

UPCOMING ATHLETES

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Featuring



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Footballer

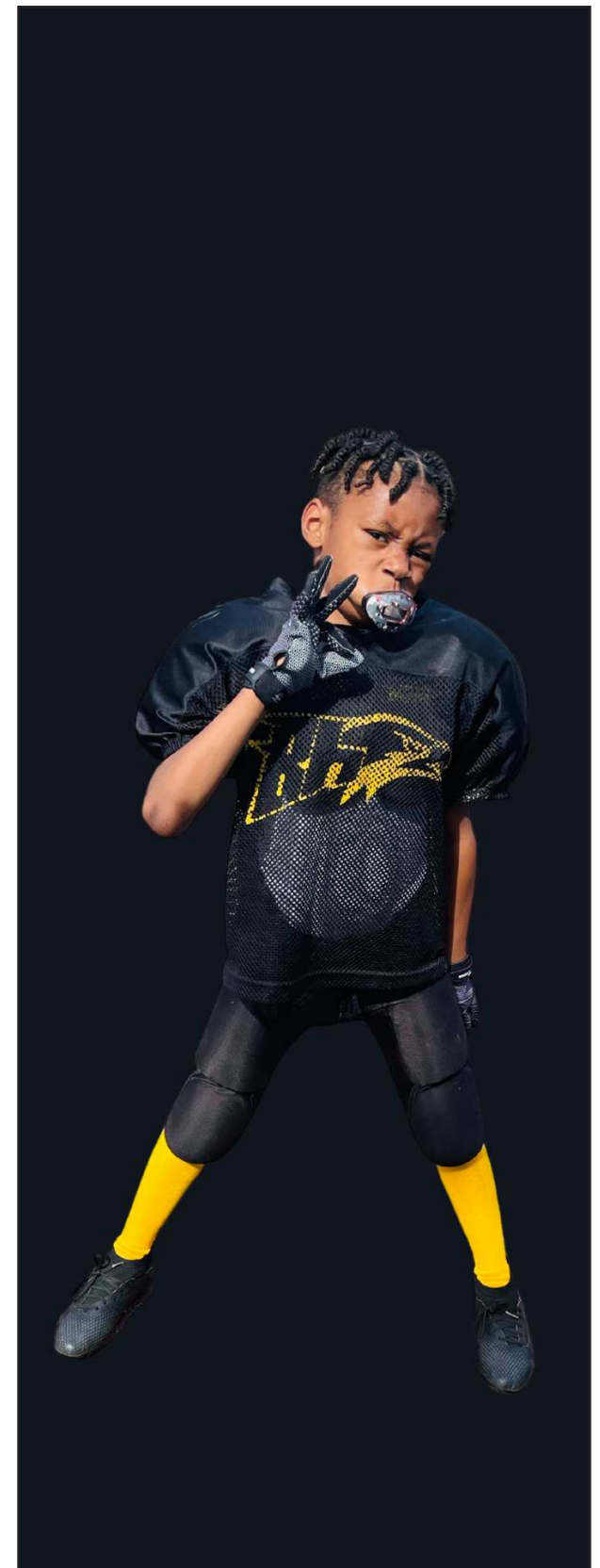
Preview





**Aakif
Bines Mathis**







My name is Aakif Bines-Mathis and I'm 7 years old. I'm from Philadelphia. I want to be a professional football player when I get older. I love tackling the most. My biggest motivators are my parents. Remember my name I'm going to be on the big screen when I get older.

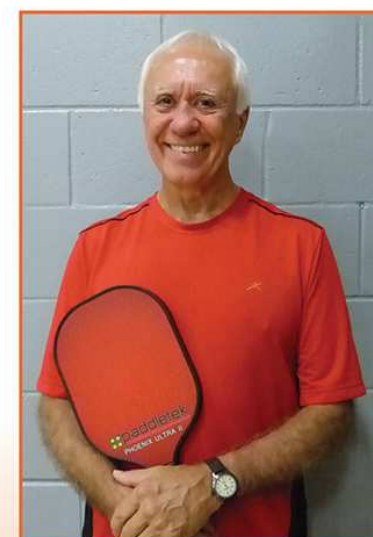
Depuis 2008, le sport du pickleball ne cesse de prendre un essor incroyable. Déjà, plus de 3,000 membres, faisant partie de la Fédération Québécoise de Pickleball, pratiquent ce sport assidûment.

Ce livre se veut un guide pour apprendre les rudiments de base du pickleball. Accompagné de photos, schémas de jeux, conseils et tableaux d'évaluation, ce premier livre deviendra une référence pour bien apprendre à jouer au pickleball.

Pas à pas, vous apprendrez des exercices et des mises en situation qui feront de vous un joueur accompli.

Que ce soit sous forme récréatives ou compétitives, la pratique du pickleball deviendra une source de motivation afin de développer une saine habitude de vie en bougeant de façon différente. Ne reste plus qu'à accompagner le tout de saines habitudes alimentaires et le tour est joué!

Le pickleball est le sport de l'avenir pour toutes générations confondues.



Richard Lewis détient un baccalauréat en éducation physique. Il joue au pickleball depuis 2014.

Gagnant de plusieurs médailles aux tournois de la FQP, il participe aussi aux tournois de la Fadoq où il se classe médaillé d'argent en représentant deux régions, soit Lanaudière et Montréal.

Instructeur qualifié par la FQP, il accompagne Marcel Lemieux durant plusieurs initiations dans différentes régions du Québec.

M. Lewis a travaillé comme entraîneur dans le sport scolaire aux niveaux primaire et secondaire ainsi que dans la ligue de football Montréal Concordia durant plusieurs années.

Enfin, il a joué dans la ligue de *South Central Florida Pickleball Ligue* et a participé aux tournois *Winter Classic de Tanglewood*, *Heartland Games* et au *Polk Senior Games* où il a gagné une médaille d'argent.

Il joue présentement avec l'Association de pickleball de Repentigny.

Ardent promoteur du pickleball, M. Lewis offre ses conseils partout où il passe.

Le Pickleball, un sport pour tous!

Initiation au Pickleball

Techniques, conseils, tableaux d'évaluations



Mon nom est Richard Lewis. Je suis membre de la Fédération Québécoise de pickleball depuis 8 ans. J'ai écrit un livre sur le pickleball en 2019, en collaboration avec la Fédération et Marcel Lemieux, fondateur de la Fédération au Québec. Ceci est le premier livre en français au Canada publié en 2e édition. Ce livre se veut un guide

pour apprendre les rudiments de base du pickleball. Accompagné de photos, schémas de jeux, conseils et tableaux d'évaluation, ce premier livre deviendra une référence pour bien apprendre à jouer au pickleball.

On peut se procurer le livre chez Bouquinbec.com



Aakif Bines Mathis

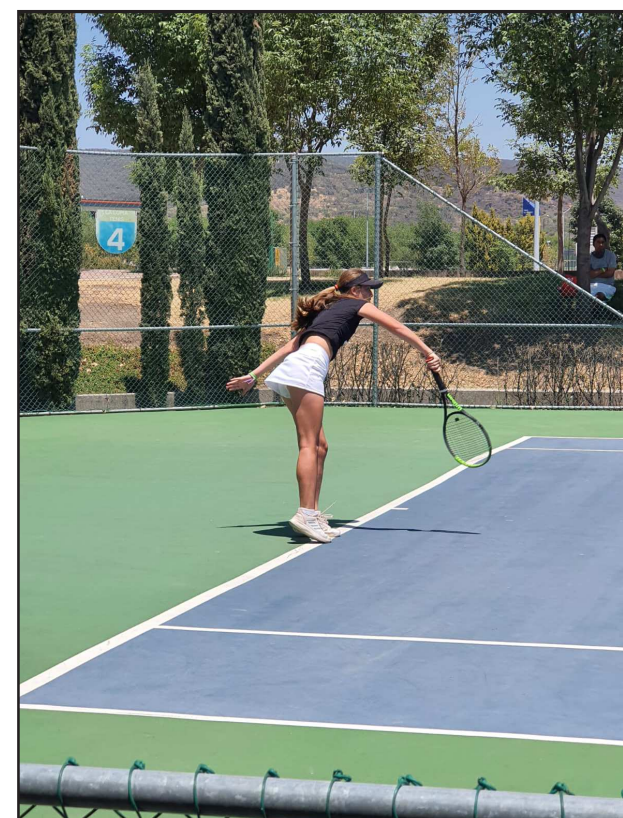






**Anna
Colnaghi**





Renata Costanza



My name is Anna and I have been playing football since I was 4 years old. I have recently been by Chelsea's ETC and will be training with them. Not just chelsea but Crystal Palace have also invited

me to training with their RTC. I play for Chelsea, teddington athletics, hearts of teddlothian, and my school team. I attend we make footballers girl sessions.





Harry Buttler



Renata Costanza





Hi, my name is Renata Costanza. I'm 13 years old. I'm from Mexico. I play tennis I like to dance and travel my goal is to play tennis at the University to compete and I would like to be an influencer for children and young people so that they do the sport that they like and that they know that it is

good for the health and the mind and that compete gives you important challenges and apart from that you travel a lot and meet many friends and my dream is to be an influencer to bring peace in the world





My name is Harry Buttler. I am 9 years old from USA . I am a soccer player. I want to represent my country in soccer. It's not going to be easy but I'll work hard to achieve my goal.

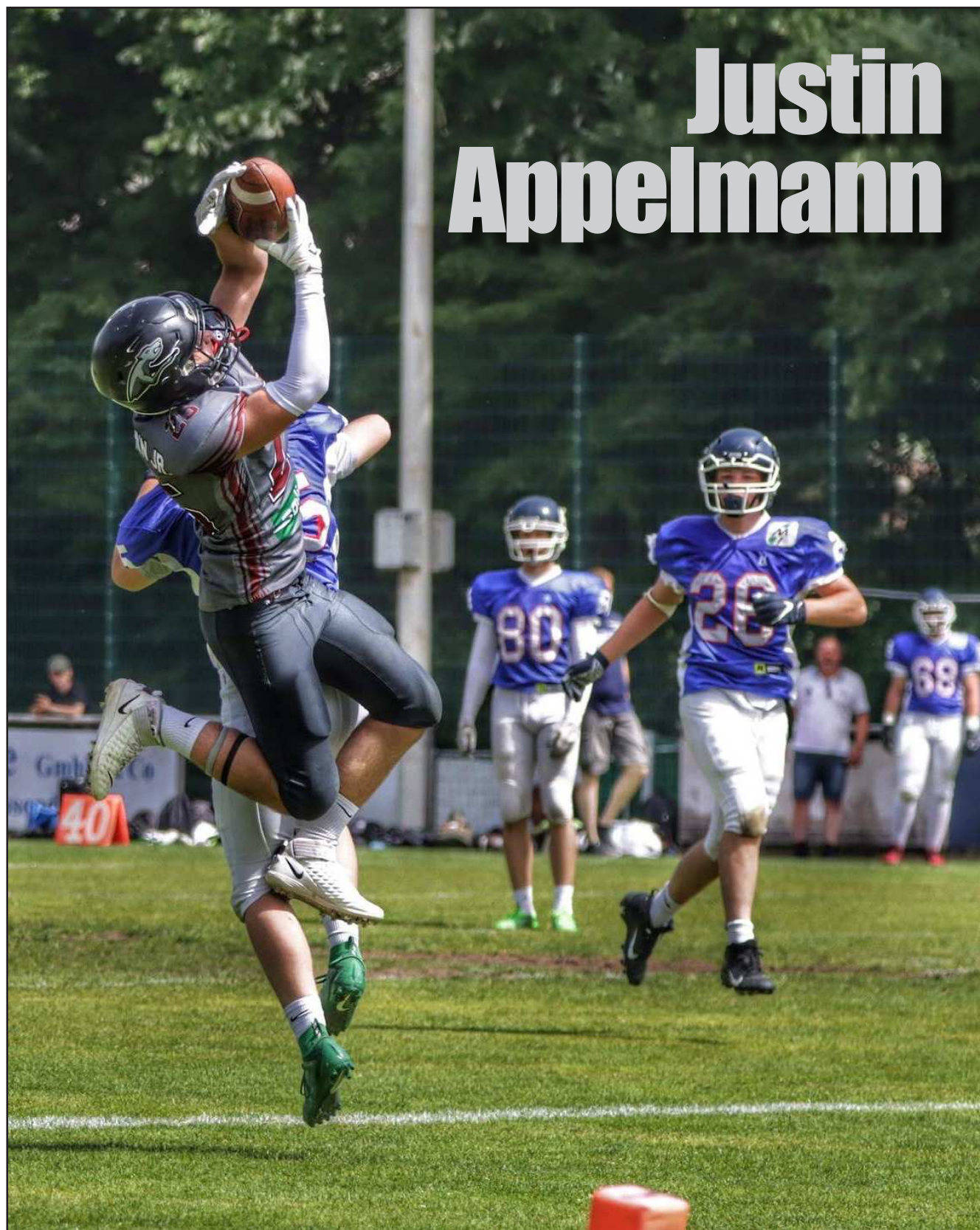
Harry Buttler





Oscar





Justin Appelmann



Oscar



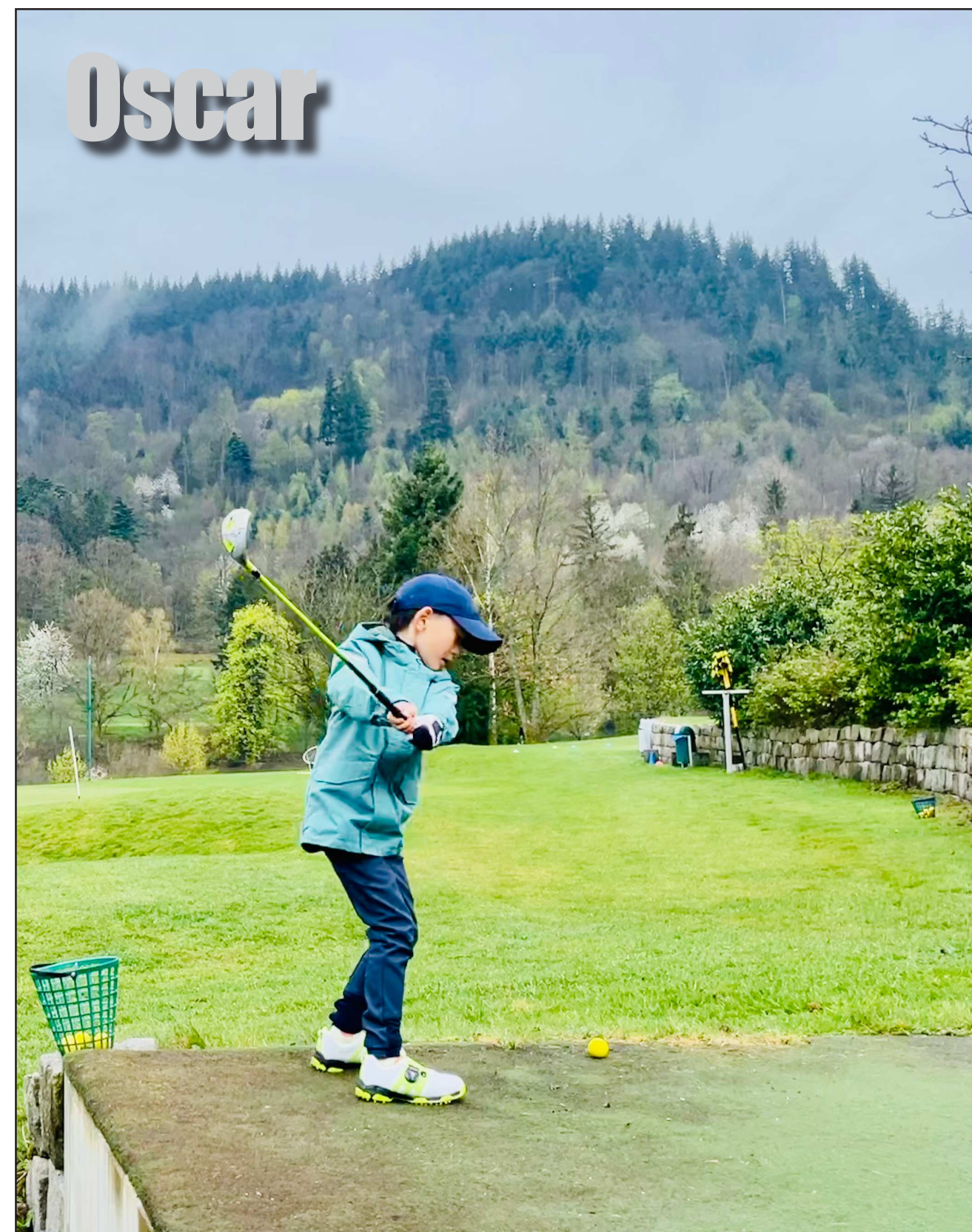
My name is Oscar. I am 6 years old and i'm living in Germany. I started to play golf when I was 5 years old, actually months ago. I loved it when I first time hitting the ball. Then i just can not stop

coming to the Golf Club almost everyday. I want to make progress to achieve a higher level. And make my dream to come true, which is becoming one of the best Golfer in the world one day.



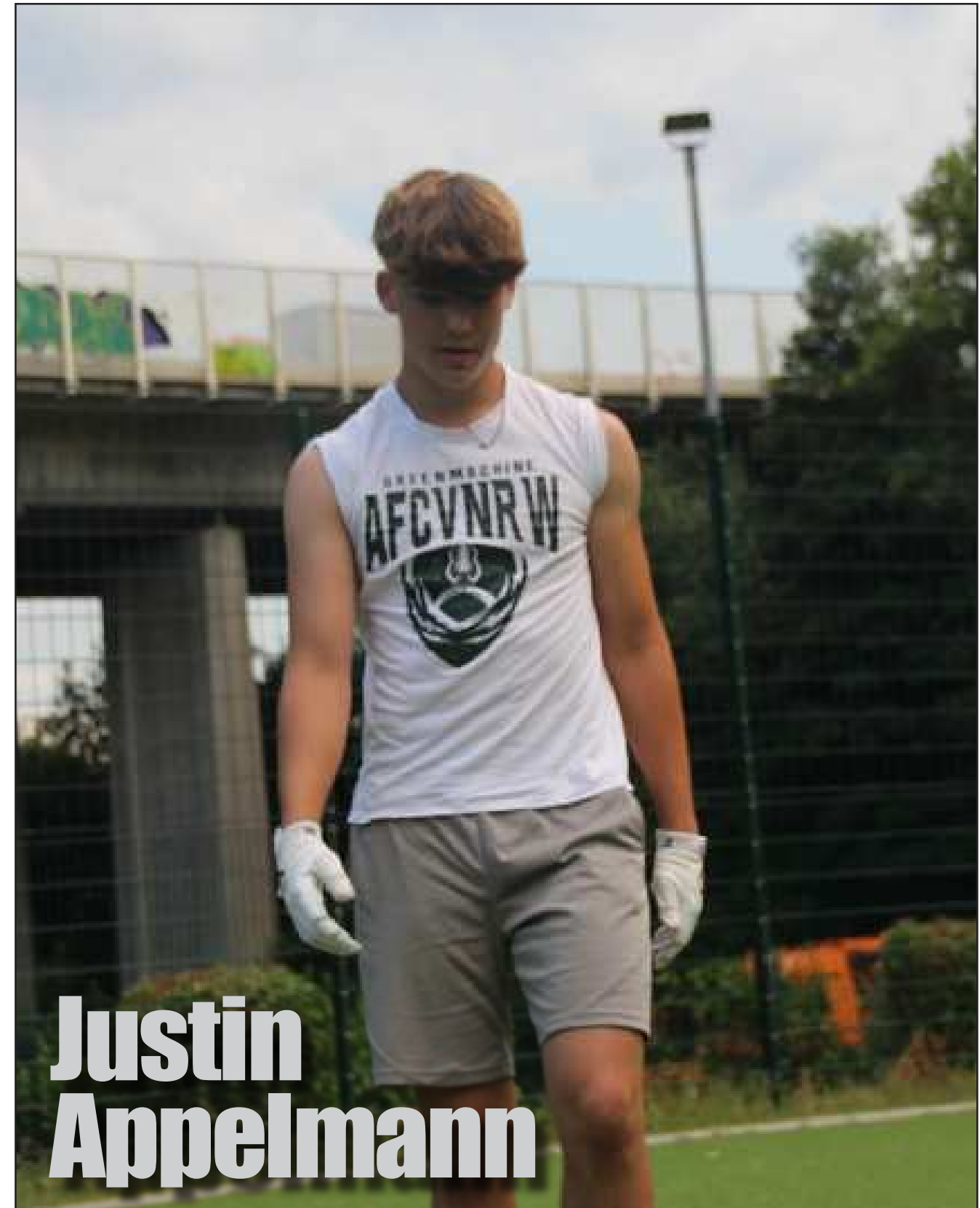


my name is justin appelmann i am a 16 year old german athlete and i have been playing football since i was 8. I live for the sport and I want to give my best. My biggest wish is to play football in America and if that doesn't work out I hope I'm good enough for the ELF



Oscar





Justin Appelman







**Kylie
Todd**





Olivia West





Kylie is an 11 year old level 4 gymnast from beautiful Southern California. Before she turned 2, Kylie's mom realized she had natural talent when she noticed Kylie climbing and hanging on bars and objects around the house. That's when Kylie's mom decided to enroll her into tumbling classes. Kylie started taking tumbling classes at 4 years old and started recreational gymnastics shortly after. When she was 9 years old, her coaches asked her parents about enrolling in a competitive team and that's when Kylie's journey started.

Her dream is to attend UCLA to study marine biology while being a part of their elite gymnastics team. Kylie is inspired to be a great athlete like Simone Biles, Katelyn Ohasi, Jordan Chiles, and Sunisa Lee. As a Laotian, Thai, Filipino, Chinese, and Caucasion child, she is a proud Asian-American who is inspired to join the Olympics and represent her diverse cultures just like Sunisa Lee did in the 2021 Olympics. Her family and coaches see the great potential Kylie has through all the training she has endured in her competitive years. Though she has not yet placed 1st in any competitions, she has placed 2nd and 3rd in many and will continue to strive to be the best of the best. She is confident she will one day reach her goals.

Kylie is grateful and blessed to be recognized amongst the many amazing athletes out there. There are many times she wanted to throw in the towel and give up after the many hours of conditioning, practicing, and preparing, yet she continues to press on. Her greatest supporters continue to inspire her to keep going because she knows she is still young and has the potential to be the greatest. With the support of her family, friends, and coaches, she will continue to strive in anything that comes her way. They say the sky's the limit and Kylie is here to break those barriers to be the best of the best.

Photos Credits :: Daniel Gauthier, Alicia Doherty

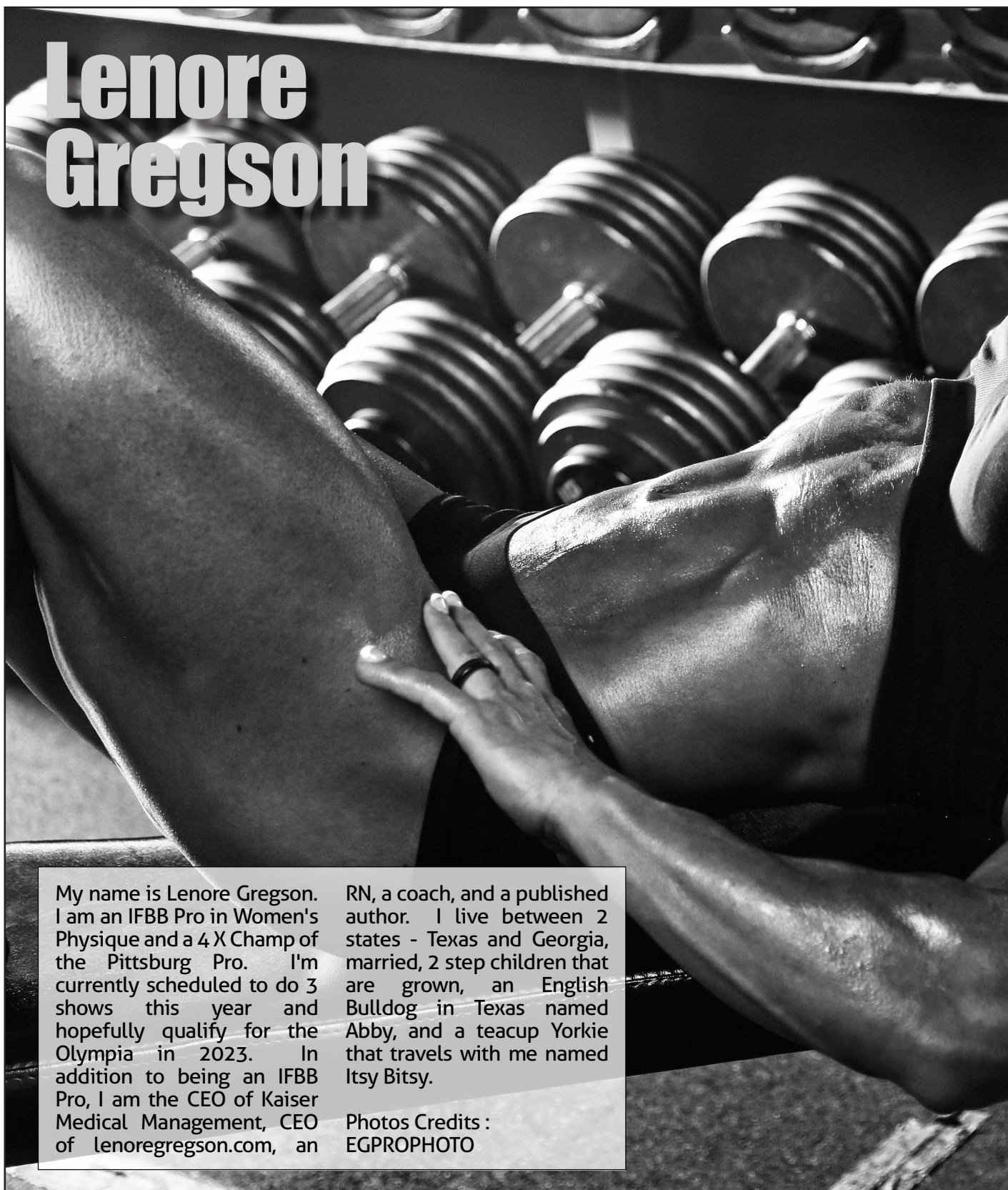




Olivia West





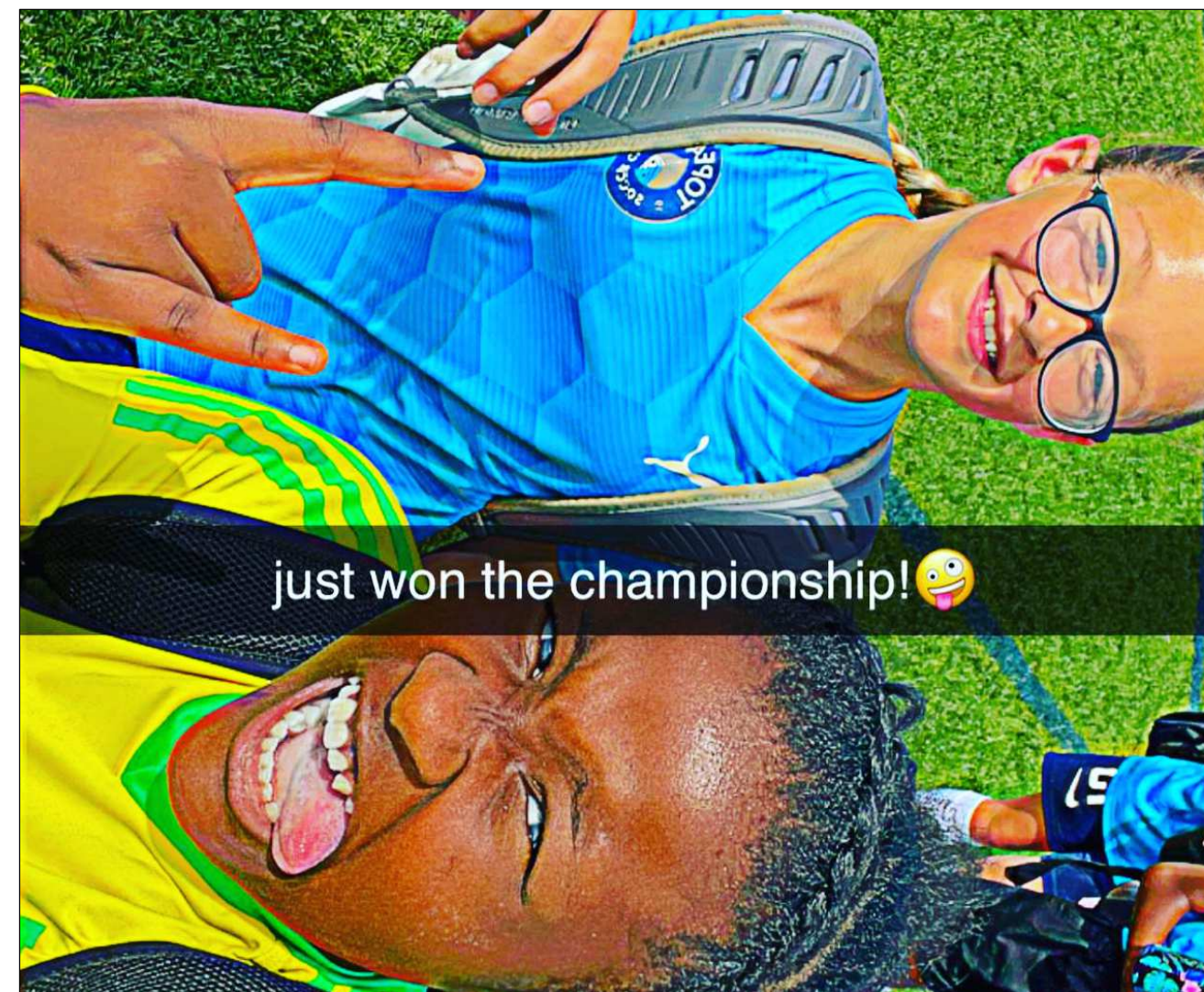


Lenore Gregson

My name is Lenore Gregson. I am an IFBB Pro in Women's Physique and a 4 X Champ of the Pittsburg Pro. I'm currently scheduled to do 3 shows this year and hopefully qualify for the Olympia in 2023. In addition to being an IFBB Pro, I am the CEO of Kaiser Medical Management, CEO of lenoregregson.com, an

RN, a coach, and a published author. I live between 2 states - Texas and Georgia, married, 2 step children that are grown, an English Bulldog in Texas named Abby, and a teacup Yorkie that travels with me named Itsy Bitsy.

Photos Credits : EGPROPHOTO



My name is Olivia West I'm 12 years old, and I'm a Coda (Child of a deaf adult) because my parents are Deaf. I live in Topeka Kansas, and I play for the Topeka Soccer Club on the team G2010 TSC Brave. D1. I play goalie and right-wing and midfield. My dream one day is to become the best of the best and show everyone what I lived up to. My goal is to become a pro soccer player and play in the World Cup and make my Dad proud. I have a lot of achievements, like making ODP (Olympic development program) as a goalkeeper. Or being nominated to play for All American Soccer, even this experience. but to get here there were a lot of obstacles that I had to face. I used to have a very hard time showing up to my tryouts because I knew nobody there. I was scared about how they were going to look at me or judge me if I messed

up just a little, or when someone would come up to talk to me to say hi I would stutter a lot when I opened my mouth. Sometimes I would end up crying in the car because of it until one day I realized I'm not doing this for other people I'm doing it for myself and it would pay off one day. I gained that confidence to show the coaches and players what I'm there for and that I can be just as good as them, maybe even better. I hope that this can encourage other people and let them know that you have to do it to make it, you can't always rely on other people, because one day you're going to have to be brave and show them, even if it involves opening your mouth to say hi, or making a mistake and keeping your head up.

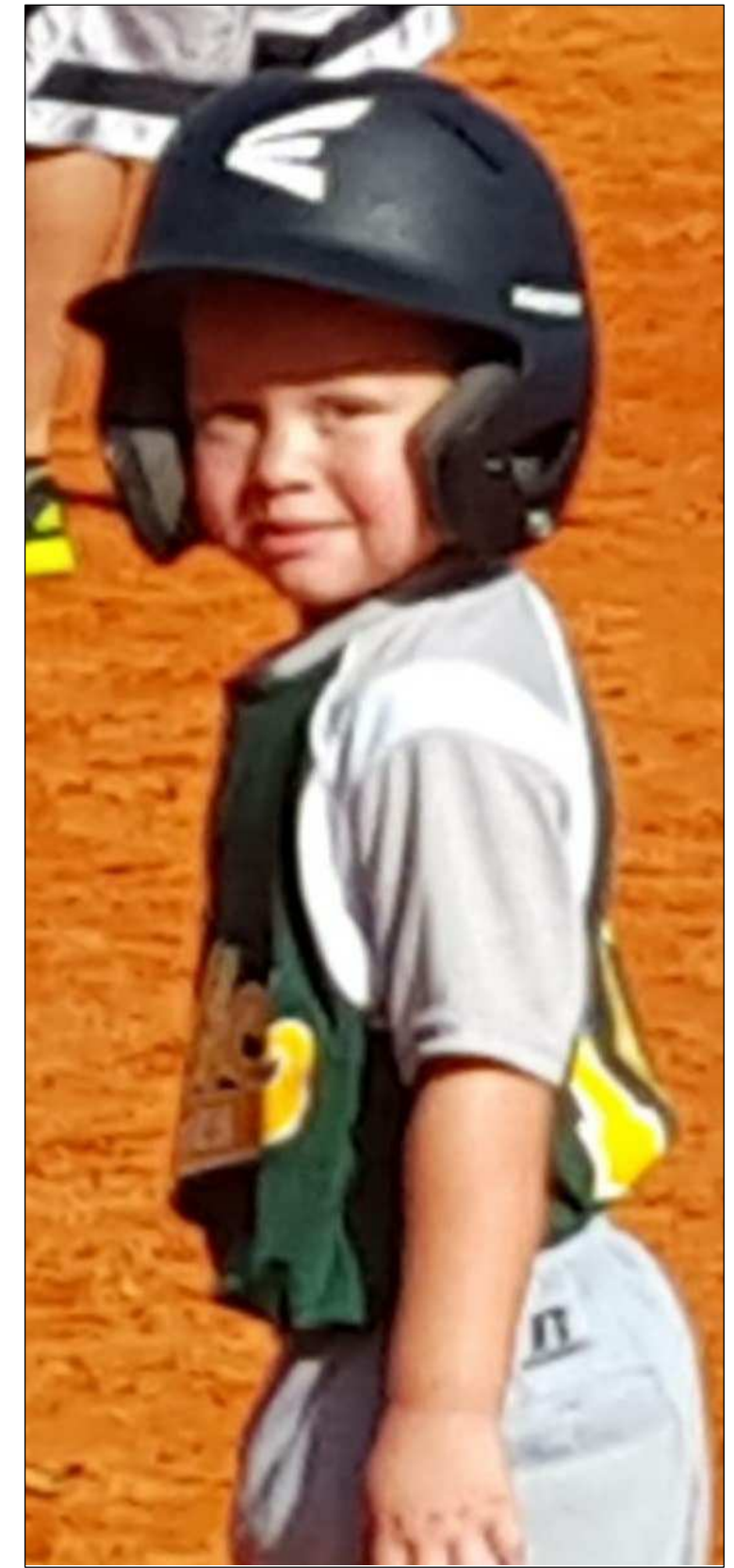
Photos Credits :: Edrick Webb





Olivia West





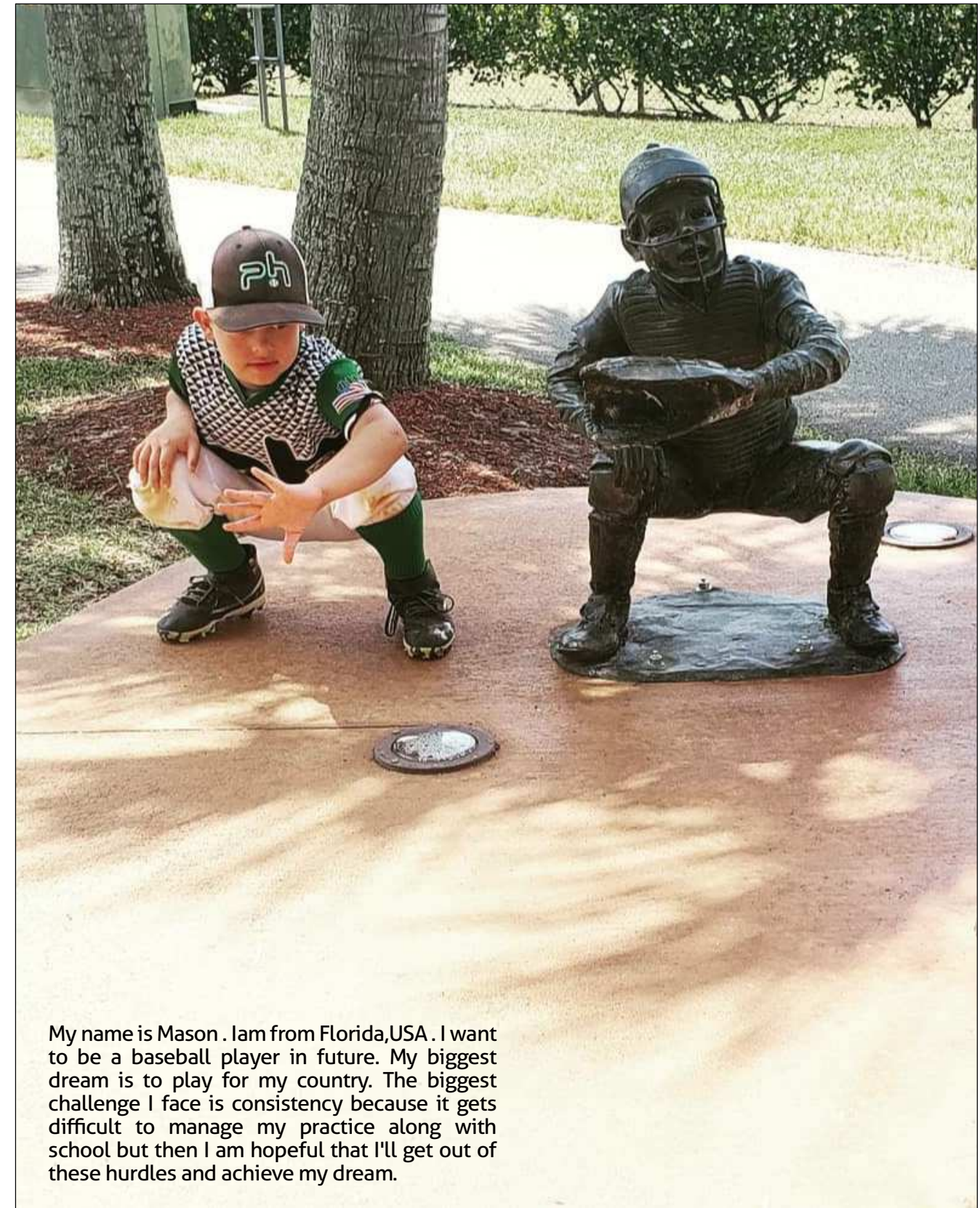


Mason



Lenore Gregson





My name is Mason . Iam from Florida,USA . I want to be a baseball player in future. My biggest dream is to play for my country. The biggest challenge I face is consistency because it gets difficult to manage my practice along with school but then I am hopeful that I'll get out of these hurdles and achieve my dream.





Mason



Yamiliany Solis





Yamiliany Solis

