

# UPCOMING GYMNASTS



## Aaliyah Murray

@thatgymnastaaliya

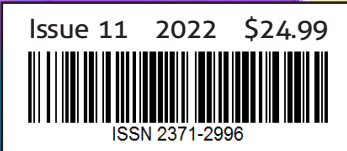
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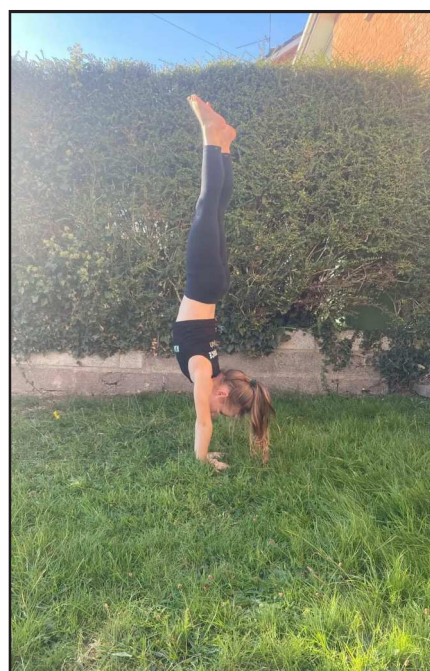


## Dionisia Karantzalis





# Featured Gymnasts

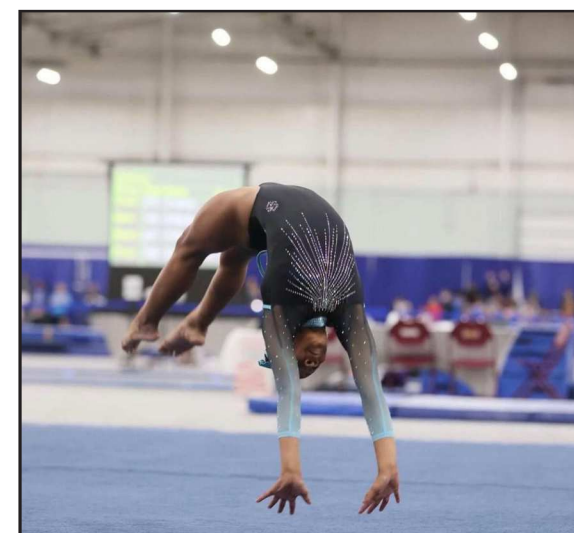
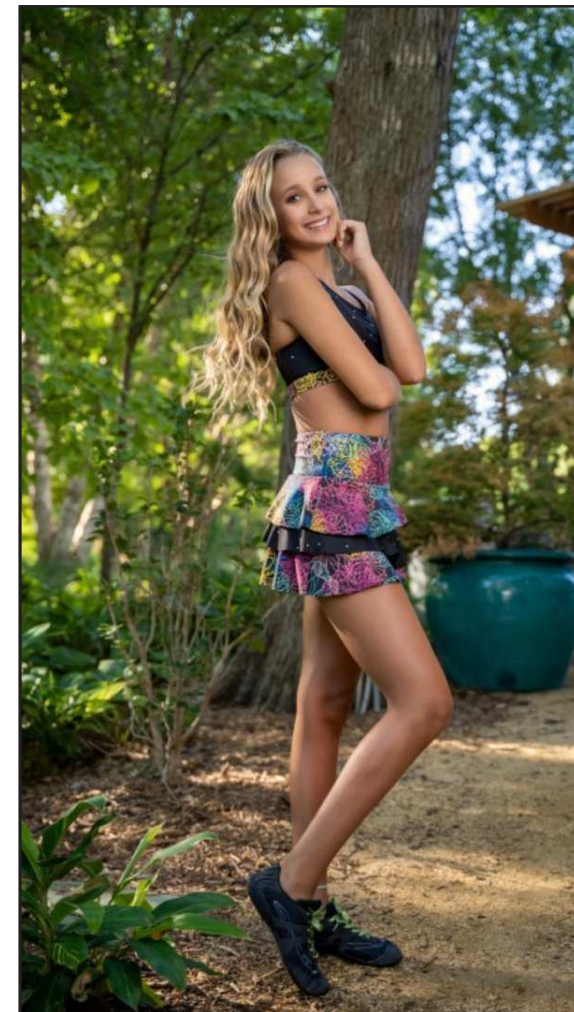


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# Scarlett Harris





# A'shian Welch



My name is A'shian. But you can call me Shian. I started gymnastics when I was 5 years old and I'm 7 now. My parents enrolled me in a recreational class twice a week. My coaches noticed how well I was doing and I moved up really quickly but I wasn't being challenged enough. So we switched gym's.

At the new gym, I made team in a few months. I started in Xcel Bronze and did really good. I was first place in all events and took first place all around. I'm currently in USAG DP Level 3. My biggest challenge is remembering to lock my legs and point my toes! I have been gaining skills pretty quickly so I set goals on what I wanted to achieve on each event before Thanksgiving. On bars, my goal is to get my Kip. On beam, I want to get my back walk over. On floor I wanted to get my back tuck and I actually just rung the bell for that one! And lastly on vault I just remember to stay tight. Vault is my worst event but I still averaged 9.4 last season. So, I'm pretty solid.

When I grow up, I want to compete in gymnastics in college, and hopefully at an HBCU like Fisk. My favorite gymnasts of course is Simone Biles, as well as Jordan Chiles and Trinity Thomas. I love them! I want to tumble as well as Simone, be as powerful as Jordan and stick everything like Trinity! After college I hope I make it to the Olympics but if not, I want to open my own gym and be a coach for an Olympic Gymnast! If that doesn't work out then I'm gonna be a teacher.

I still have a long time before then but I always upload my progress on my Instagram @shian\_got\_flips. Make sure you follow me if you want to keep up with me! For now I'll just keep working on my Kip! What's the secret to these things anyway!

Photos Credits :: Jlynn Photography and Mommy





# Scarlett Harris



My Name is scarlett I absolutely love doing acro gymnastics I have always dreamed about doing gymnastics I have tried most areas in gymnastics but I fell in love more with acro I do find it hard sometimes but I never give up I wear hearing aids but I don't let them defeat me I want to become a Olympic gymnastst



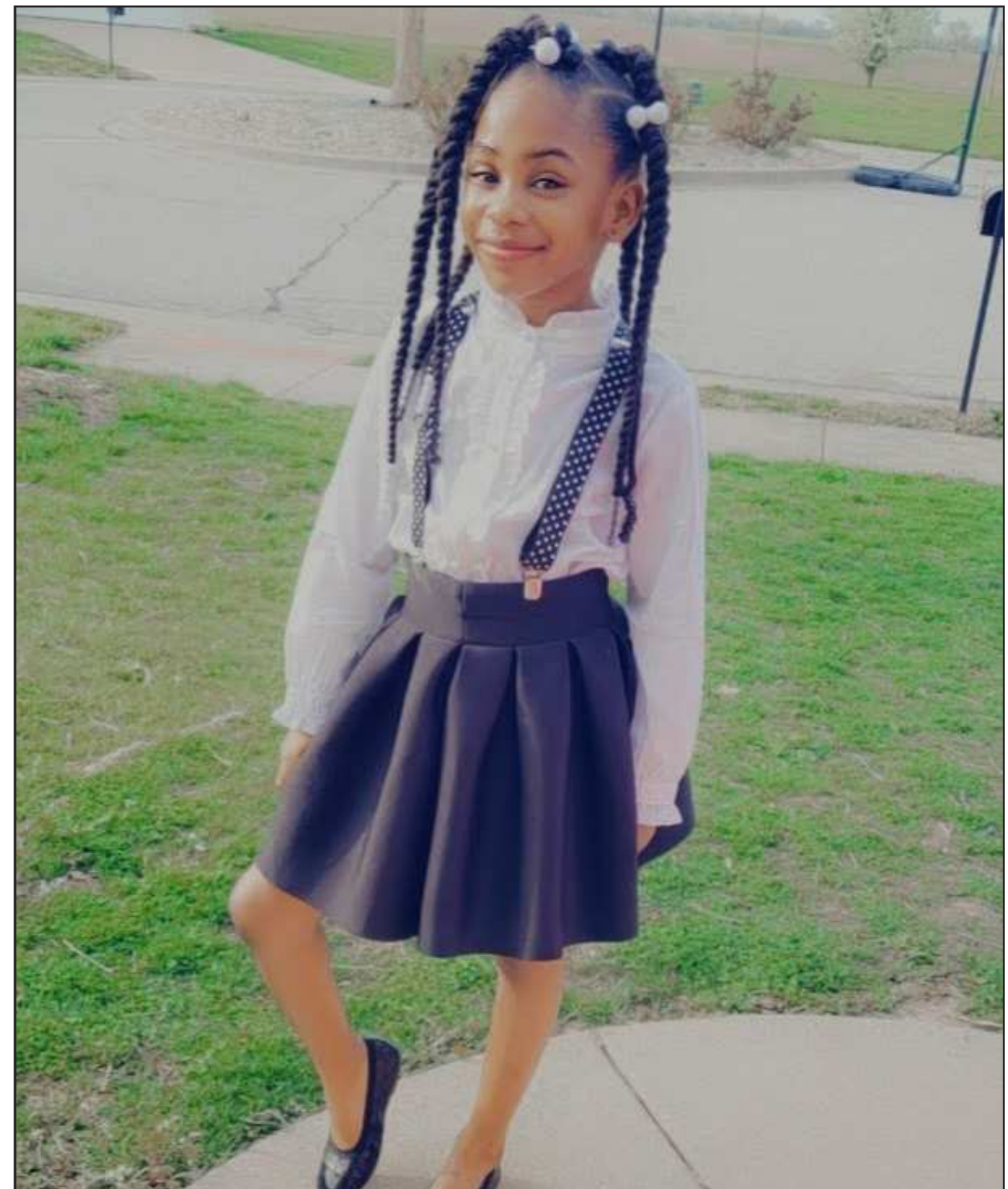


# A'shian Welch





# Raven Holmes





# A'shian Welch



My name is Raven Holmes I am 4 years old and I am a dancer. I have been dancing since I was 2 and started competing when I was 3 years old. I have won many competitions including dance championships VIP and I have made my way up the sections in the under 6 category. I dance freestyle and contemporary/slow dance and I also do ballet and gymnastics.

I love to dance and I love travelling the country to attend dance competitions.

I also love working on my Instagram and adding lots of lovely pictures on my Instagram. My favourite thing is to dress up in fancy costumes and fancy hair.

Photos Credits :: Laura Holmes

My dream is to become an under 6 champion and dance spots like the big girls.





# Raven Holmes





# A'shian Welch





# Jenna Sparks





# A'shian Welch



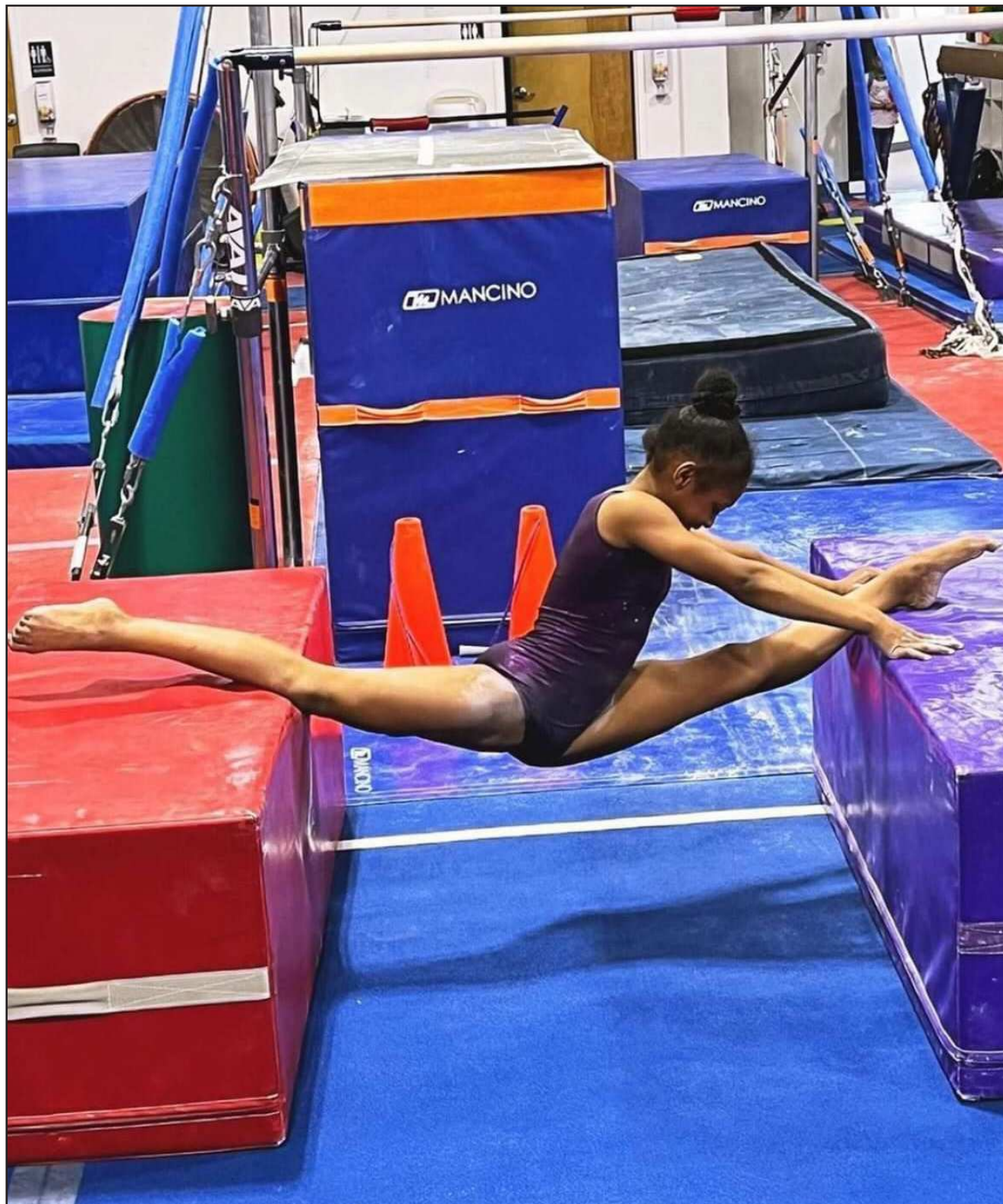


# Jenna Sparks





# Aaliyah Murray



My name is Jenna Sparks. I am 9 years old. I am a gymnast and I train with discipline mostly on weekends. I also love kitties and summer time. Apart from this, stretching is my favorite thing to

do . I am working on my positions, will get that perfect one soon hopefully. Till then, I'll keep working hard.





# Jenna Sparks



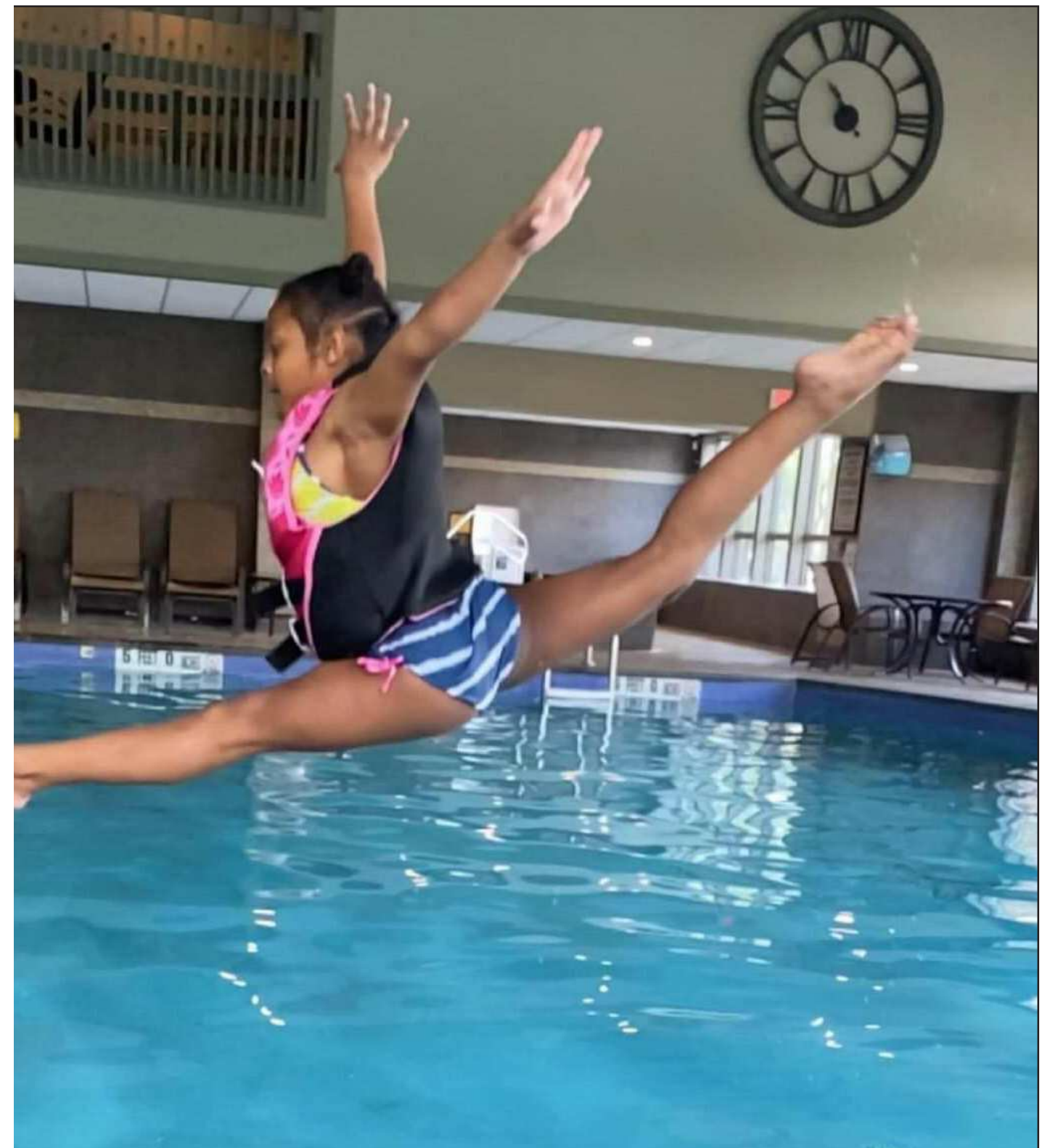


# Aaliyah Murray





# Dionisia Karantzalis



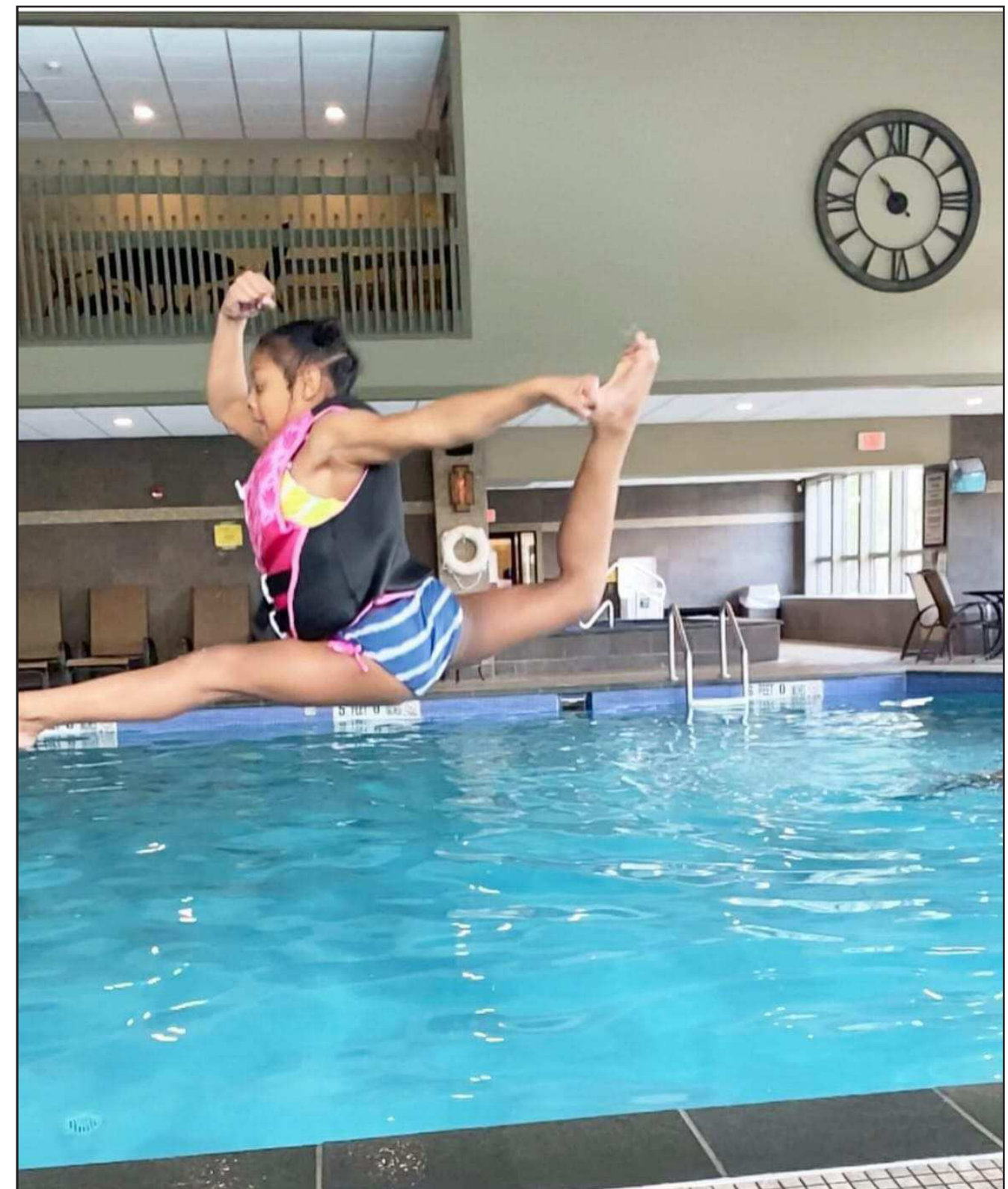


# Aaliyah Murray





# Dionisia Karantzalis

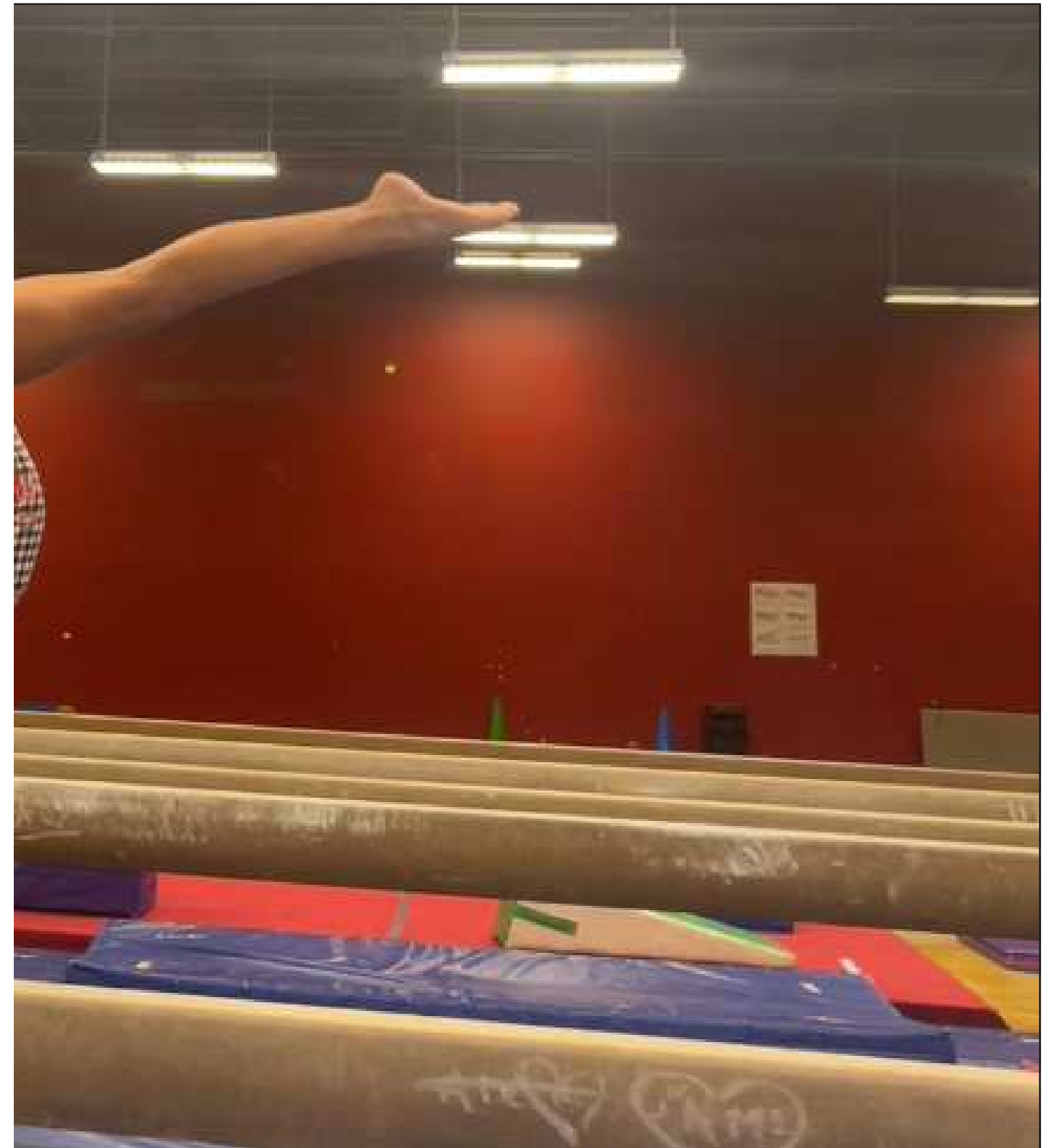




# Aniyah



My name is Aniyah, I have just turned 7 years old. I started gymnastics about 6 months ago, I have developed quite quickly and recently joined my first squad. Gymnastics is my passion and I hope to represent our country one day. I am working hard every day to achieve my goal. My favourite move is a round off flick





# Dionisia Karantzalis





# Aniyah





# Dionisia Karantzalis





# Aniyah



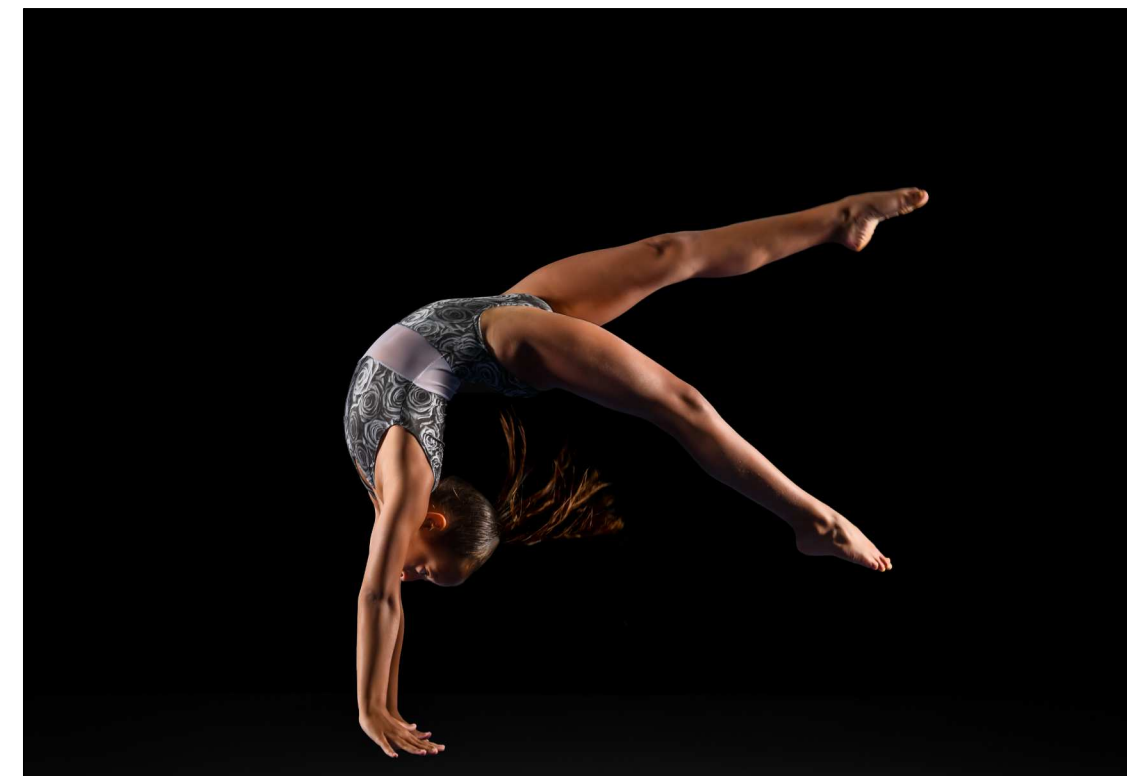
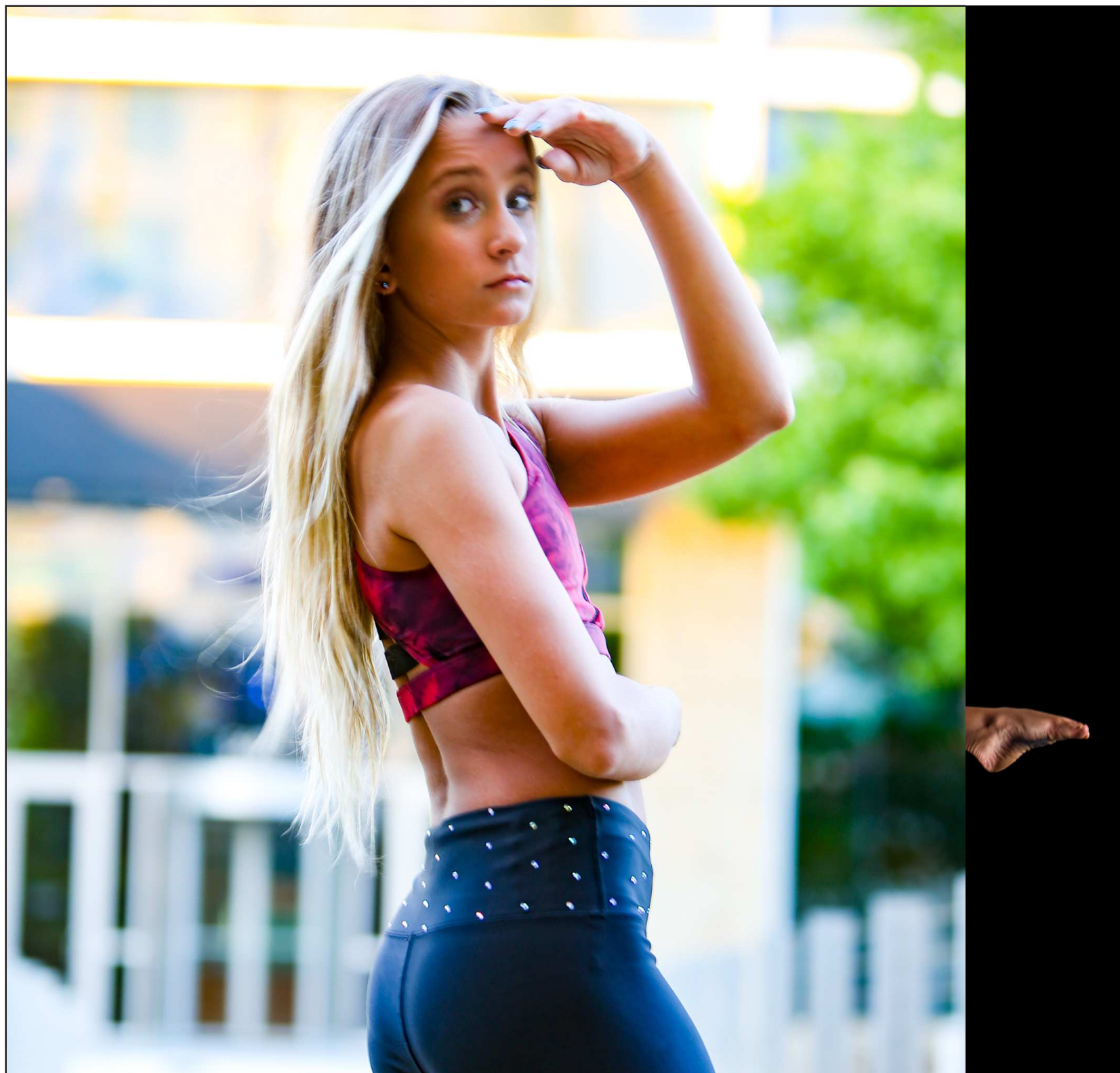


# Dionisia Karantzalis





# Bella



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 metals 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





# Dionisia Karantzalis



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



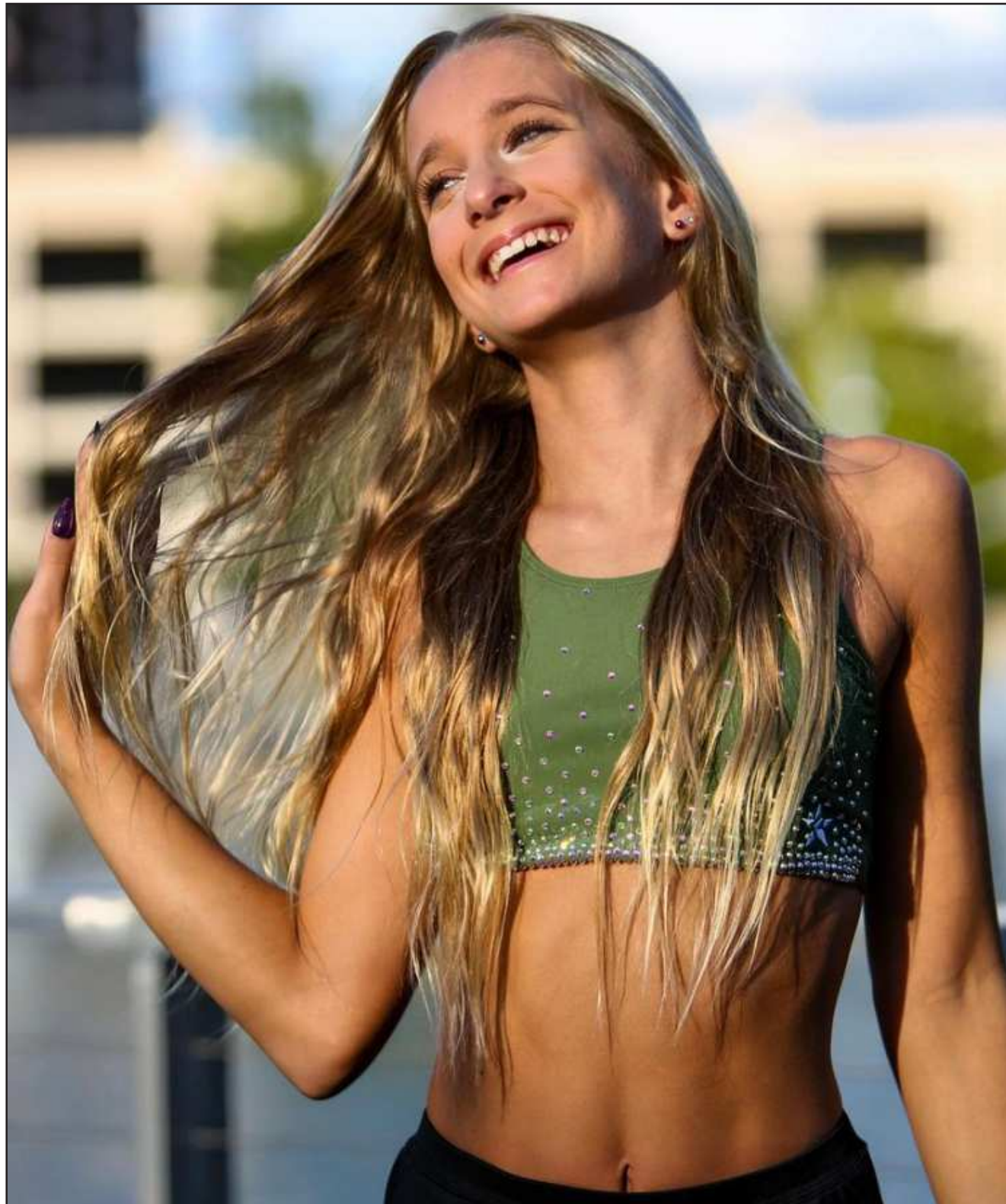


# Bella



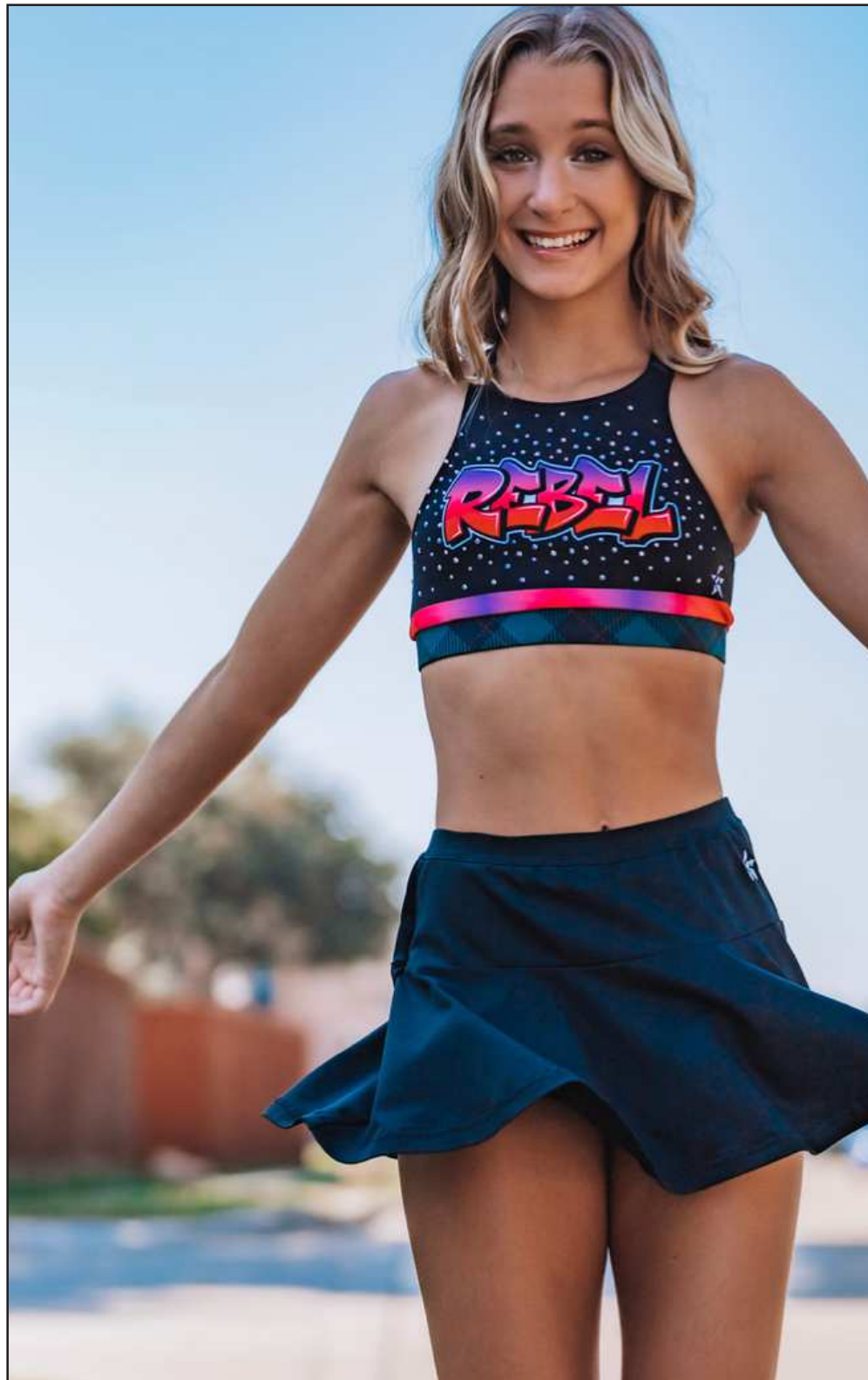


# Bella





# Bella





# Bella





# Bella

