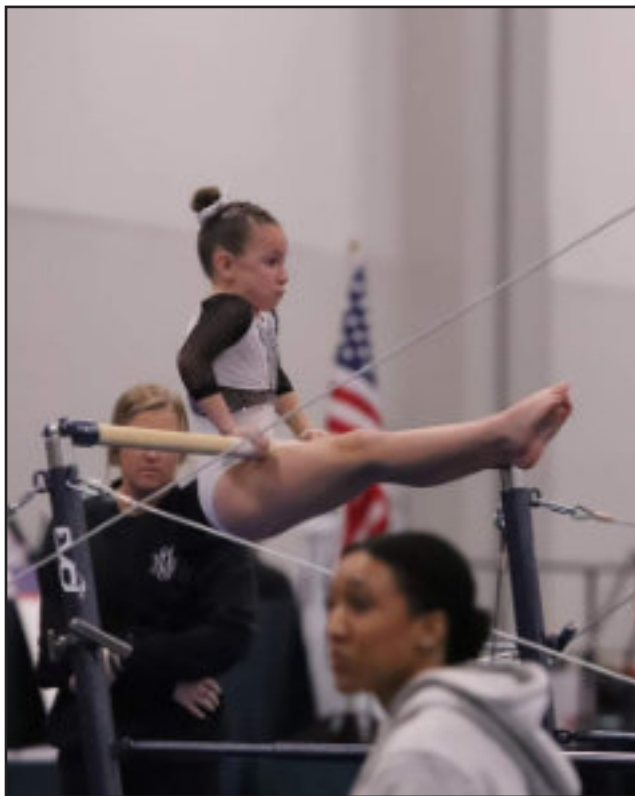
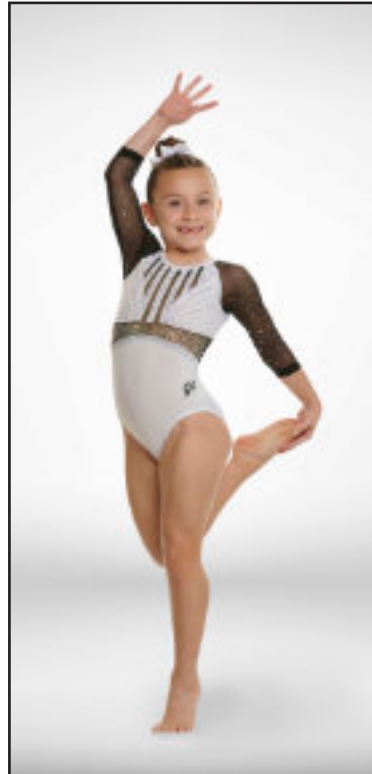
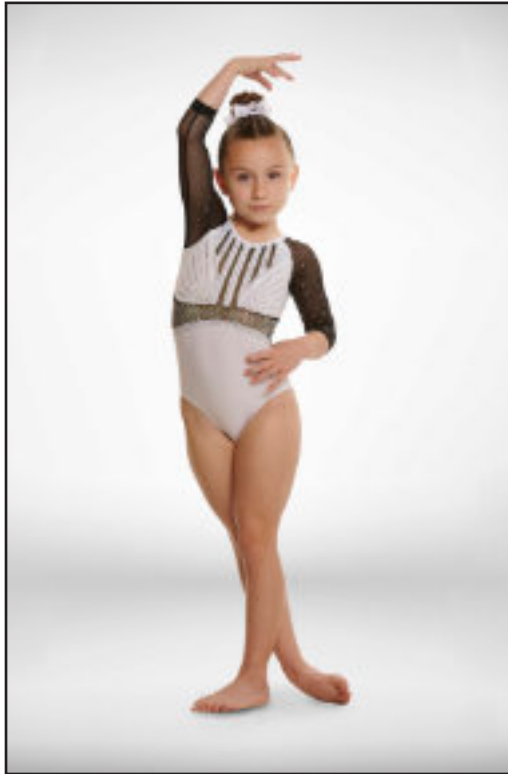
My name is Kenley Duplechain. Gymnastics is my passion. I look forward to practice each week. I practice for 3 hours, twice a week. Some components of practice contain: yoga, conditioning, and dance. I enjoy

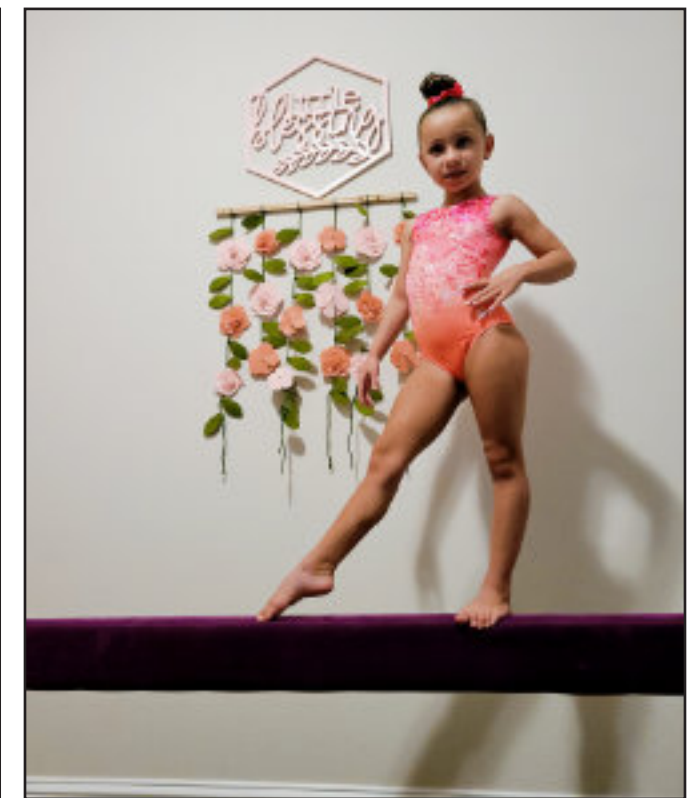
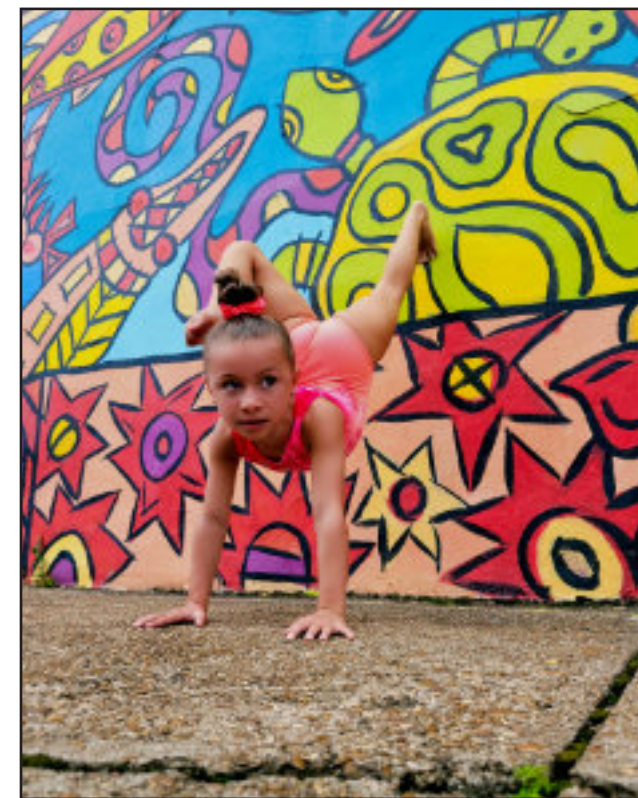
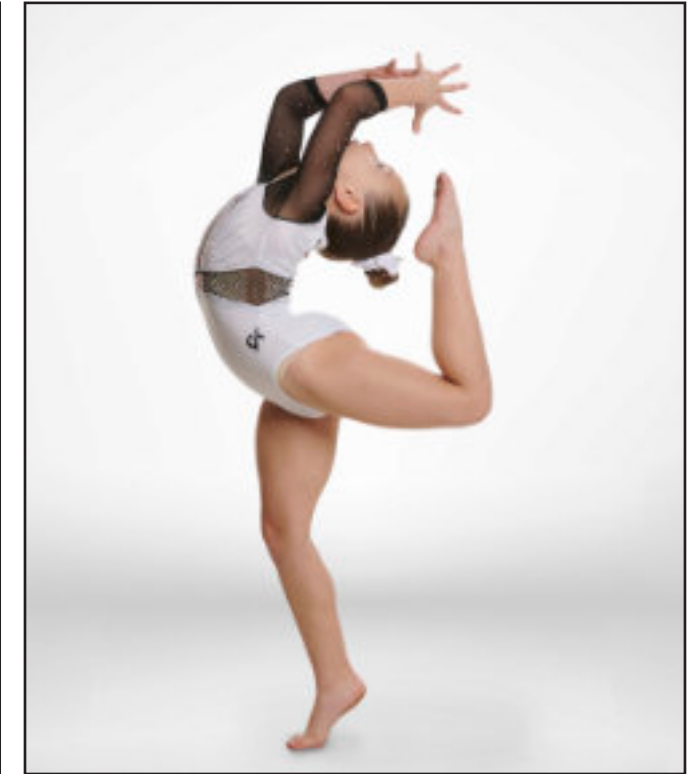
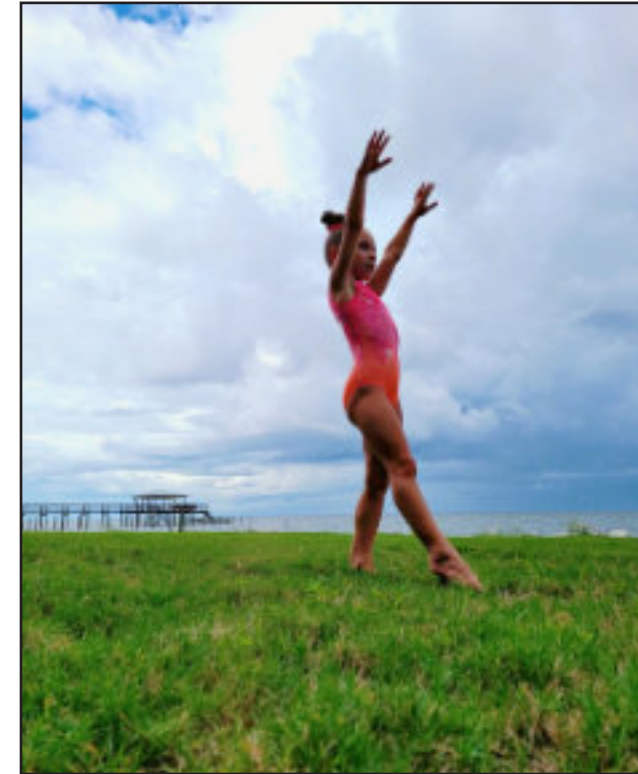
working out! My ultimate dream/goal would be to get to the Olympics. I think I have achieved a lot of skills in my gymnastics journey so far as I am very dedicated to learning and growing as a gymnast. I think my

greatest challenge as a gymnast would be on uneven bars and also overcoming fears in my head that may stop me from trying a new skill. They say big things come in small packages and I'M DYNAMITE!!!

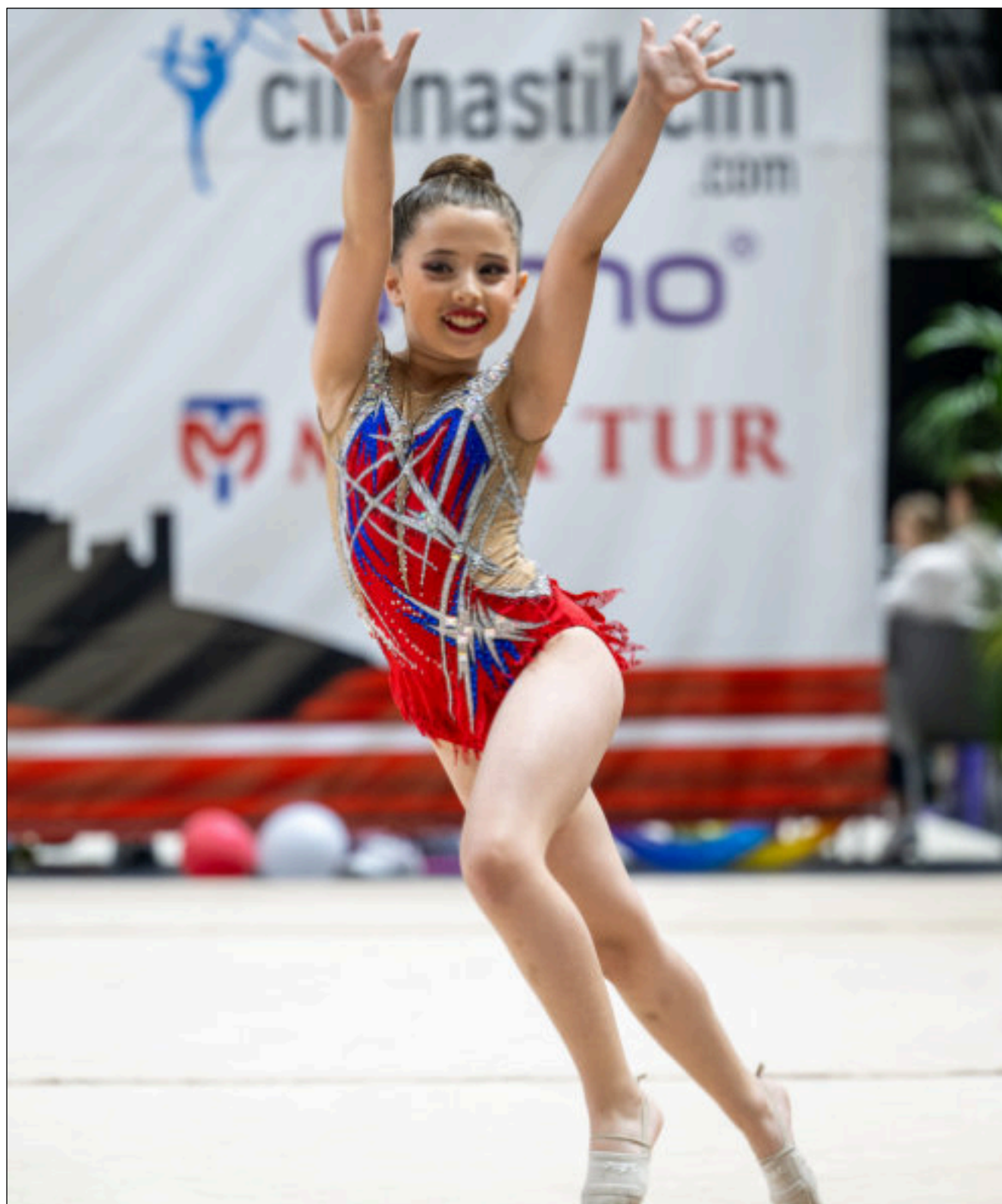


Kenley Duplechain



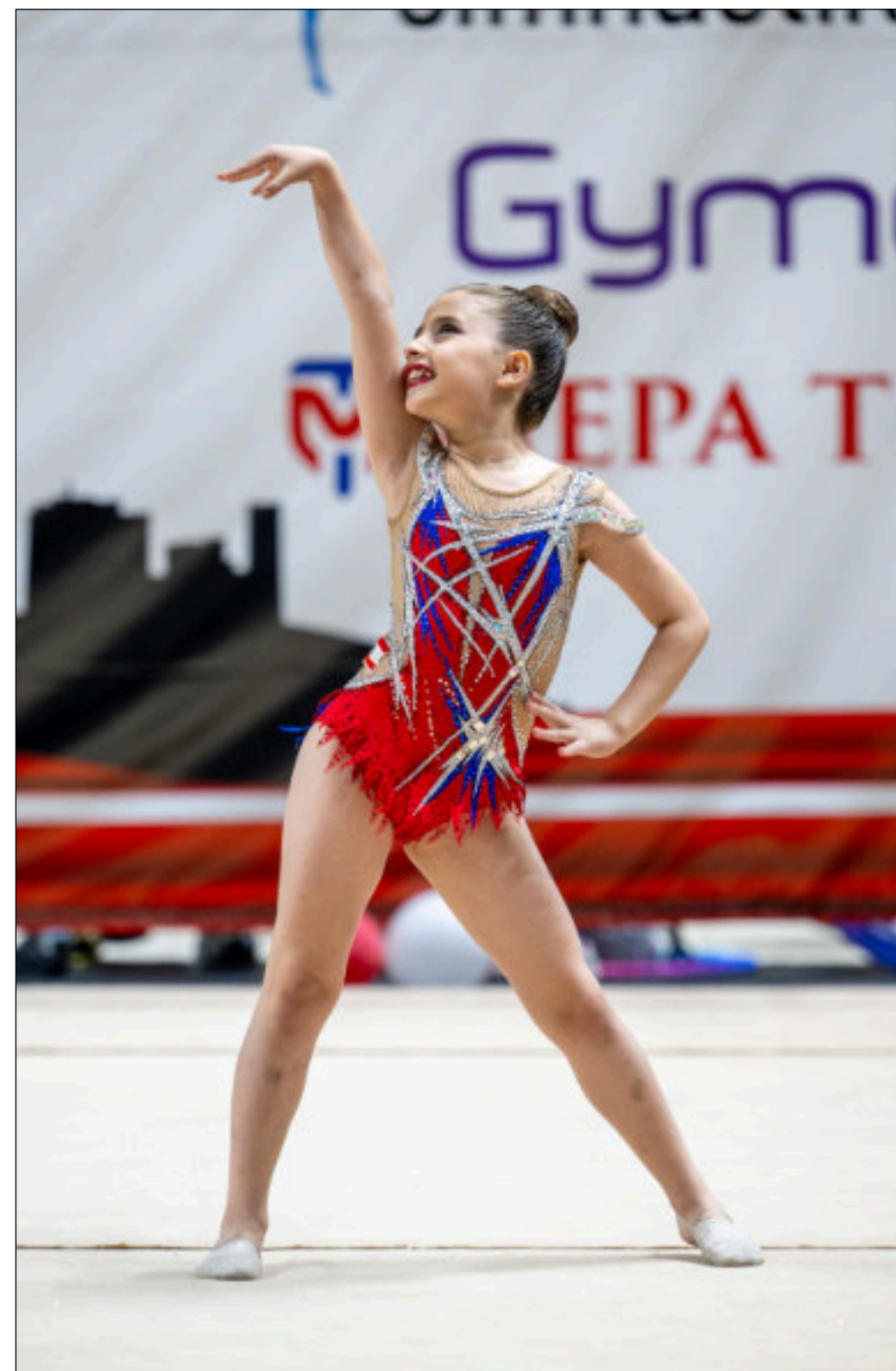


Krystelle Afteem



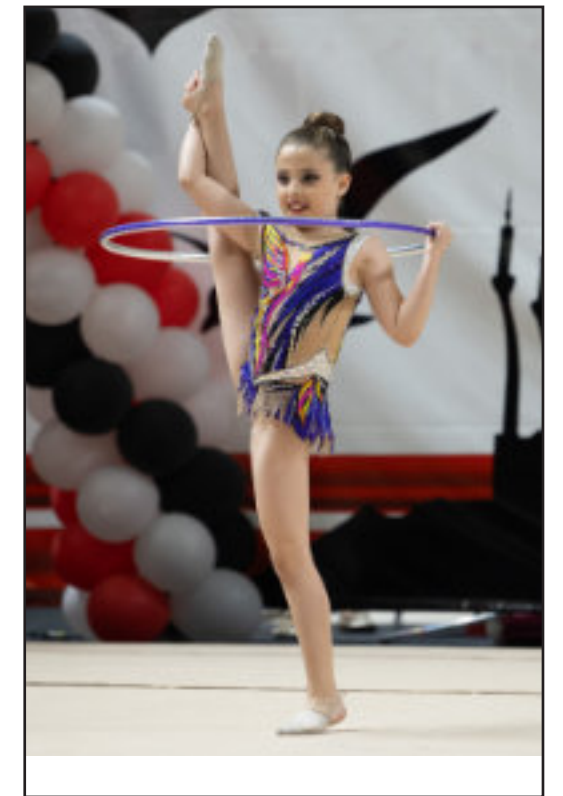
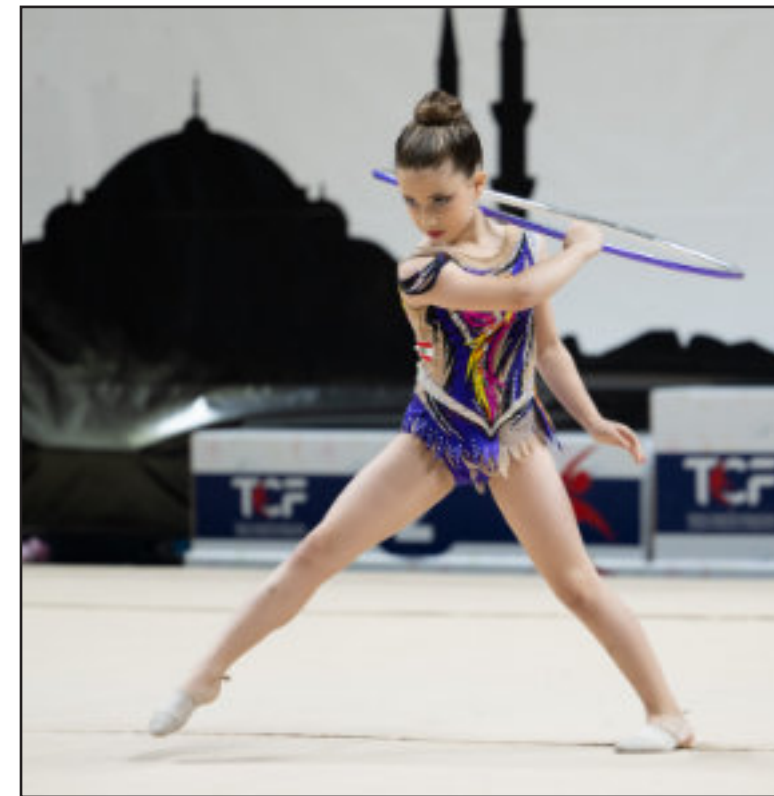
Hi my name is Krystelle Afteem, I started doing rhythmic gymnastics at the age of 5. Now, I am 8 years old. My goal is to be recognized as an elite athlete and make it to the Olympics. My dream is to become a world famous Olympic champion. This sport is my passion, that is why I enjoy my hard training every day, I train for 2 to 3 hours to improve my skills. I have many medals as achievements and I am always driven to achieve more that is why I watch every video of mine from every competition to learn from my mistakes and train to improve my moves and make them perfect. My mom and dad are my biggest supporters. As a young gymnast, remember that patience and persistence are your wings to success, so: "Stay focused, stay passionate and let your determination carry you through every twist and turn".

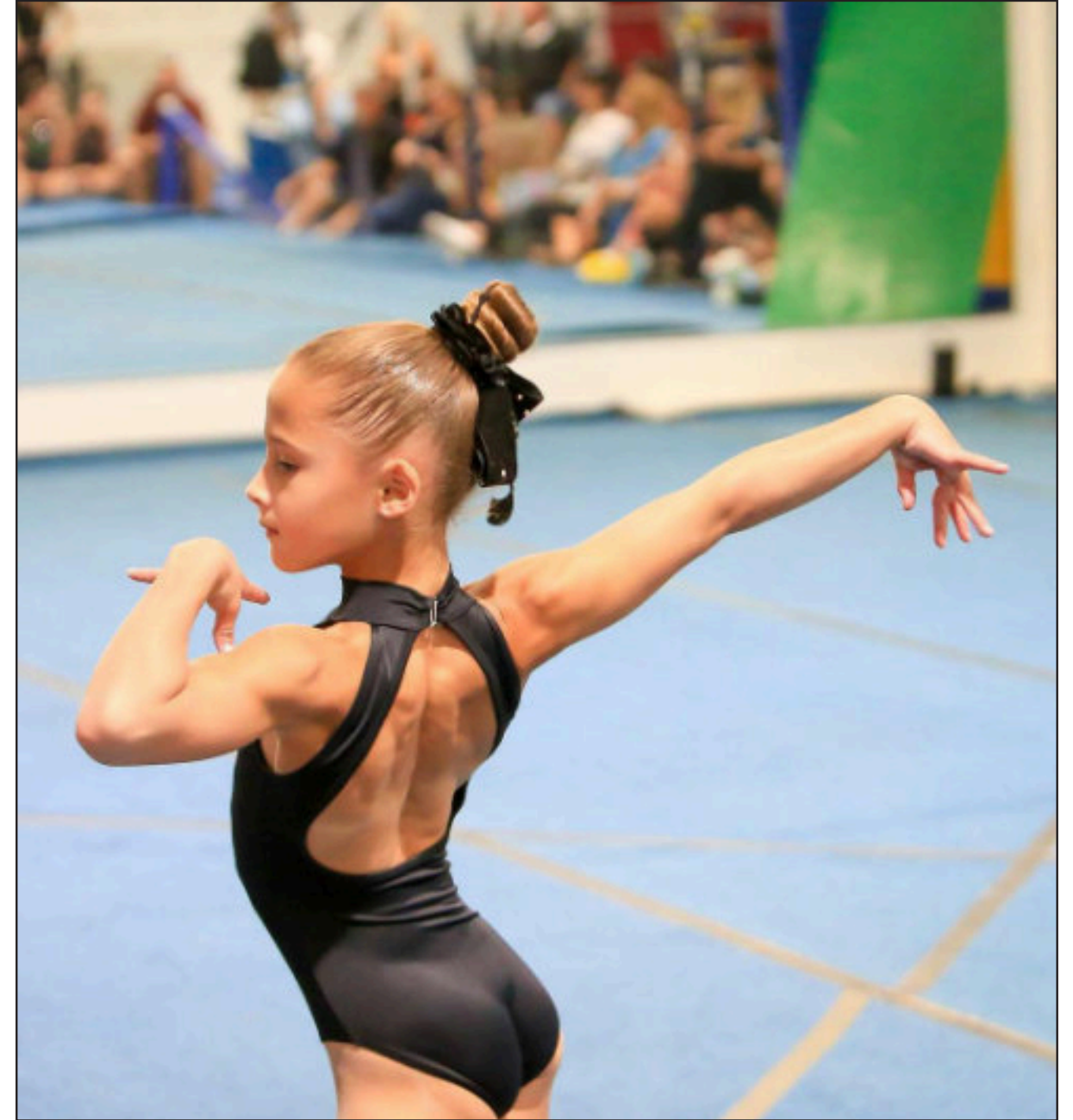
Photos Credits: My Mom Tamara Afteem



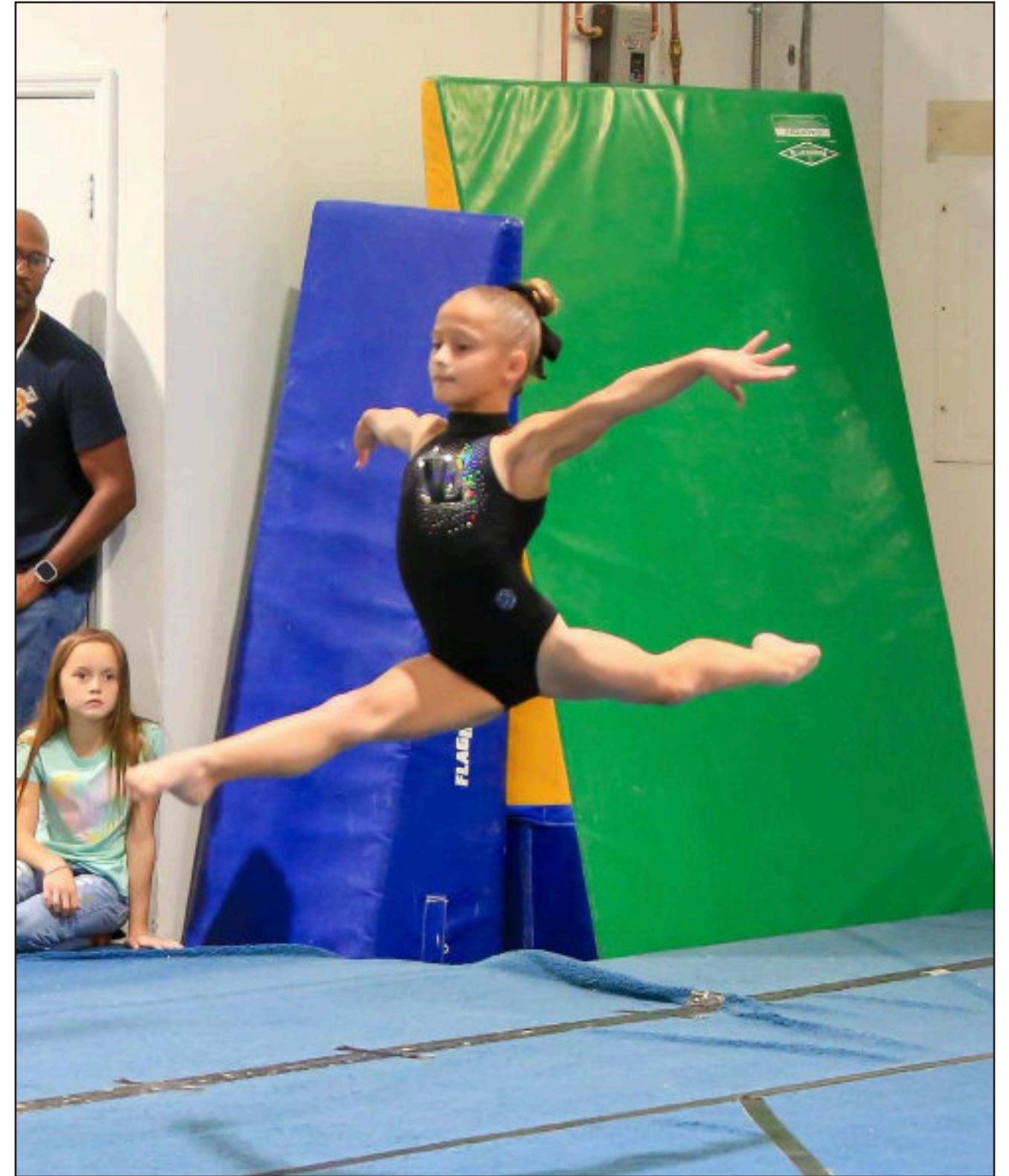


Krystelle Afteem





Leia is a year round principal honor roll student in gifted classes at Doral Academy Elementary. She has doing gymnastics since she was 3 yrs old. Her goals are to win multiple gold medals for her country and then to open her own gymnastics school. She is very smart and talented, and has been a natural leader since she was very young.





Mia Hernandez

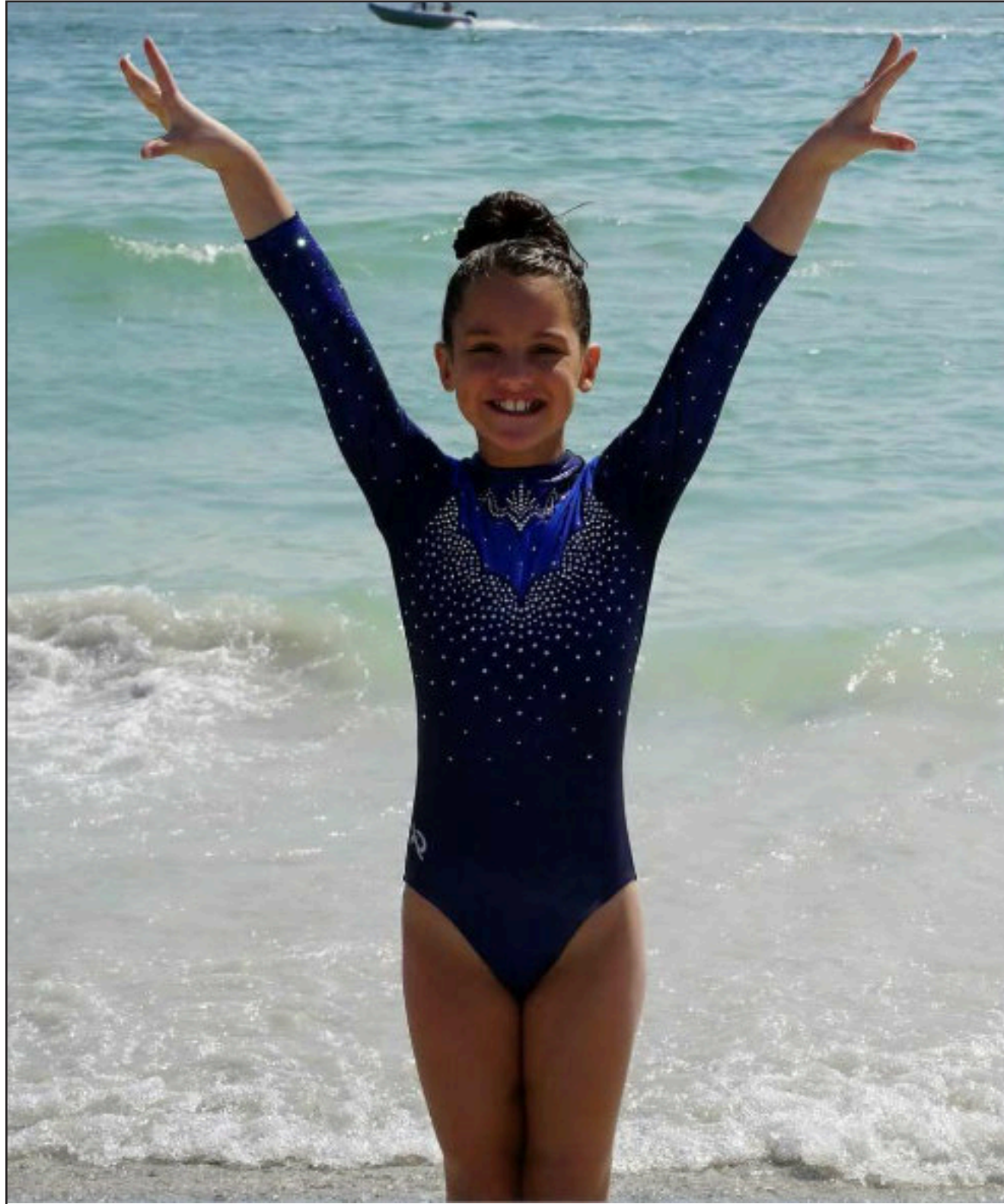
My name is Mia Hernandez. I am nine years old and have been a competitive gymnast for five years. I am currently training Level 7 for the 2024 competitive season. I love gymnastics and enjoy really everything gymnastics. One of my

challenges is that I also have Tourette's syndrome. Sometimes when I'm very stressed or nervous I have difficulty with neurological ticking from Tourette's. I have to be aware of my stress levels to remain safe. I'm grateful to my coaches for

always having a watchful eye and understanding my personal needs.

My dream is to be in the Olympics. I enjoy everything gymnastics, fashion and baking.





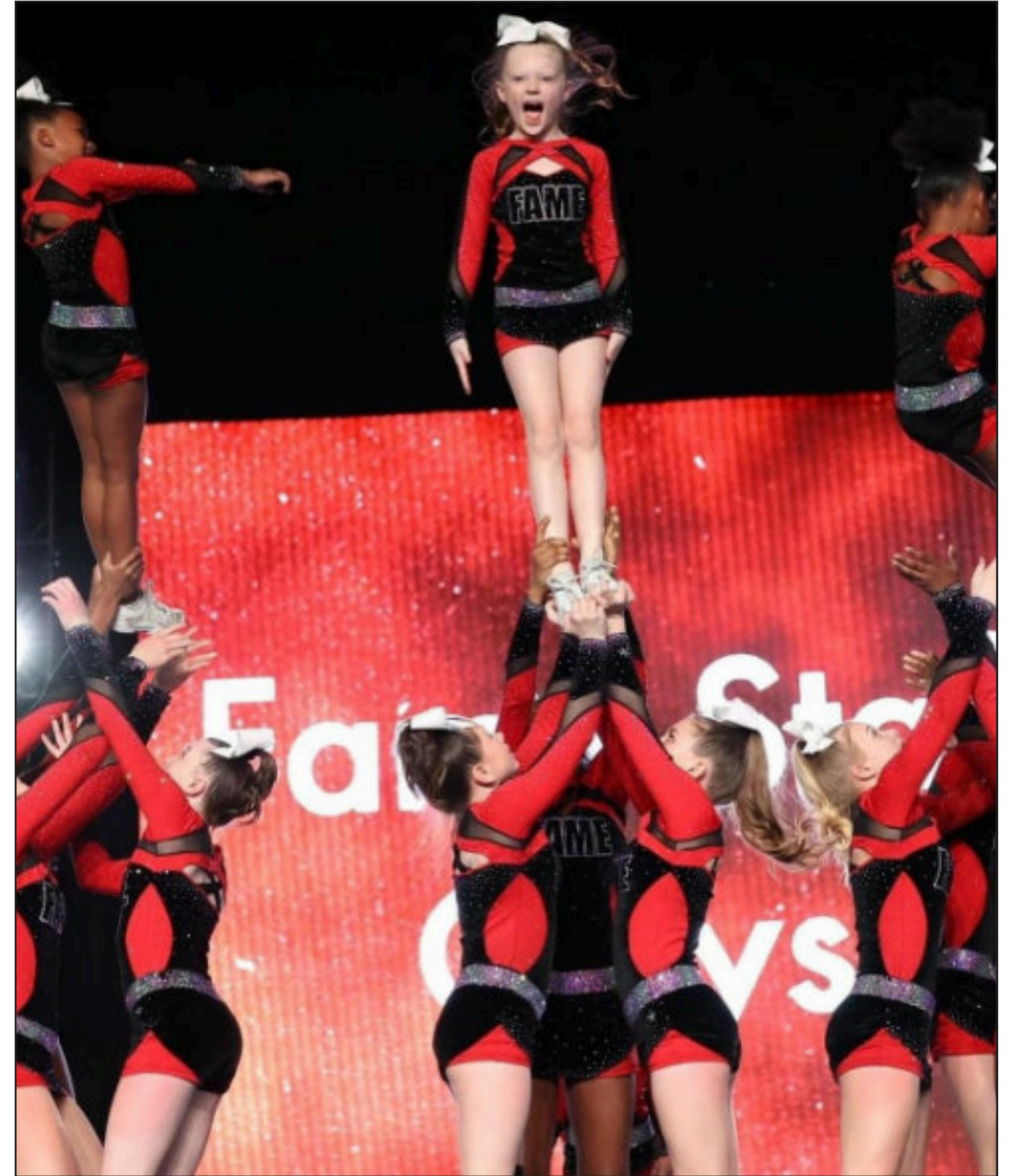




My name is Noa Whitney. Recently I got first place in junior level 2 out of 10 teams in our division and with the highest score of the day from our gym. It was with the utmost help of my

mom, coach and friends. Everyone were so happy when we came off the mat. It was just everything one could expect. I have hit zero at comp almost every time but this was so

special. I also love to go open gyms sometimes. Battling and going to beach are ny favorite recreations





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Kenley Duplechain

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