

# UPCOMING GYMNASTS

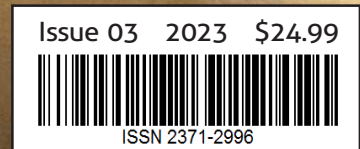
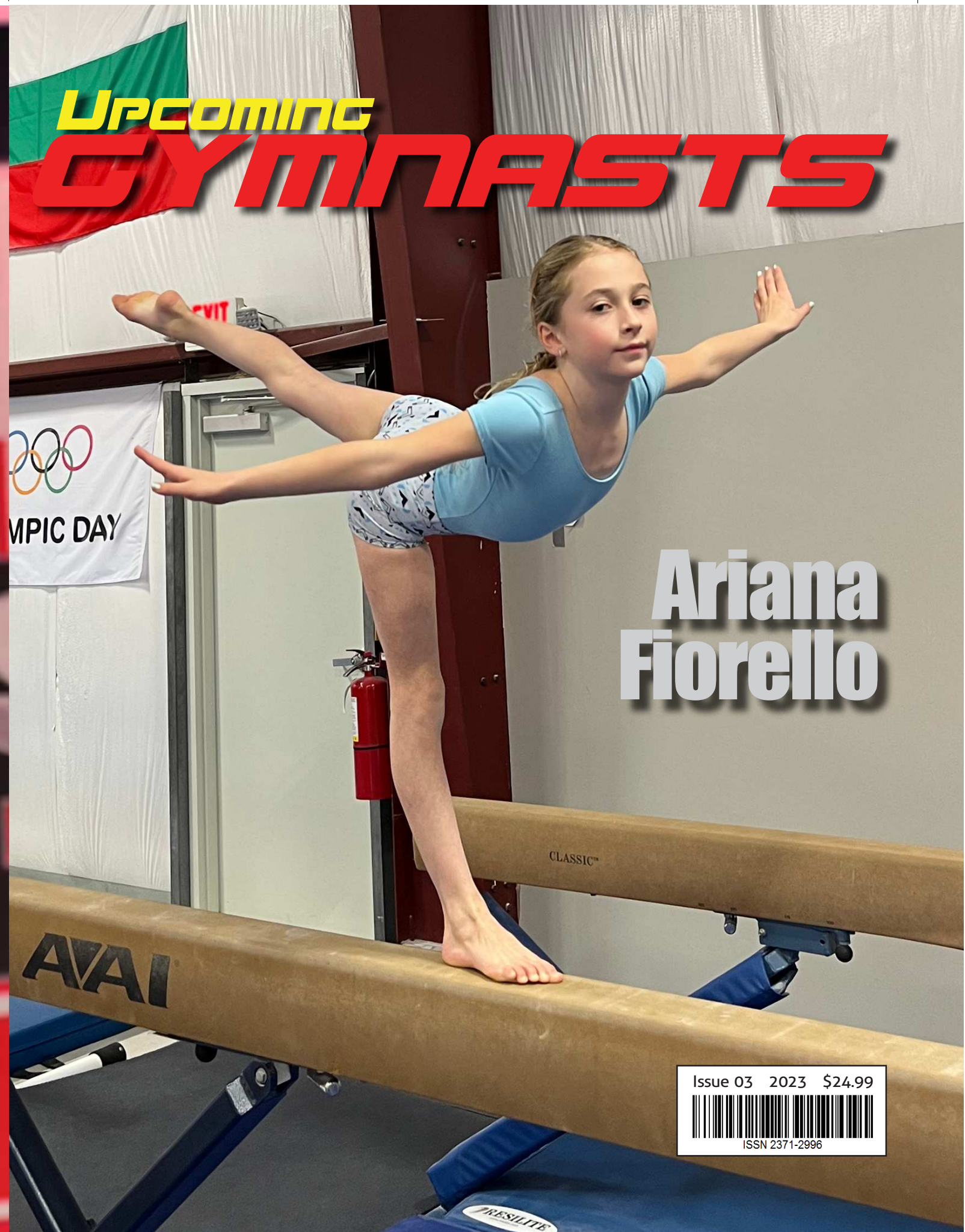
## Paisley Smith



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# UPCOMING GYMNASTS

## Ariana Fiorello





# Featured Gymnasts

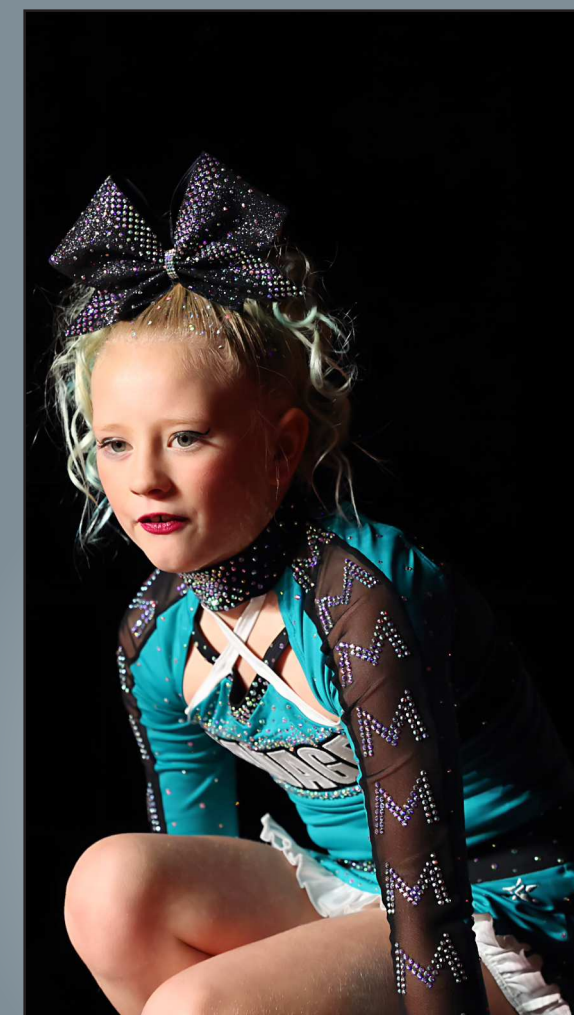


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# Zendaya Codie



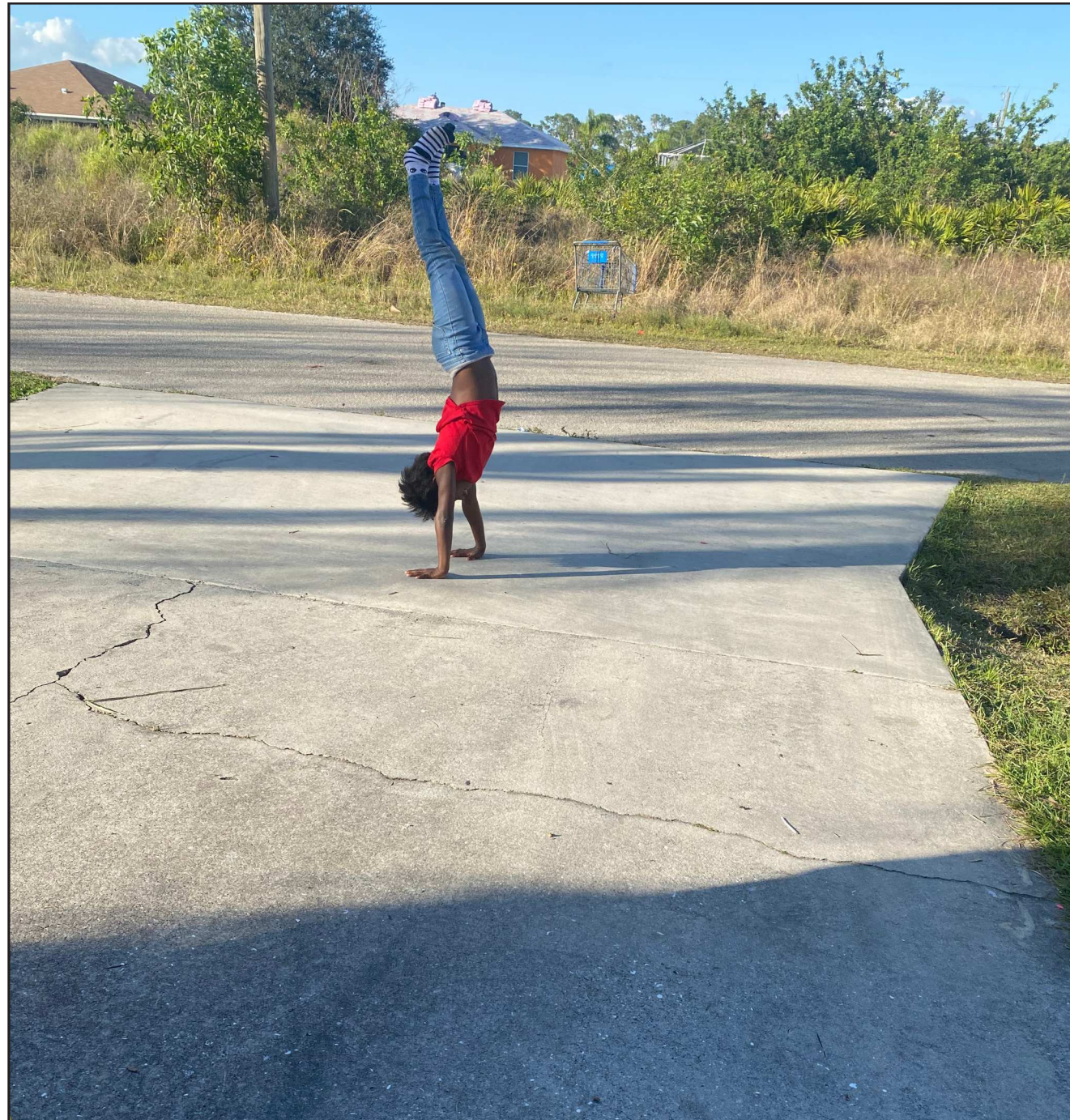


# Addysin Hodges





# Zendaya Codie



I am inspiring upcoming future Olympic gymnast. I want to go the Olympics that is my passion and dream. I have epilepsy and I won't let that stop me from achieving my dreams because if we let everything that happens to us in life stop us from

our goals and dreams then what do that say about us and in this world. I love gymnastics it's my happy place and my peace

Photos Credits: Carolyn



My name is Addysin and I am a Level 6 competitive gymnast at Hopes and Dreams in Northwest Arkansas. I started my gymnastics career last year as a Level 3. As a Level 3, I was the state champ with an overall score of 38.35 and had the highest compulsory score on Floor with a 9.625 and Vault with a 9.75. I was given the award of Compulsory Athlete of the Year by my gym, which was absolutely amazing. I decided this year to take the

jump from Level 3 to Level 6 and haven't looked back. I even got a 9.8 on my floor routine at our home meet the season. I work hard everyday to be the best gymnast, leader and friend that I can be in and out of the gym. Gymnastics is the hardest thing I have ever done, and I do my best to remember that practice is progress and that I don't have to be perfect. My goal is to become an Elite gymnast and to go to college on a full Gymnastics scholarship.





# Addysin Hodges





# Payton McQuade





# Addysin Hodges





# Payton McQuade





# Addysin Hodges





# Payton McQuade





# Ariana Fiorello

Ariana Fiorello has been a part of Dreams Gymnastics for quite a bit now. She Loves gymnastics and can not imagine her life without it but it's not as easy as it seems. It takes a lot of dedication and hard work, a lot of strength and patience as well. Ariana has been a part of this since she was only 2 years old and she only hopes to get better & better. The goal is always to

improve yourself and conquer the challenges and that's where the coaches play a huge role. They catch you when you fall and there is a lot of falling in gymnastics. It takes a lot of support and guidance to achieve success and make the Dreams come true. No matter how hard the fall is or how tough the competition is, Ariana is always ready to get back up and start flipping again!





# Payton McQuade



My name is Payton McQuade, I am 7 years old and I am gymnastics obsessed! My family moved to Florida last year and I competed for the first time as a USAG Level 2 gymnast. I competed in a total of 7 meets and my highest score was a 9.6 on beam. Beam is my favourite event! My 2023 goals include getting my round-off back-hand-spring, my front-hip-circle on bars and overall getting much stronger with the help of my coaches and their

conditioning program. When I am older, I dream about competing at the college level - I am going to a Florida Gators meet this weekend and I'm so excited! Gymnastics has taught me discipline, control, perseverance and determination...all strengths I will use in the outside world. Hanging out with my coaches and teammates at North Port Gymnastics have become the best part of my day!



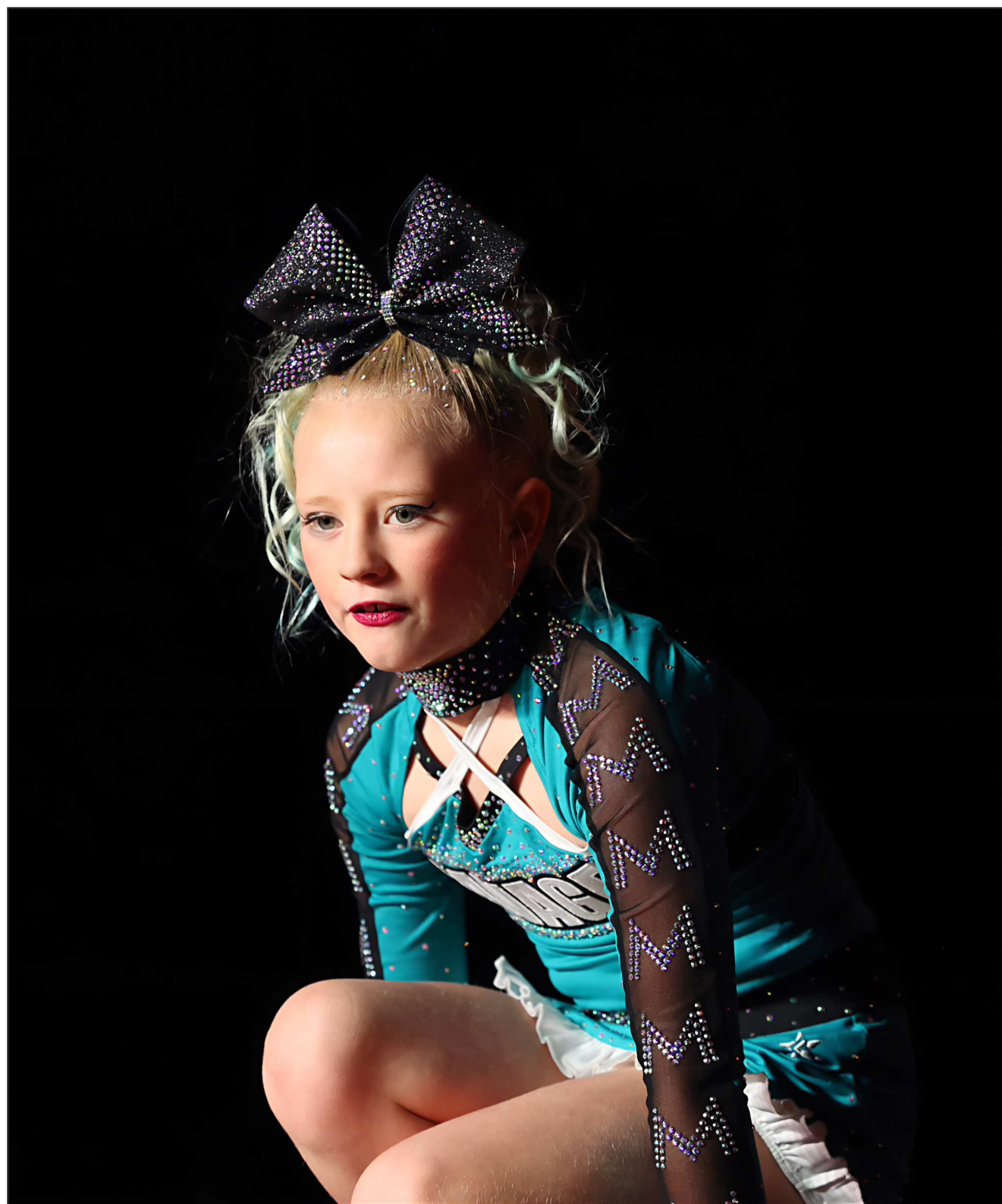


# Ariana Fiorello





# Paisley Smith





Ariana Fiorello





# Paisley Smith





# Ariana Fiorello





# Paisley Smith





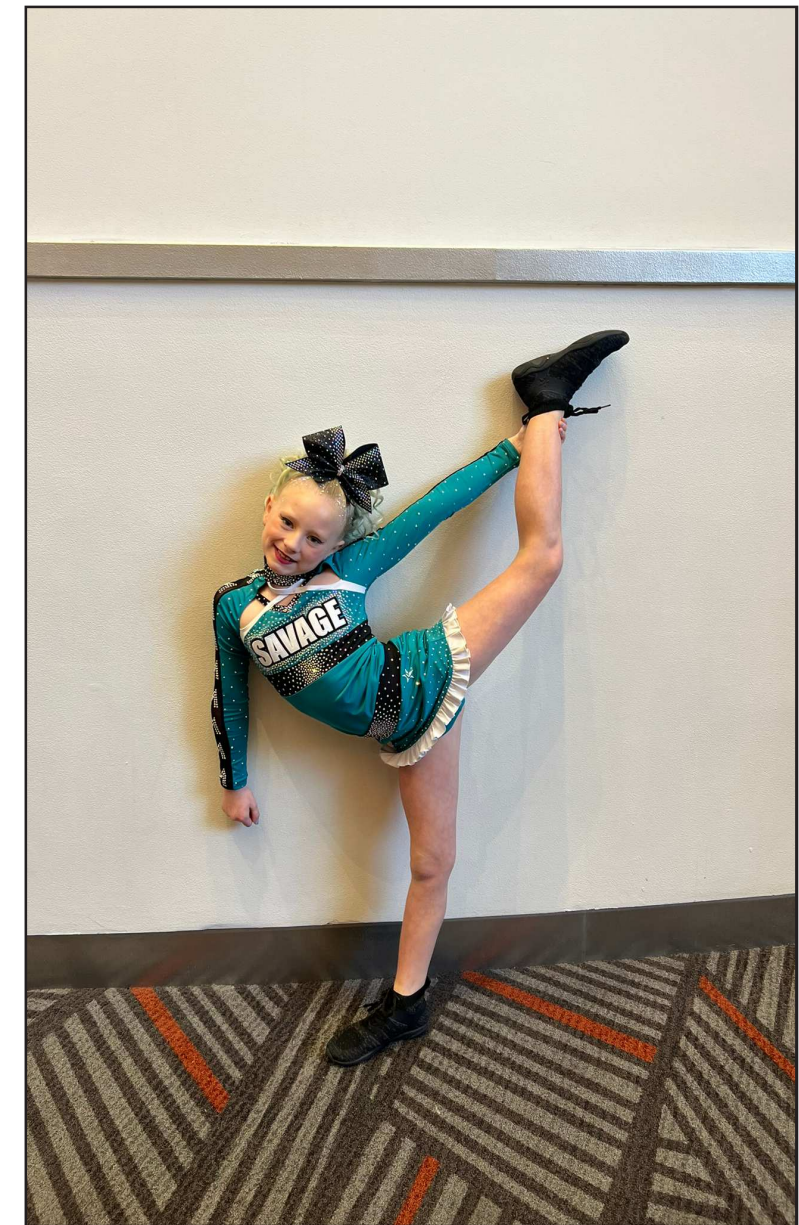
# Dreams Gymnastics Center



My name is paisley I am 8 years old and I want to be a professional cheerleader when I grow up. I think it would be awesome to go to college and cheer and than own my own cheer gym so that I can teach girl they can do anything they set their heart to. My coaches have helped me succeed in my

love for cheer and challenge me to rise above. I someday want to be like my coaches and be a positive role model to girls and boys, you give it all you got for that 2min and 30 seconds to make it he most out of your routine with a smile on your face.

Photos Credits: My mom





# Paisley Smith



At Dreams Gymnastics Center, we enjoy sharing our passion for the sport of gymnastics with others. We proudly built a state-of-the-art training facility which opened in January, 2018, that offers the Olympic discipline of Artistic gymnastics. Our staff is comprised of professional and caring individuals who are committed to promoting a safe and fun environment for all. In addition, our coaches all hold a minimum level of Instructor Certified within USA Gymnastics University and our USAG

Professional Members are required to abide by the Code of Ethical Conduct and adhere to the Safe Sport Program. We are dedicated to helping every gymnast, both recreational and competitive, reach his or her full potential. By combining the discipline and training techniques of the east with the business strengths and strategies of the west, we strive to create an atmosphere where gymnasts are encouraged to dream, believe, and achieve.



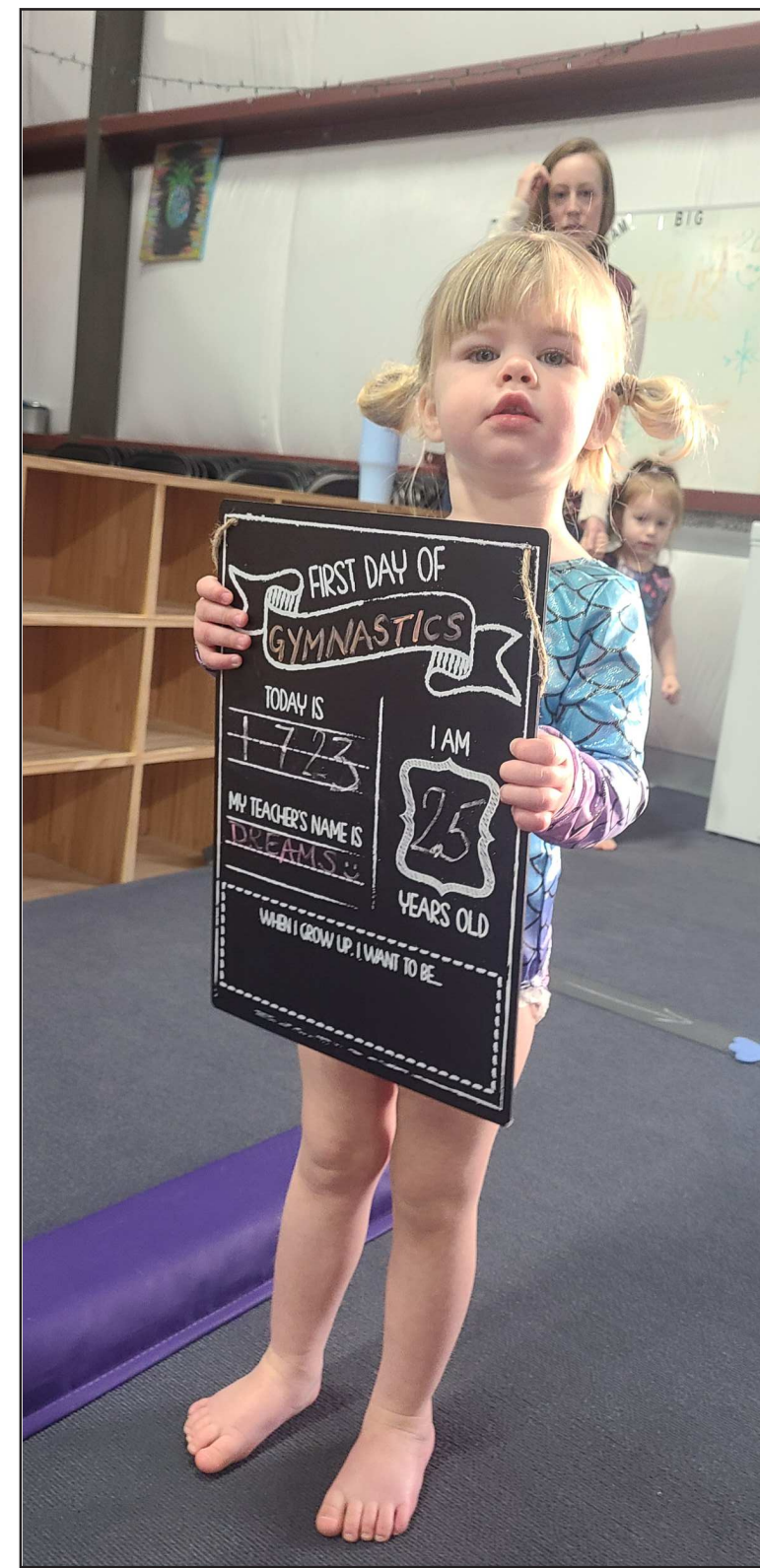


# Dreams Gymnastics Center



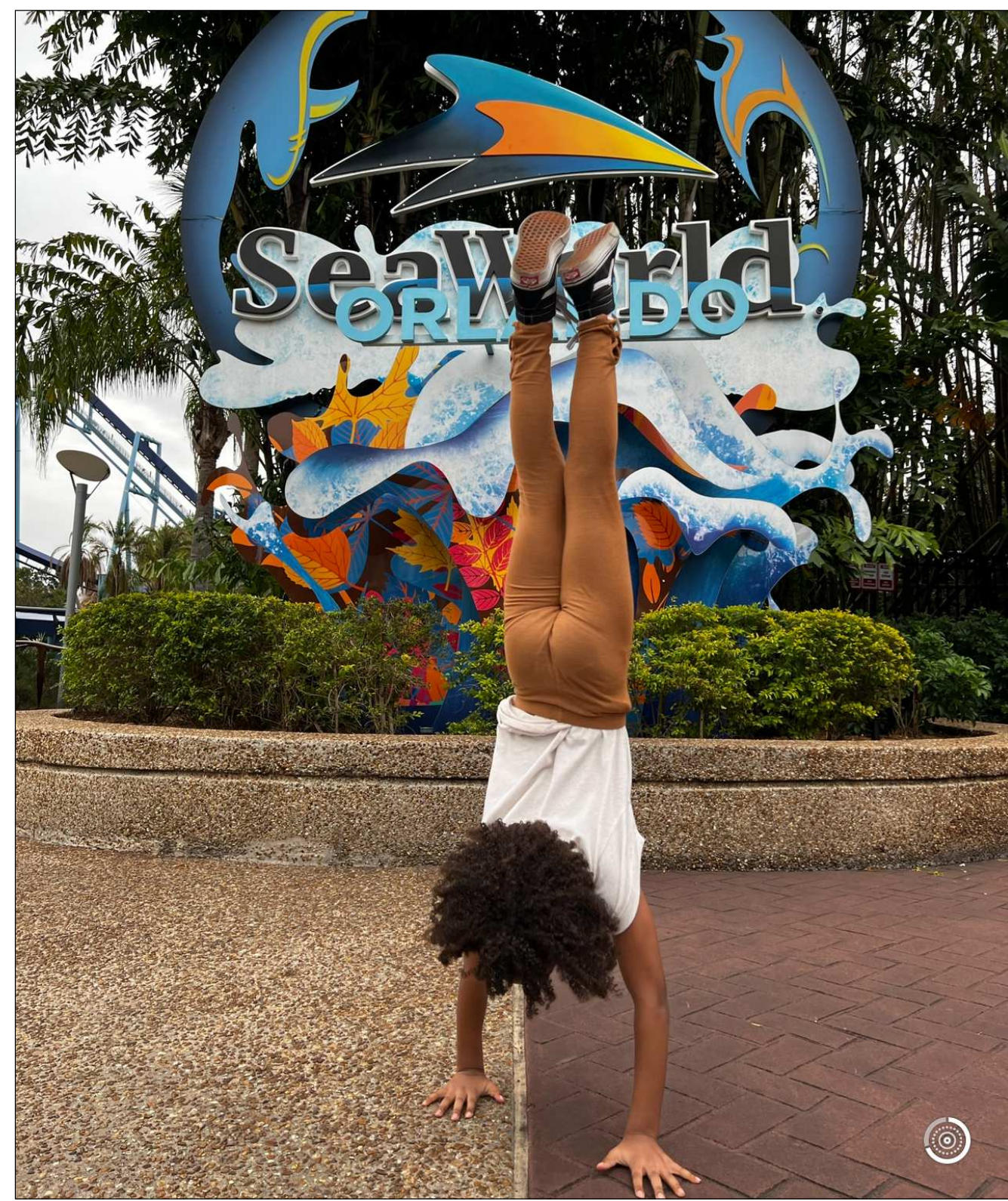


# Milani Steward





# Dreams Gymnastics Center



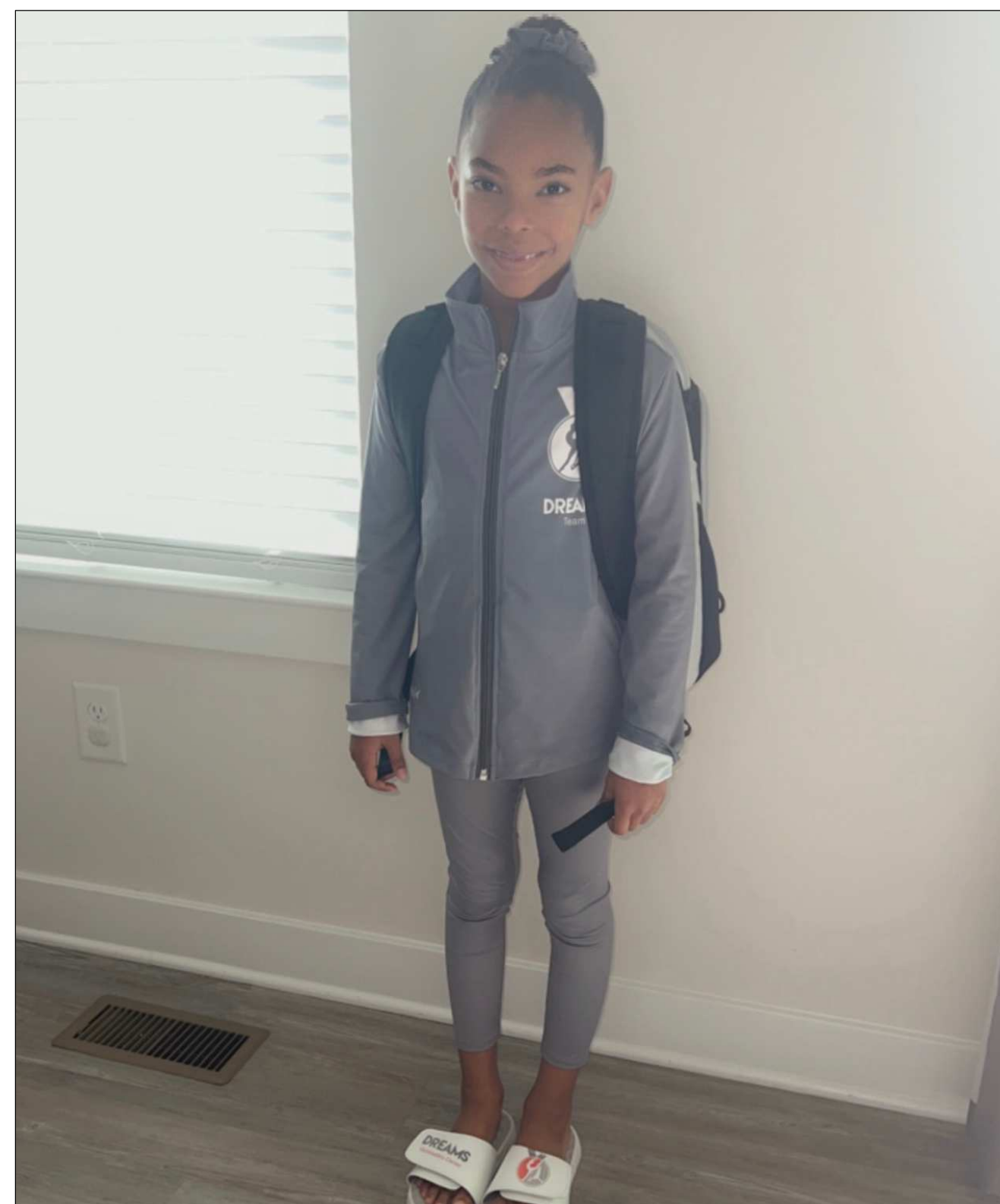


# Milani Steward





# Dreams Gymnastics Center





# Milani Steward





## Kayli Martin



My name is Kayli Martin. I'm 9 years old and this is my first year of competition gymnastics. I love going to Dreams Gymnastics and my coaches are great. My goals are to become better each practice

so one day I can compete in college.

Photos Credits: William Martin

Milani is innately a shy, introverted nine-year-old. Her reticent personality initially was a challenge when Milani opted to try new things. She was often quite hesitant to put herself out there. However, those around her quickly learned that she comes out of her shell when it comes to doing the things that she loves. Those activities include reading, drawing, learning a new language, gymnastics, and spending time with her family.

Her confidence and independence are more accentuated when practicing and performing gymnastics. She started her gymnastics journey a little over a year ago in 2022 with DREAMS. DREAMS has helped Milani realize that being reserved is natural and even useful in the sport. She has displayed incredible growth and success as she has recently placed in her last two gymnastic meets. She has cultivated her confidence after realizing that she is capable of committing to long practice hours while maintaining her status as an honor roll student. She hopes to continue improving in gymnastics by not only setting more goals, but reaching those gymnastic goals throughout her life. She hopes to one day transfer all of her growing skills, knowledge, and confidence into her dream job of becoming an art teacher. She has already proven to be an incredibly artistic, committed, and supportive sister, daughter, and friend.

Photos Credits: Parent





# Milani Steward





# Kayli Martin





# Kayli Martin





# Kayli Martin

