

UPCOMING GYMNASTS



**Ava
Molina**

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My name is Aaliyah Murray. I am 9 years old. I live in Florida. I am about to participate in Houston in a few weeks and I am really excited for that and preparing to the best of my abilities. I am also good at making new friends and talking to anyone. I wish to work on my skills with my coaches and perform better. I love gym and I am proud of what I have achieved so far. I am excited for the new year and wait to see what future holds.



My name is Ava Molina. I am proud of the fact that I am hitting my goals and making self-improvement. I would also like to congratulate my level 3 team for securing first position. I have the passion and courage to work hard and thus I

believe today don't define me. I have fun during my summer gym sessions. I want to stick to my routine and follow a fixed course of time. Thanks to my amazing coach who keeps on pushing me.





My name is Isabella Constantino. I started gymnastics when I was 3! Gymnastics is my life! My dreams and goals are to one day compete on Stanford University's Gymnastics team!! Gymnastics hasn't always been easy. I work extremely hard and try to overcome all my obstacles. Many hours of working through broken bones and sprained ankles. But in the end it is all worth it. Making it up on the platform makes all my hard work pay off. I hope to keep doing what I love and hope to inspire younger gymnasts along the way. Hard work pays off!!

ISABELLA CONSTANTINO





My name is Bri Linker. I am 16 years old. Loving gymnasium since I was a kiddo. I am ready to start a new chapter at states championship. Grateful that I do what I love to do. It takes a lot

of effort and discipline to achieve level 10 in gym. But it was sure fun capturing all those moments. I just hope to continue making more and more such moments.





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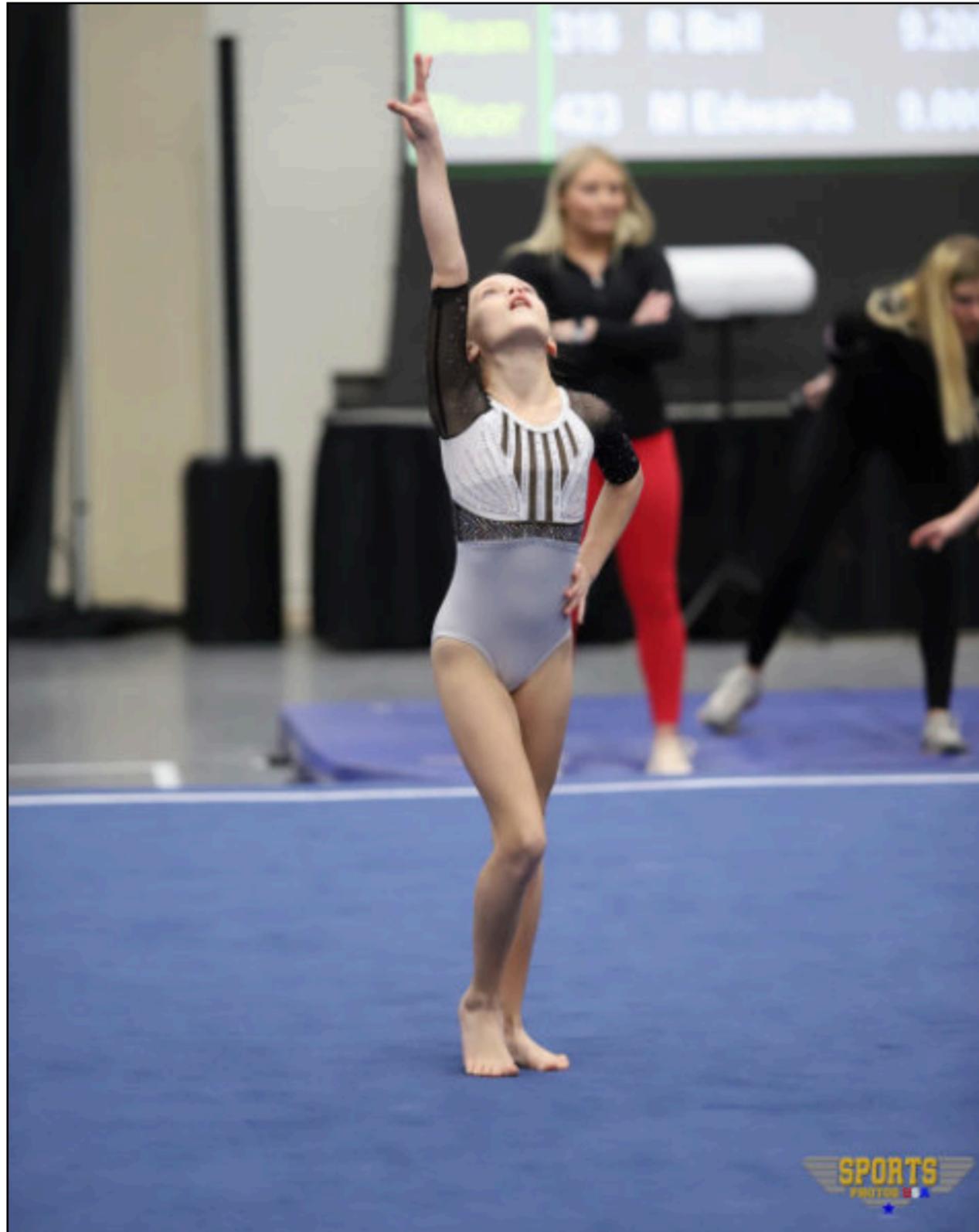
\$20
Per Gymnast

eden CRYAR

My Name is Eden Cryar, and I have been doing gymnastics since I was 5 years old. I started competitive gymnastics 3 years ago. I started out in level Bronze, and now I am in level Gold. My dream is to become a Olympic gymnast. I really look up to Simone Biles & Sunni Lee. They are my favorite!!! My goal is to be just like

them and to continue gymnastics throughout high school and college. I made it to regionals in 2023, and I placed 10th in my age bracket. The worst challenge I've doing gymnastics is having ankle surgery, but I pushed through and I'm ready to get back out on the mats.



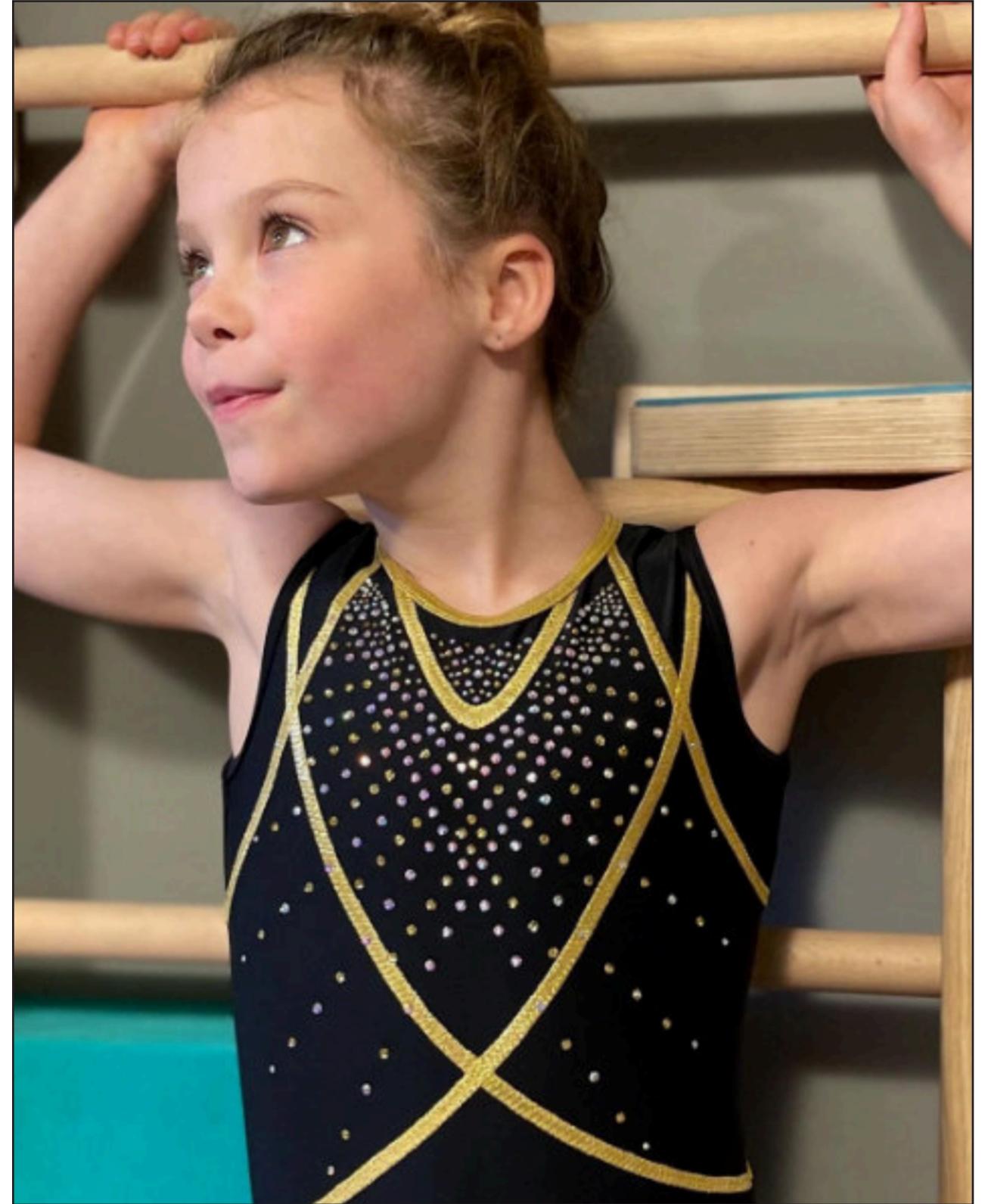


eden GRACE

My name is Eden Grace. Last year, I made mistakes, I was lazy and didn't give my 100%. I have learnt from mistakes and changed my habits this year. I won the midland inter competition last month. I am proud of my achievement as the comeback is always greater

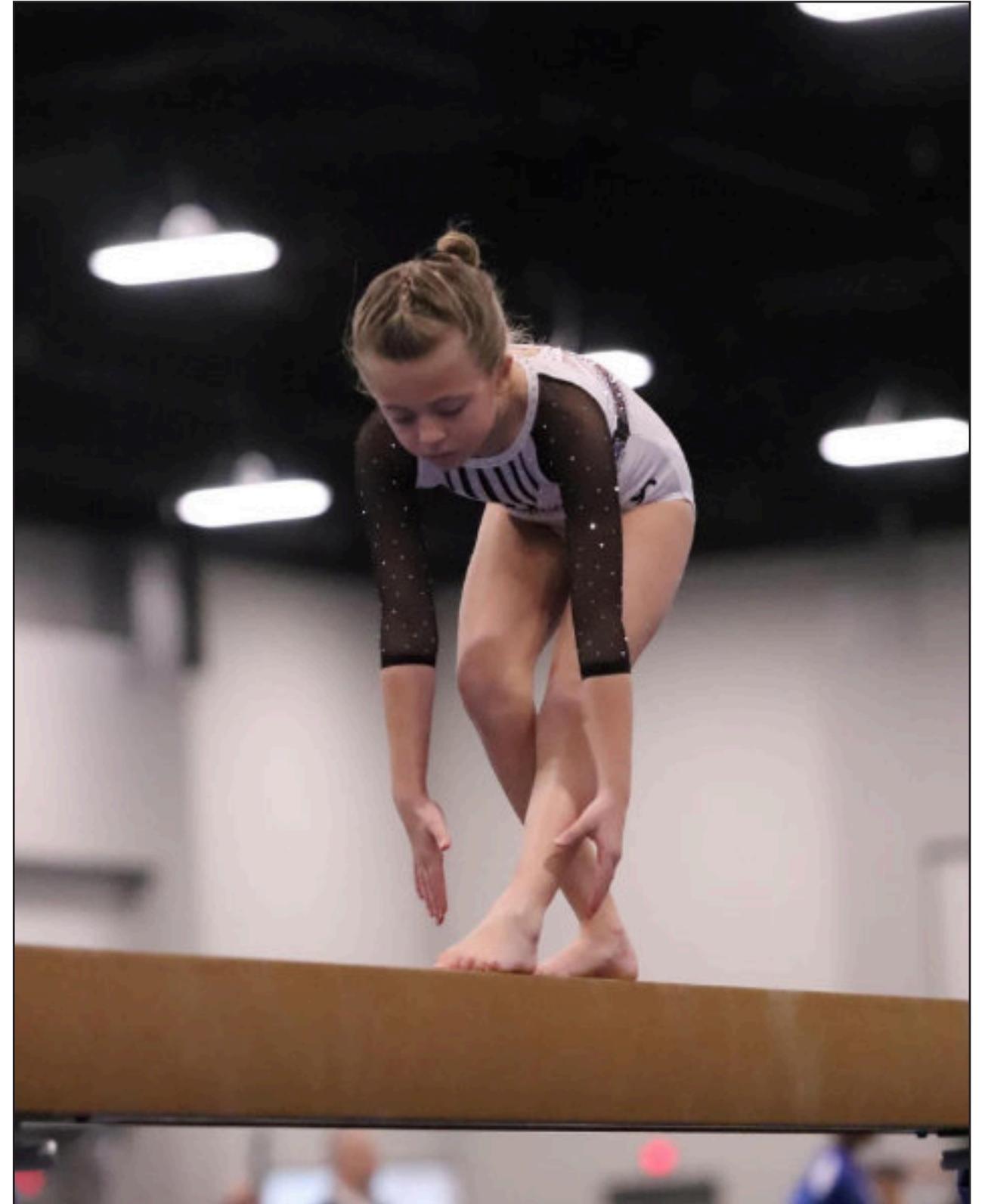
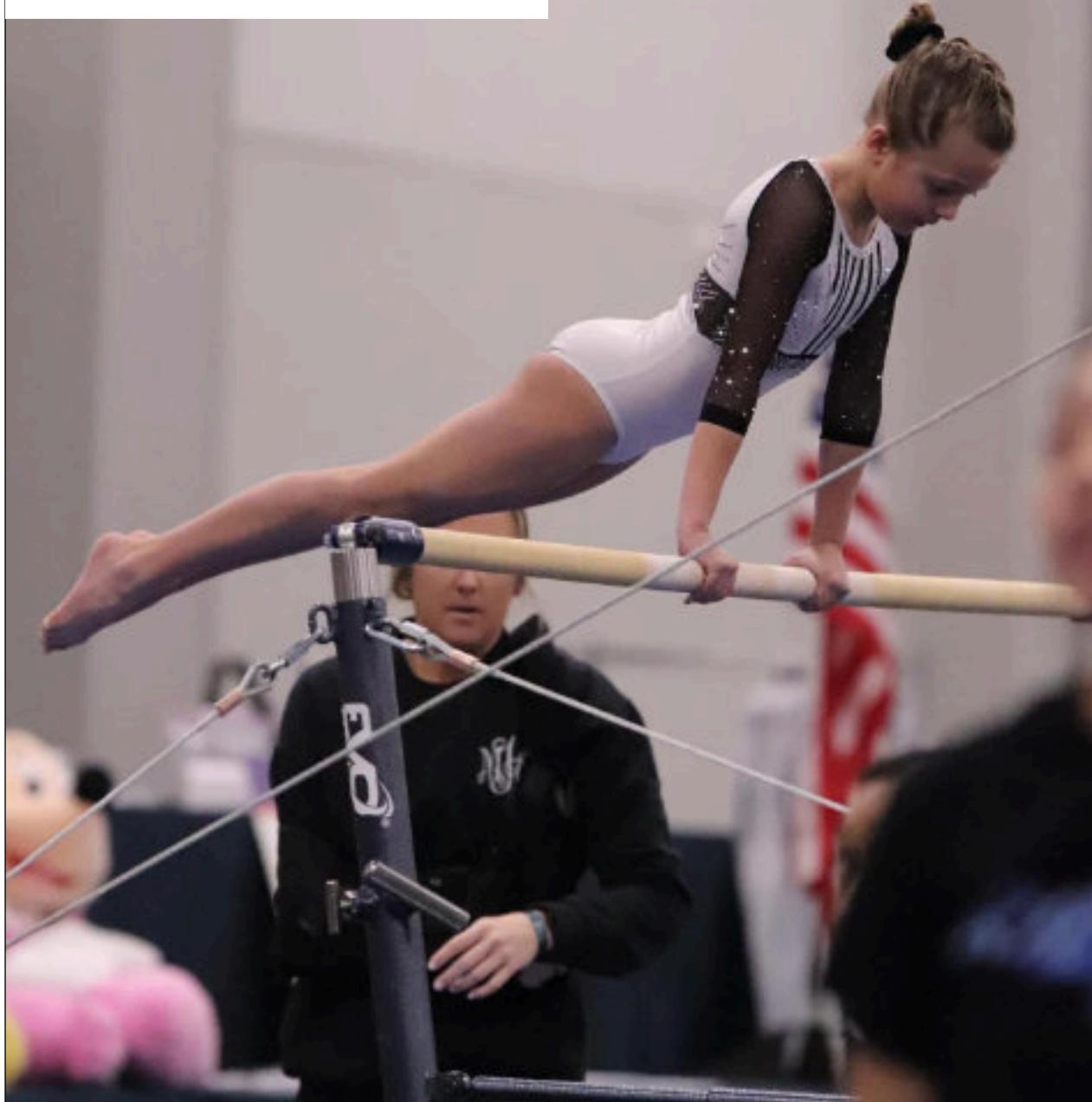
than the setback. One of favorite jersey is the black and golden one. I am extremely excited for the coming summers as all my preparation will be tested there. My dream is win medal in every tournament I participate.





GRACEY

I am passionate about gymnastics and love learning new tricks! I hope to continue to work hard and advance competition levels. One day I hope to be able to compete in College and continue my gymnastics career! My dream would be to be like Simone Biles and get a perfect 10 score and compete in the Olympics!



KEIGHLEY HERRERA



My name is Keighley Herrera. I am excited to share that I was the part of 5to festival surco gym 2023. I also won a bronze there. I like challenges as it gives me motivation to work hard. I also like to play online games and like running. Running gives me soothing experience. My parent's support me a lot in my endeavors. I

am preparing well for the May tournament and hope to win it. My biggest challenge is to prepare along with my school. My dream is to compete along with the best gymnasts of the country and establish my own name in the circuit.

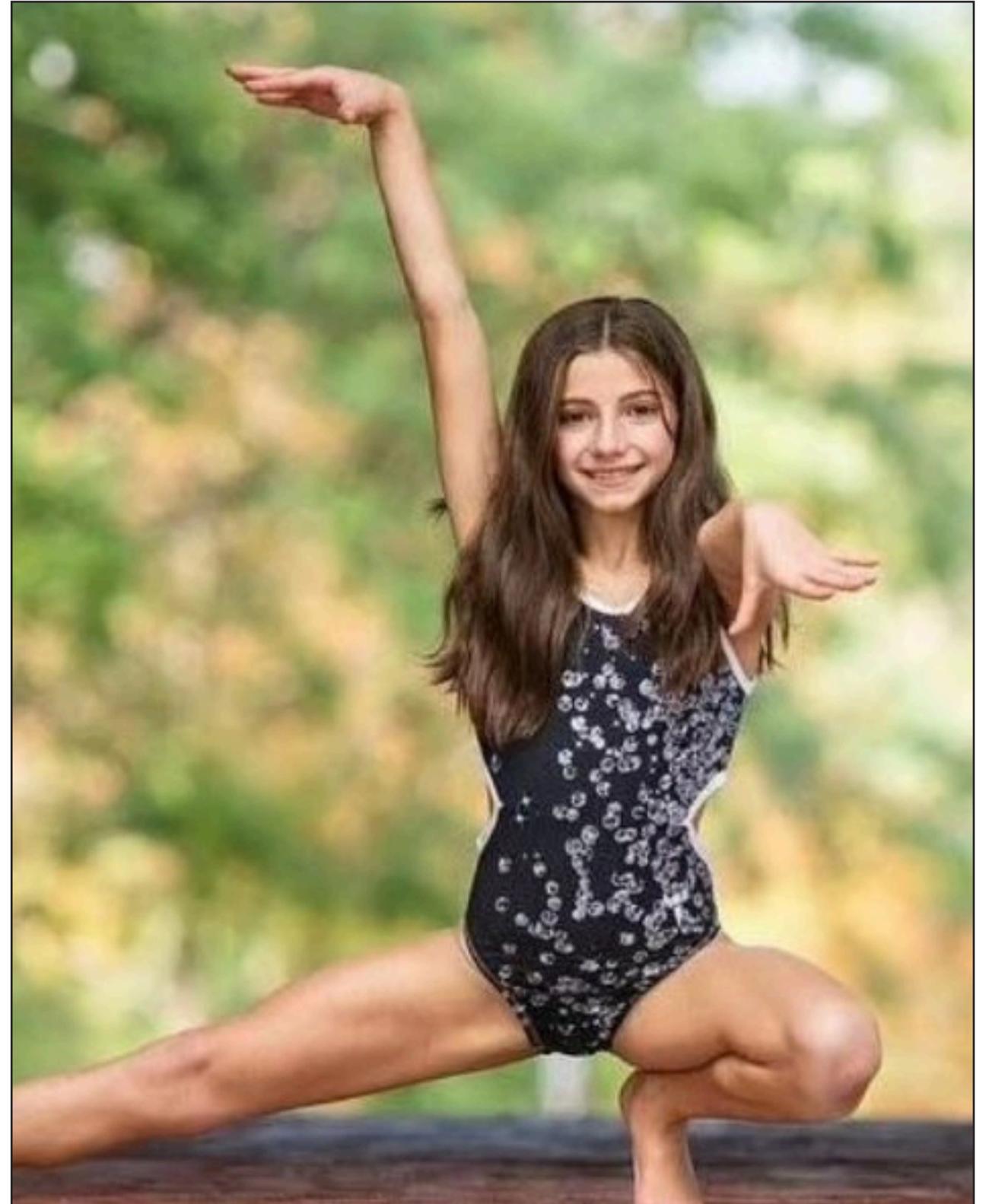
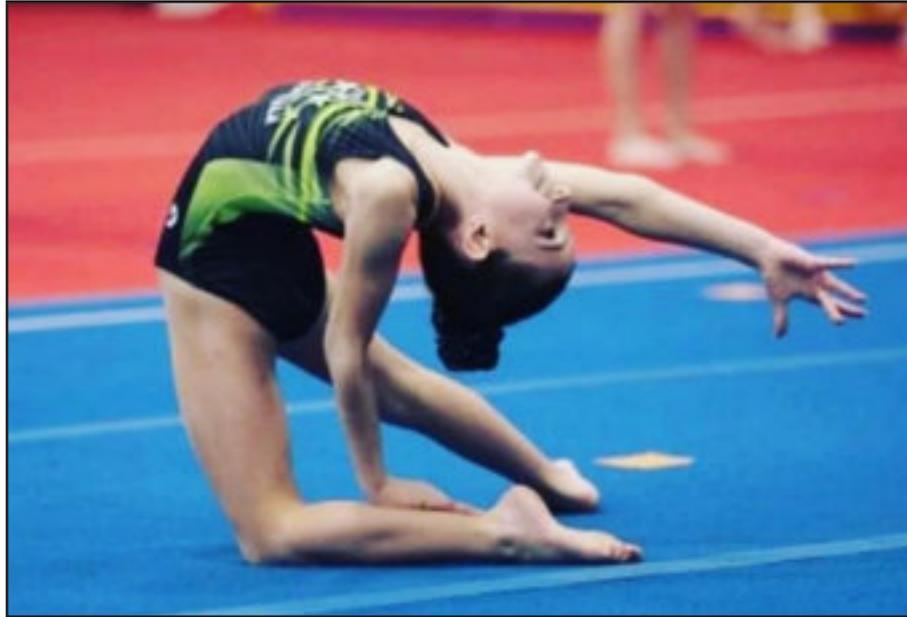


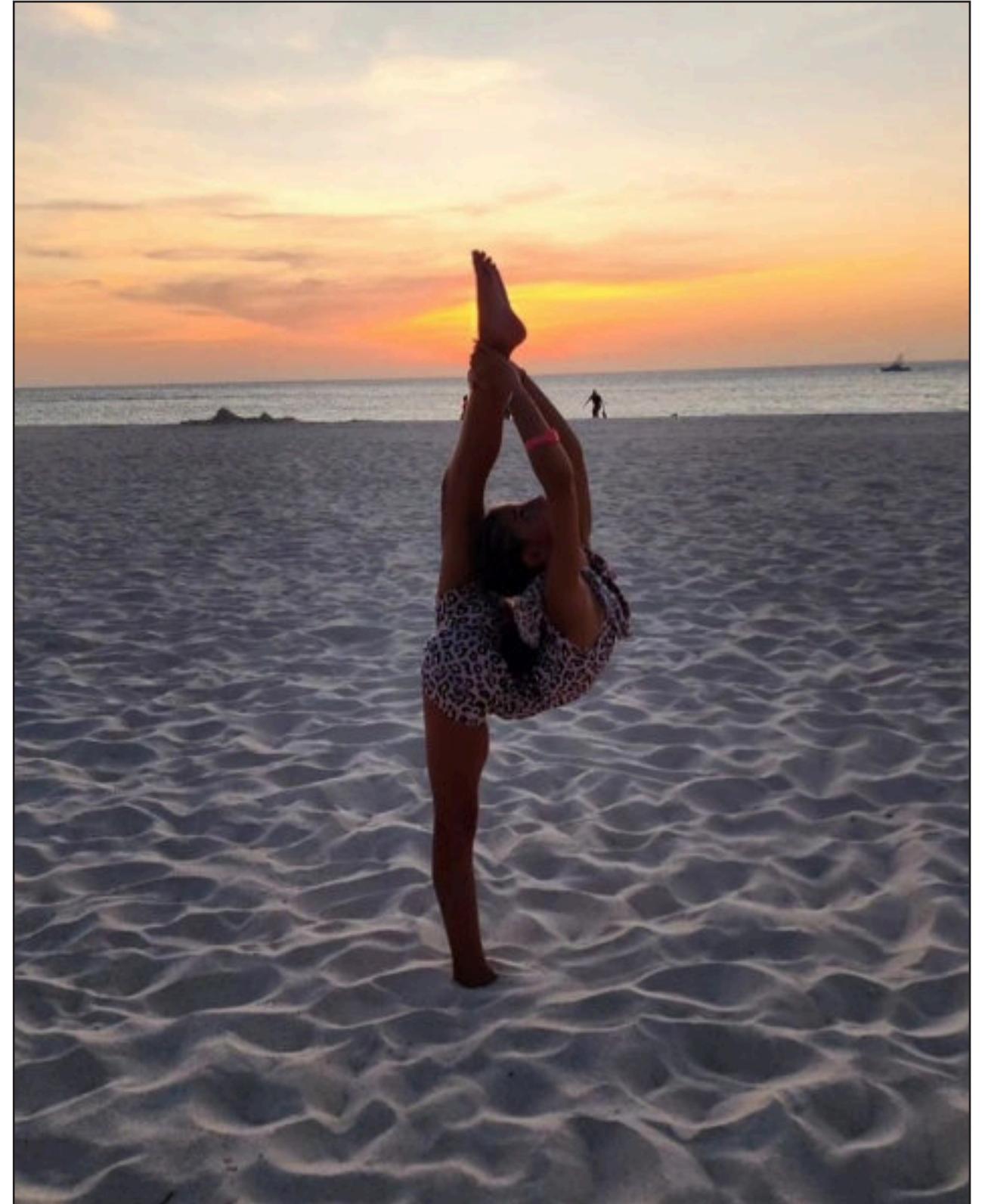
KEIGHLEY HERRERA



Lisa

My name is Lisa. One of the best things about 2023 was getting to work with salute leos and having those photo shoot sessions. Those were amazing and I can't wait to have more in 2024. I am in absolute love with my training and my daily schedule. I am practicing hard to compete with amazing senior athletes. I also like islands and beaches a lot. Whenever I get some time I try to visit some beach and get the photo shoot done





Kelly Descamps

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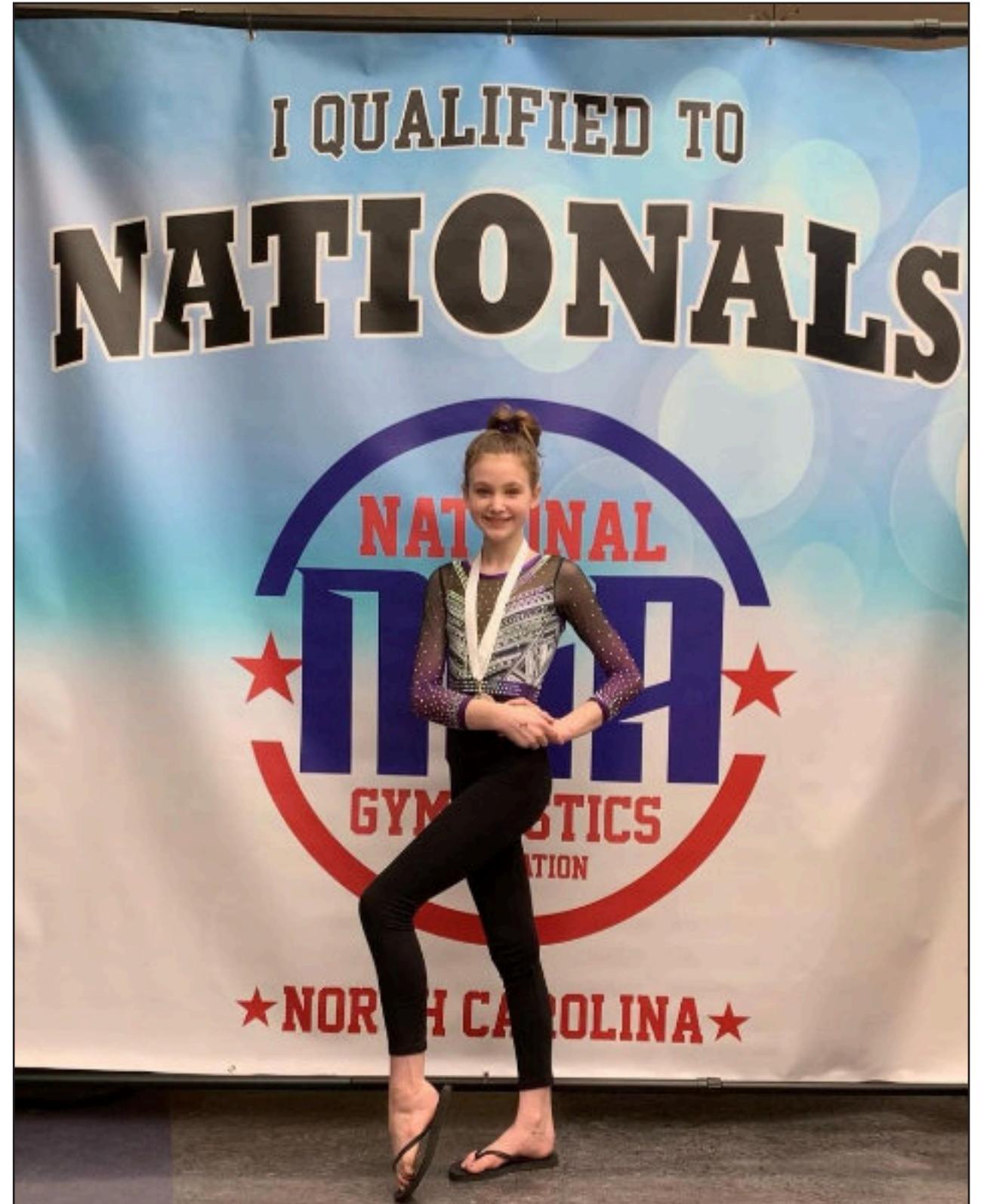
Je m'appelle Manon je suis en sport
étude en performance gym mon
rêve intégrer le pôle France de gym
et faire les jeux olympiques





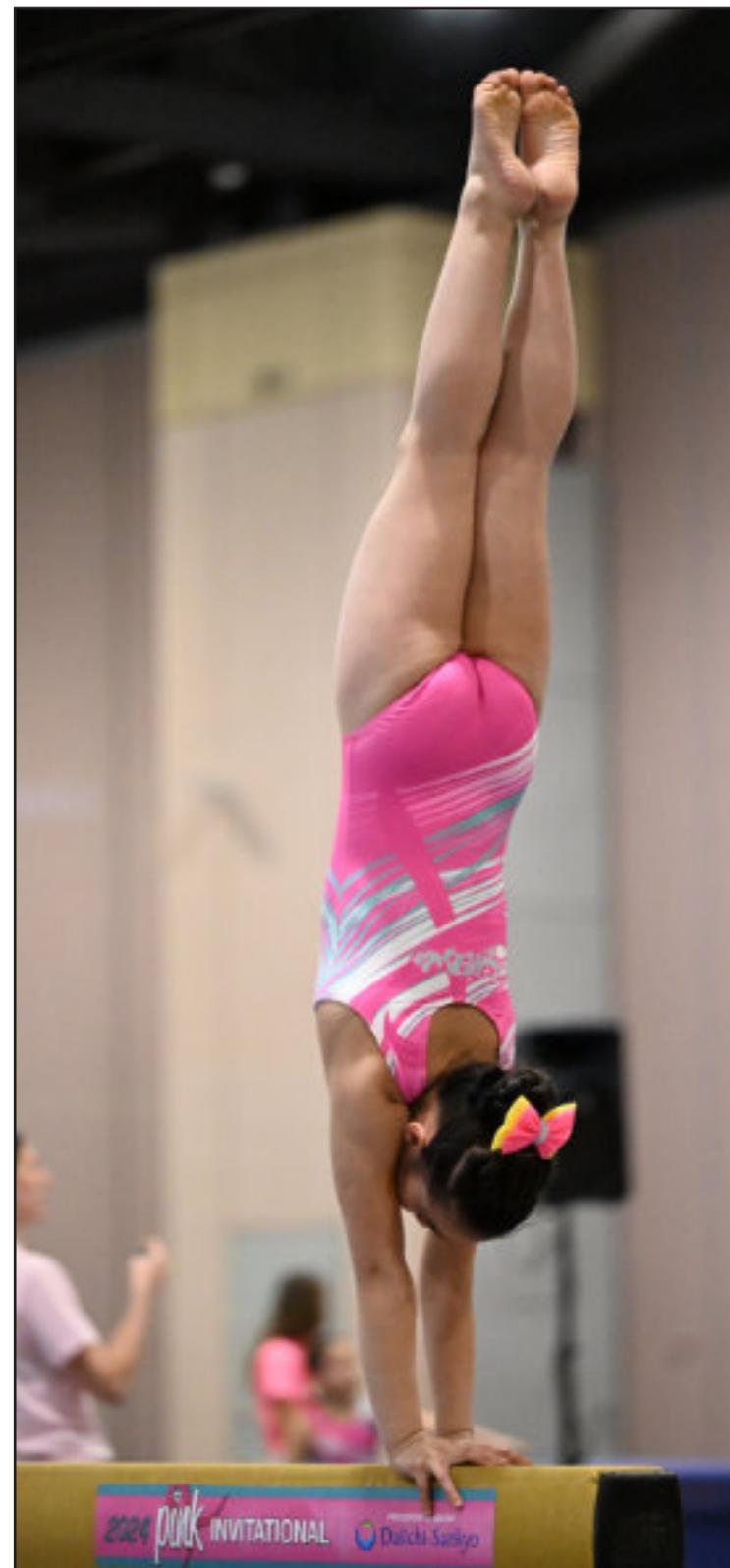
My name is Maribelle Luik. I am into gymnastics for 3 years now . I like to photography a lot. I like go out on weekends and enjoy my holiday, if there is no practice scheduled. I don't miss my practice at any cost. The sunrise is my medicine. Some mornings I wake up early to witness the rising sun. Apart from gymnastics, I am involved

in many things like sports, dance and studies. I secured grade A in my last class. I want to work honestly behind the scenes and perform in front of my well wishers. I had also qualified for the national finals at North Carolina . My dream is to win medal for my country.





NICHOLE SAHOTA



My name is Nichole Sahota, and I am thrilled to share a glimpse into my journey in the world of gymnastics. At just 9 years old, I have already found my passion and a path filled with dreams, goals, challenges, and achievements.

It all started when I was 7 years old, wide-eyed and eager to explore the world of gymnastics. After just three months of dedicated practice, my coach saw something in me and encouraged me to try out for the Topaz team. With a mix of excitement and nervousness, I took the leap and to my amazement, I got selected! It was a dream come true to be part of such a talented group of gymnasts.

Soon after, my coaches recognized my potential and moved me up to level 3. I couldn't contain my excitement because it meant I could start competing and learning from some of the best in the sport. Training became my second home, dedicating approximately 19 hours a week to perfecting my routines and skills. Every flip, every twist, and every leap was a step closer to my goals.

But it is not just about the hours in the gym. I cherish the time spent with my family and friends, especially during weekends and holidays. They are my biggest supporters, cheering me on through every competition and milestone. Their encouragement fuels my determination to push harder and reach for the stars.

In this journey, I have learned that every dream is within reach with the right attitude, amazing coaches, and, most importantly, discipline. It is not

NICHOLE SAHOTA

always easy balancing school, training, and time with loved ones, but I have come to realize that challenges are just opportunities to grow stronger.

One of my biggest dreams is to compete in the Olympics. The thought of representing my country on such a grand stage fills me with both excitement and determination. I know it will take years of hard work and dedication, but I am willing to give it my all to make that dream a reality.

Another goal close to my heart is to become a coach and mentor to other gymnasts. I want to share my knowledge and experiences to help them achieve their own goals and reach their full potential. Being able to inspire and guide others in their gymnastics journey would be incredibly rewarding for me.

So, as I continue to chase my dreams with unwavering determination, I hope my story inspires you, dear readers. Whether it is in gymnastics or any other passion you hold close to your heart, remember that with dedication and a positive mindset, the sky's the limit.

Thank you for taking the time to get to know a bit about me. I can't wait to see where this incredible journey in gymnastics takes me next!

Warmest regards,

Nichole Sahota

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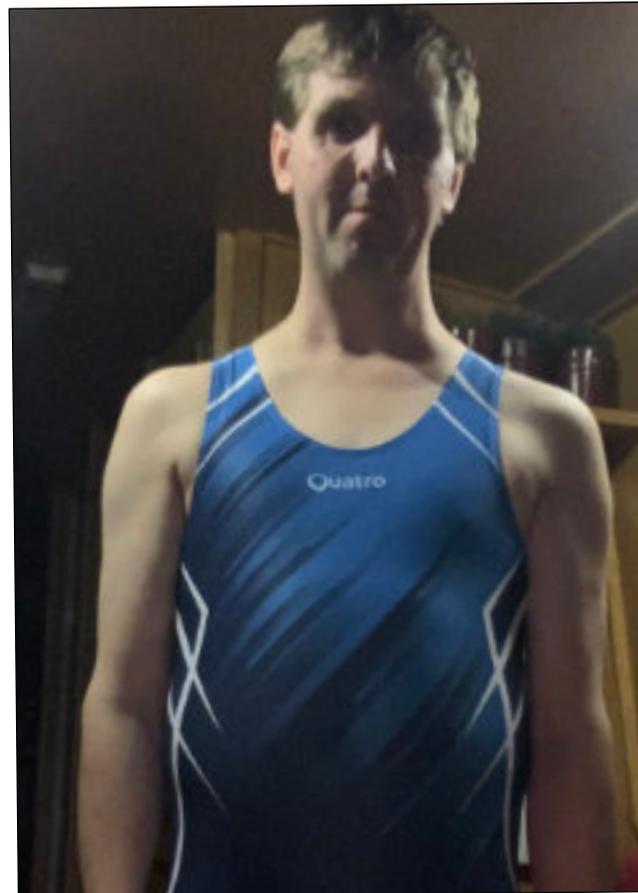
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RUBEN CHITTERS



My name is Ruben Chitters. I am 8 years old. My parents have tough me to challenge myself in order to reach greater heights. I always practice in gym like everyone is watching me and try to do it perfectly. I am training for almost a year now and I still feel as if I have just begun. I am always excited to head to the gymnasium. My dream always keep me on my toes. I want to compete on every big stage and win medals. They are like addiction.



RUBEN CHITTERS



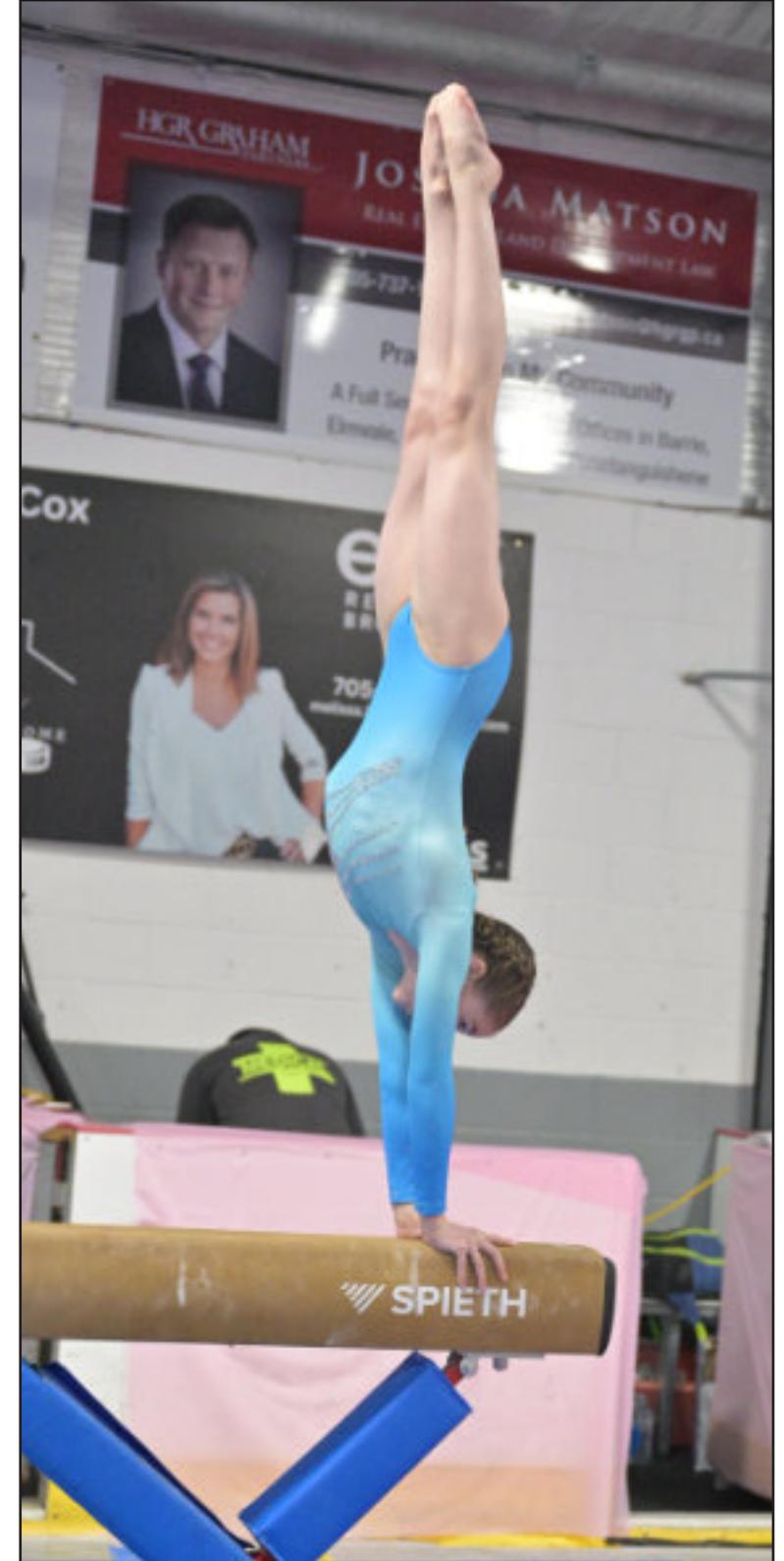
COACH KARINA AGAFONOVA



My name is Karina Agafonova and I am a head coach and director at Northern Stars Gymnastics in Barrie, ON. We are a relatively small club, however we have consistently been placing at Provincial Championships and getting various special awards here and there. I have two young gymnasts who have earned their spots on our team and been improving year after year. Brookelyn and Eloise are both 12 yo, started gymnastics at 4 yo and when they were nine I invited them to join our competitive program. Of course, we eased into competitive training

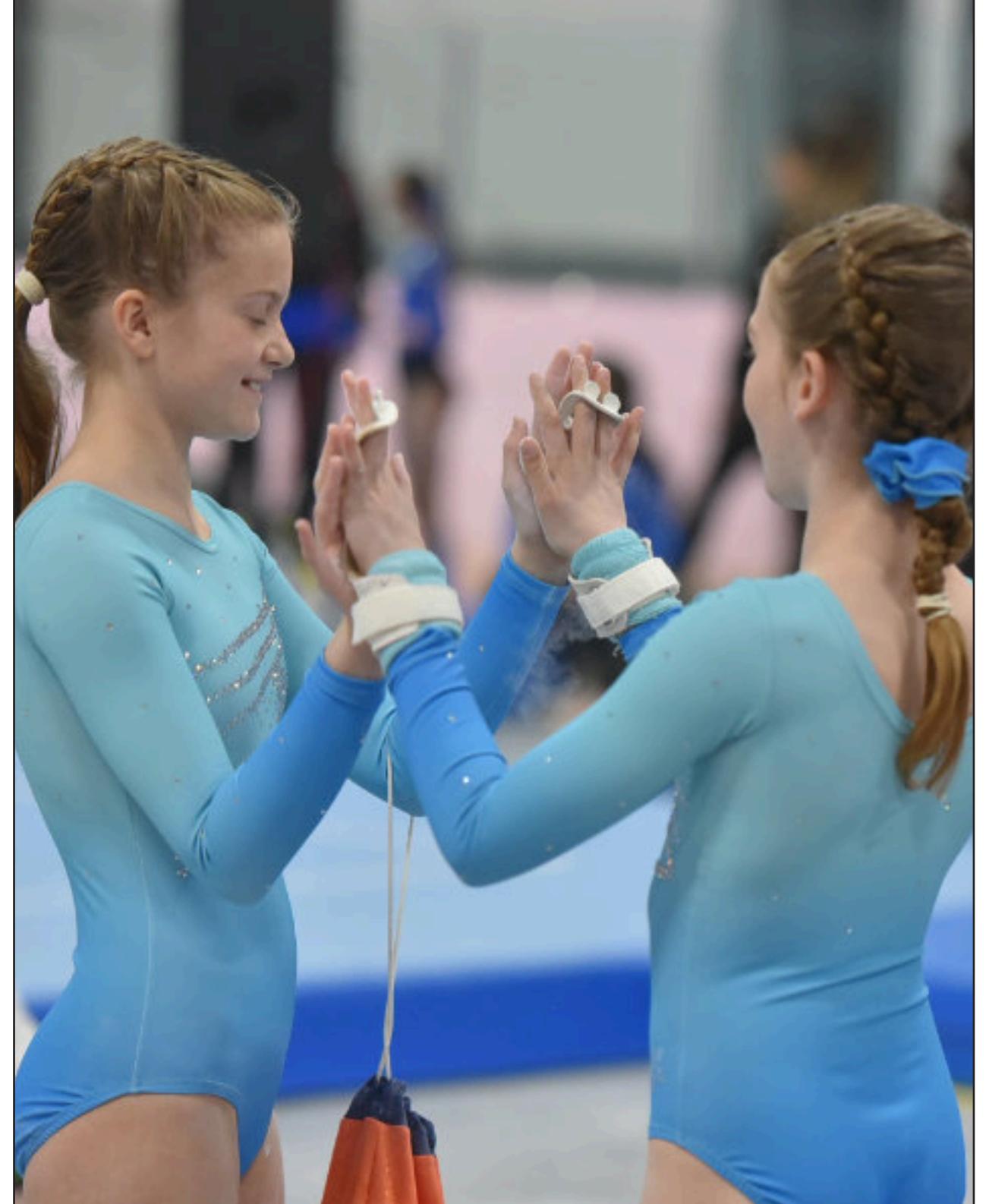
and attending meets at first, however over the past two years they just wouldn't stop impressing me with their persistence, exceptional work ethics and that drive to get better. In addition to all the obvious qualities of a good gymnast, they are also very mature mentally and are aware of existing and potential obstacles that every competitive gymnast is bound to face. Brookelyn shares: "So far I have gotten some injuries that have caused nerves and mental blocks making it very challenging to perform certain skills. Sometimes it feels like it

is holding me back. I have learned through these hard times to trust my coaches, my family, my friends, and most importantly myself that with hard work and perseverance that I am strong, capable, and talented. This has helped me push past the fears to get those skills back again and to move forward to bigger and better things." Eloise has the same reflections: "Of course, I've had some setbacks too—like injuries and mental blocks—that have made it harder to perform certain skills. Those things can hold me back sometimes, but I've learned to face those challenges and push through them. For example, last summer I fractured my foot, which stopped me from moving up to Level 5, so I had to repeat Level 4. But I came back stronger and more determined to catch up with my teammates. I've learned to trust myself and the people around me, and that support has helped me keep going." I know a lot of kids who dream big, but what I admire the most about Brookelyn and Eloise is that at this young age they are already prepared for a lot of things the challenging world of gymnastics might throw at them and, not only that, they already have the tools to tackle those challenges. And of course, they dream (or maybe plan in their case?) big, too! They have placed high at provincial Championships this year, Brookelyn came 6th in AA and Eloise got a Silver medal on Floor and I am very confident this is just the beginning. They both wrote word for word, that one day "may be even Olympics" is something they are aiming for. We are all very proud of them and hope their dreams or plans come true. Karina



COACH KARINA AGAFONOVA





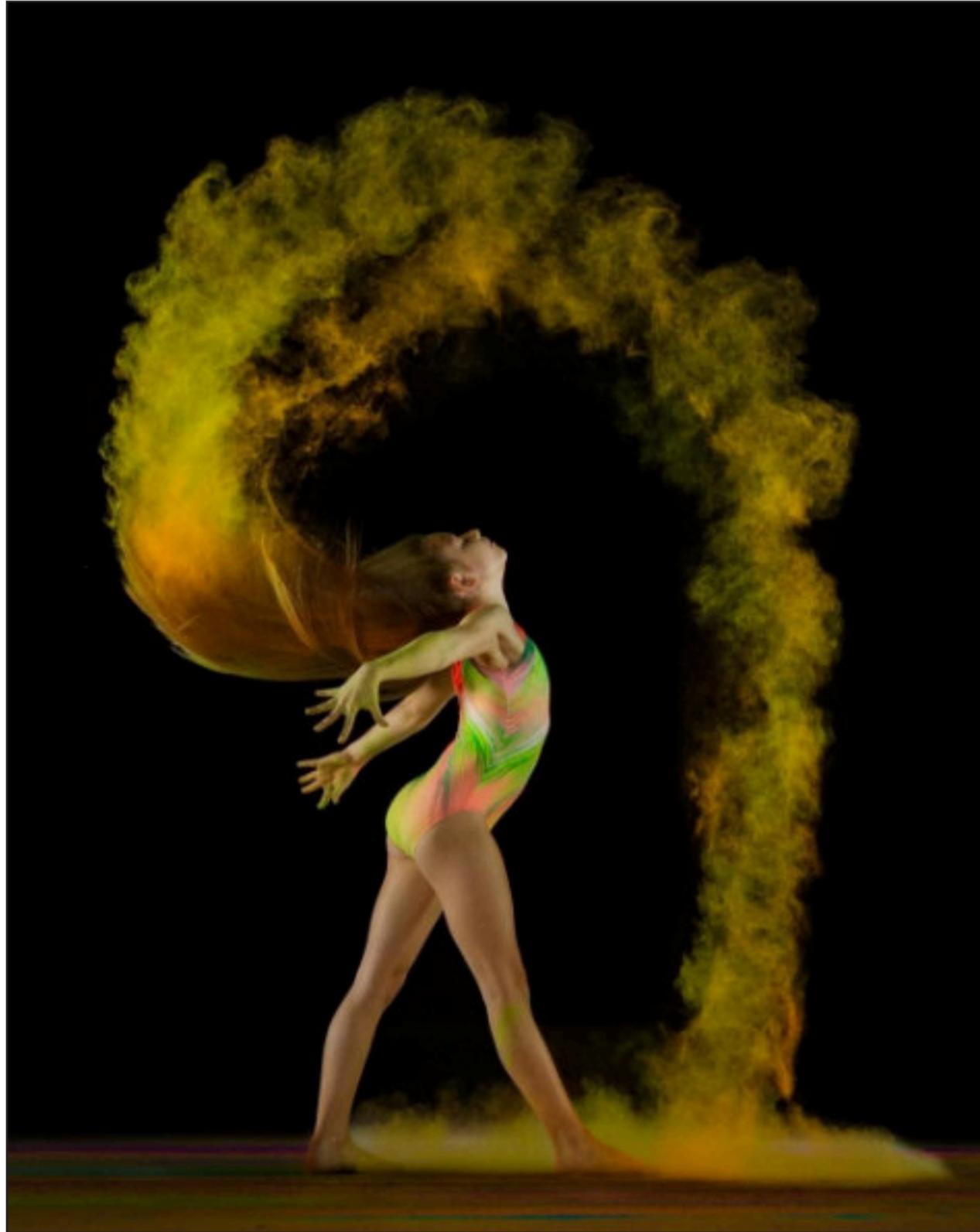
vienna PARKER



My name is Vienna Parker. I believe in creating my opportunities. My dream is to perform something in the United Nations. I know it is very difficult, still I work hard to achieve that status as the quote says - the

future belongs to those who believe in their dreams. My favorite step is ring kick and hair flip. I also want to appreciate my parents who put in so much effort and support me in my endeavours.





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Gracey



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