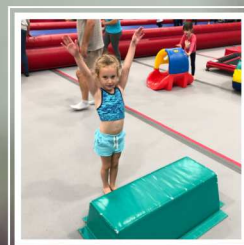


# UPCOMING GYMNASTS



## Khamil Bythwood



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# UPCOMING GYMNASTS



## Alisha Carneiro

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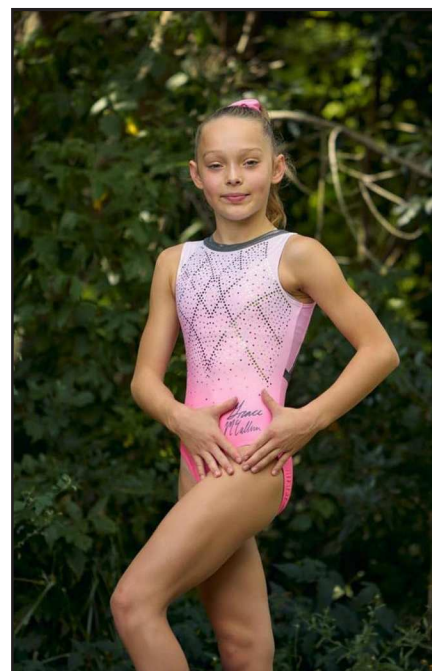


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# Featured Gymnasts

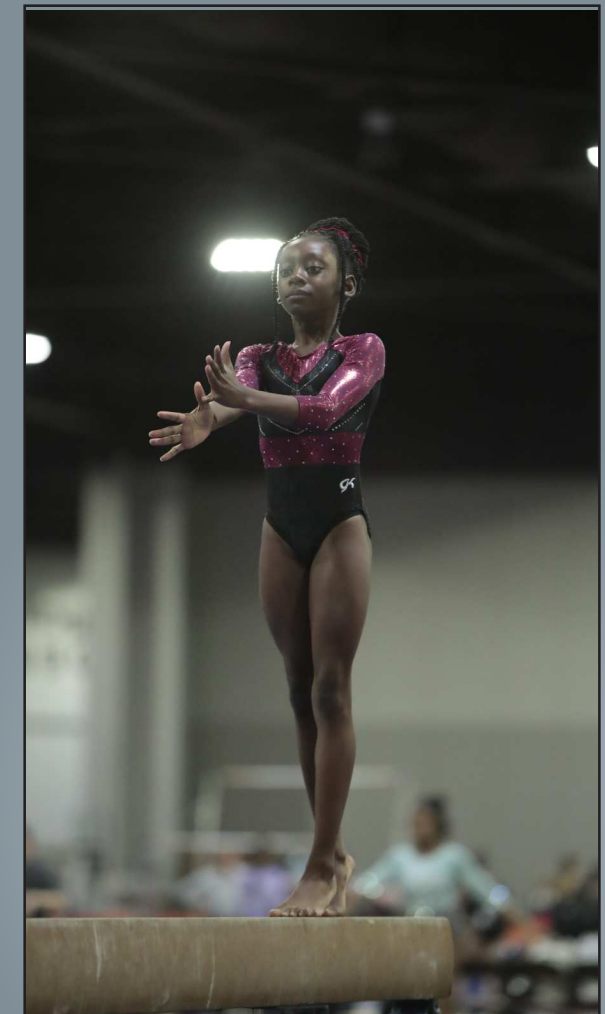


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# Sophie Daniel





# Addison Seymour





# Sophie Daniel

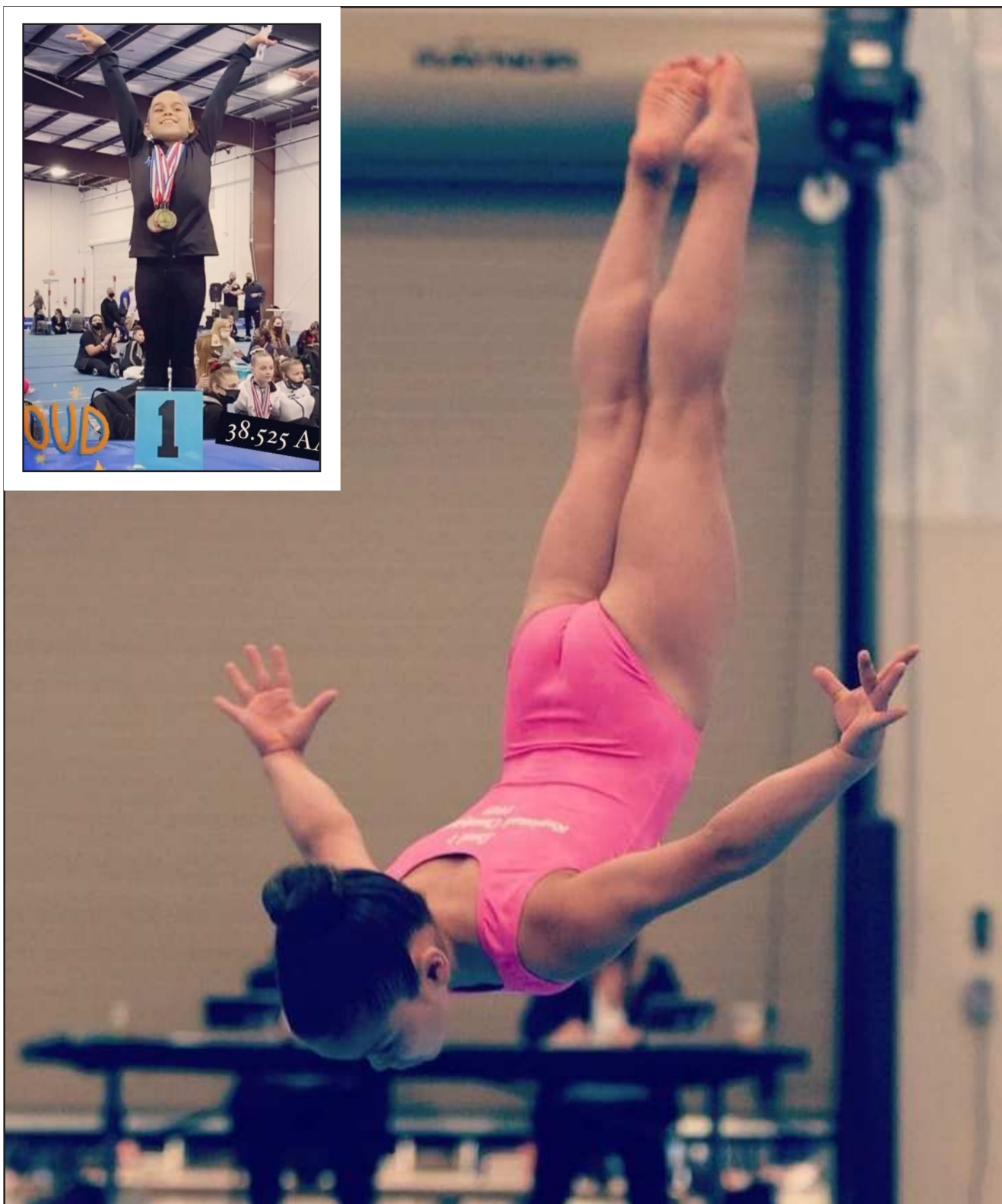


My name is Addison Seymour. Few weeks back, I came at 7th spot in the regional gymnastics Championship in Colorado. My goal is to play all the regional tournaments and outperform other gymnasts. This is not going to be easy but i trust my hard work and capabilities. Without any excuses, I am going to show up my talent and put my hard work in that. When I set a goal, I believe in achieving it.





# Addison Seymour



My name is Sophie Daniel. My dream is to improve myself every single day . I want to achieve my full potential by pushing myself to the edge of the limits. I train each and every day with the same compassion to get to my goals. I also like to click pictures and look gorgeous. I am excited for my journey ahead and grateful to the Almighty for everything I have so much.





# Sophie Daniel





# Alisha Andrade Carneiro





# Solange Rose



My dream is to bring out the best in myself and keep going every day and working hard to reach my goal for the Olympics.

turn into work and doesn't feel like today anymore. the day will come but you have to choose "the pain of discipline or the pain of regret".

the challenge may be the part when my passion

Photos Credits: My own





# Alisha Andrade Carneiro



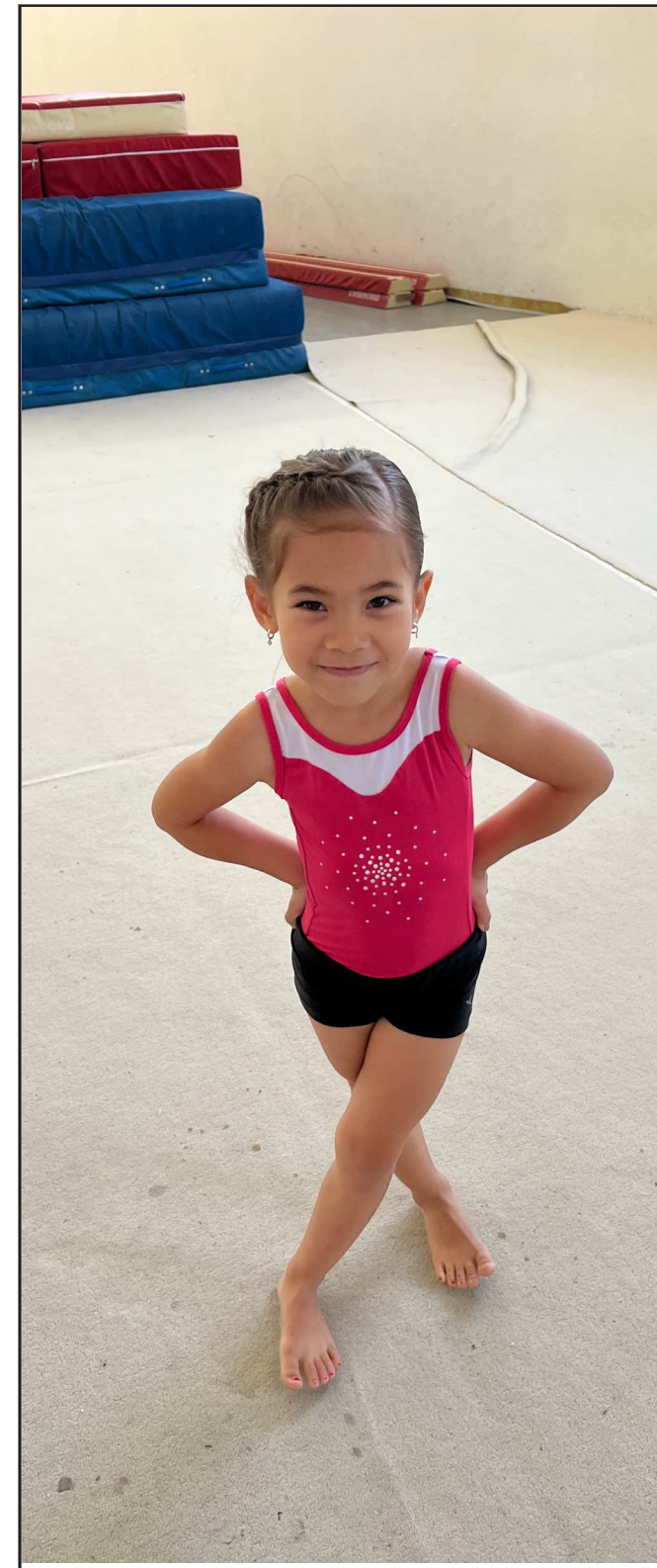
My name is Solange Rose LaCrete and gymnastics is my passion. I've been doing gymnastics since I'm 3 years old, I have always loved it. I'm not competing for USAG and just completed Level 6. I just won the GOLD in my division at the NY State

Championships, won the silver on Floor and took the Bronze in the All-Around. I love the challenge of gymnastics and will continue working hard to reach my goals which is to someday compete in college.





# Solange Rose





# Alisha Andrade Carneiro





# Seraza Nafish





# Emma Harmon





# Seraza Nafish



My name is Emma Harmon. I've been a gymnast for only two short years. I dream of being an elite gymnast and competing for one of the top college programs in the US. I also dream of being a zoologist. I'm homeschooled so I can put all my extra time and energy into gymnastics. My goal is to progress each year not be perfect. As long as I'm progressing the perfecting will come. Gymnastics isn't something that has come easy to me, I really have to work at it. I do CrossFit on the side to help my strength and I train as much as the gym will let me. I've battled a broken growth plate in the heel

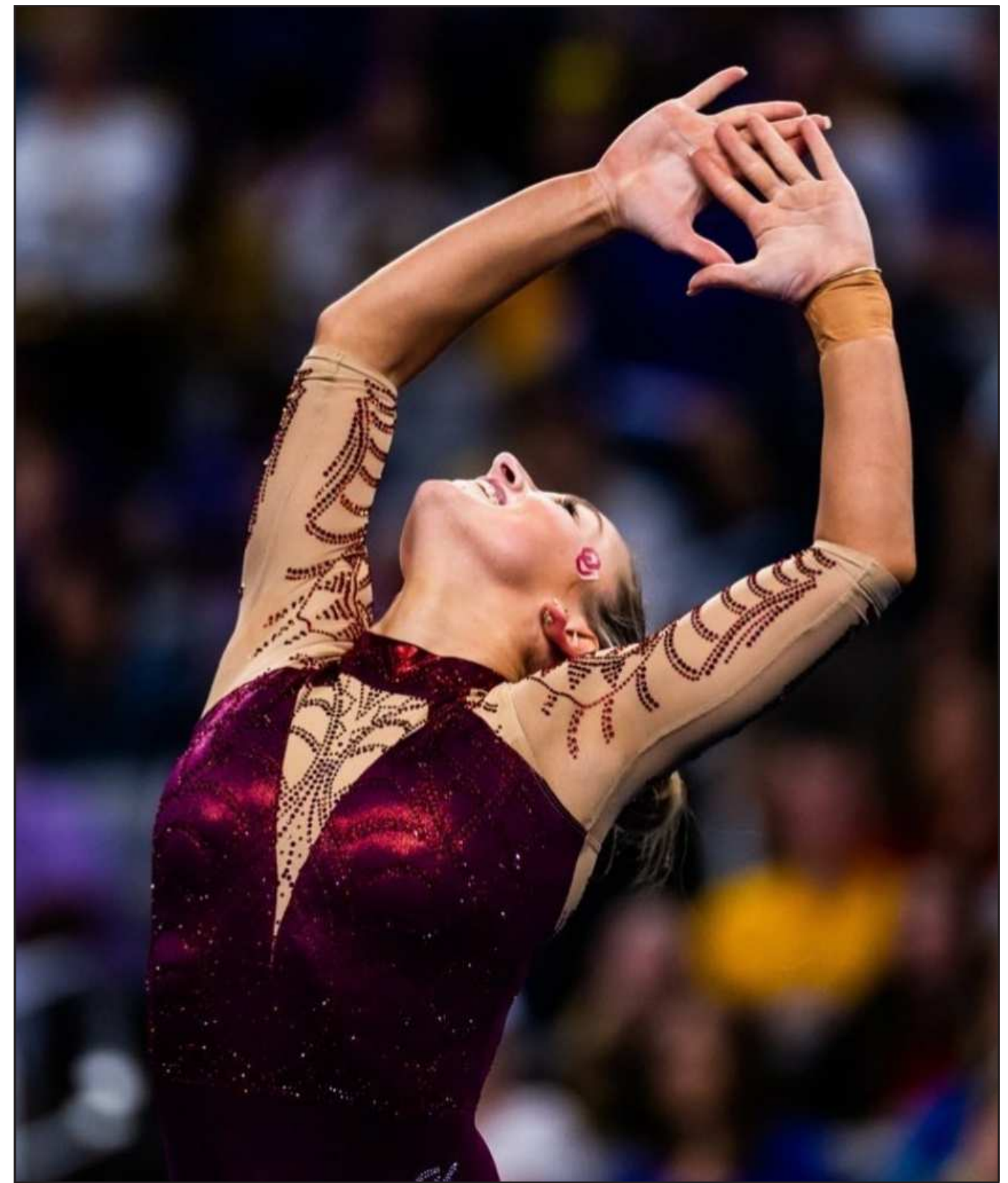
my first year of gymnastics but you'd never know it. I practiced with a cast and continued doing what I could with one foot and it really made me thankful for the journey. This year alone I've won many first and second all around titles. Many first abs second titles in each event as well. At every comp this year I've won 1-3 in almost every single event. On a bad day I don't let the bad scores get to me I let it push me to do better. I perform my best under pressure.

Photos Credits: The broken compass photography





# Emma Harmon



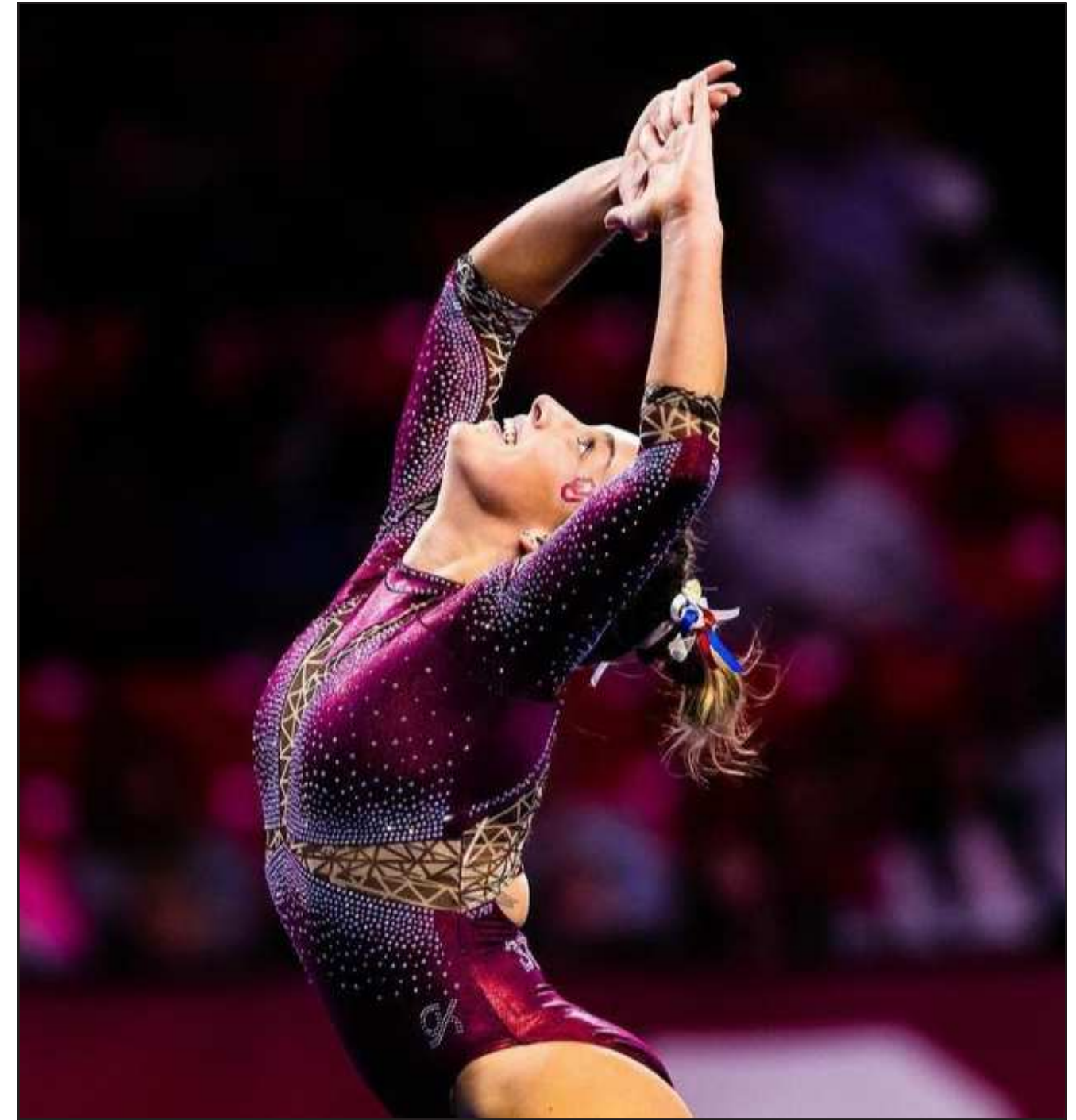


# Riley Weber





# Emma Harmon



My name is Riley Weber . I am 14 years old. I absolutely love what I do that is gymnastics. I have beauty and grace but at the same time i can fight as a lion as well. i am one of the young gymnasts to

keep a eye on. I will make my mark in this era and make a place for myself.i have strength as well as confidence. I just want to keep doing what I love.





# Riley Weber





# Julian Cabrera





# Poppy Griffiths



My name is Julian Cabrera and I was in gymnastics almost at the same time I began to learn how to walk. My mother said that when I was in her belly she was told I would not walk, and she claims they were right, I don't walk, I fly. I began the YMCA gymnastics Mommy and me classes at the age of 16 months with Coach Ricky. However, My dad wanted me to pursue his dreams of baseball, and I did both gymnastics and baseball since I was 3 years old in the YMCA, but then decided my passion was Gymnastics. I then trained until I was in the intermediate group in the YMCA when they decided to close the boys program. So, I was advised I should look for a competitive program.

I joined Park Avenue gymnastics at the age of 6 with Coach Carlos as a Level 4 gymnast and won gold at Regionals in 2018-2019. The next year 2019-2020 I took 1st in States but due to the Pandemic, Regionals was cancelled. I did qualify for Futures Stars that year and have been part of Future stars since every year. In 2020-2021, I won Regionals with FGTC under Coach Jorgie as a Level 6 athlete. Finally, I went to Future Stars at the age of 10 when you can qualify for the Junior Olympic developmental team in November, 2022 and made the team and got invited to the developmental camp in 2023, at that time I was with Nova Gymnastics and Coach Didier. This last year I have been training with Evo first with Coach Steven and won first in 4 competitions and Finally attended Gasparilla, States and Regionals with Coach Grant where I have also placed first as a Level 6 Gymnast. I am currently a Level 8 Elite Gymnast and on the Future Stars Developmental Team and plan on continuing my journey as far as the Olympics one day, God willing.

I give all the glory to God and my parents for the strength, ability and dedication.

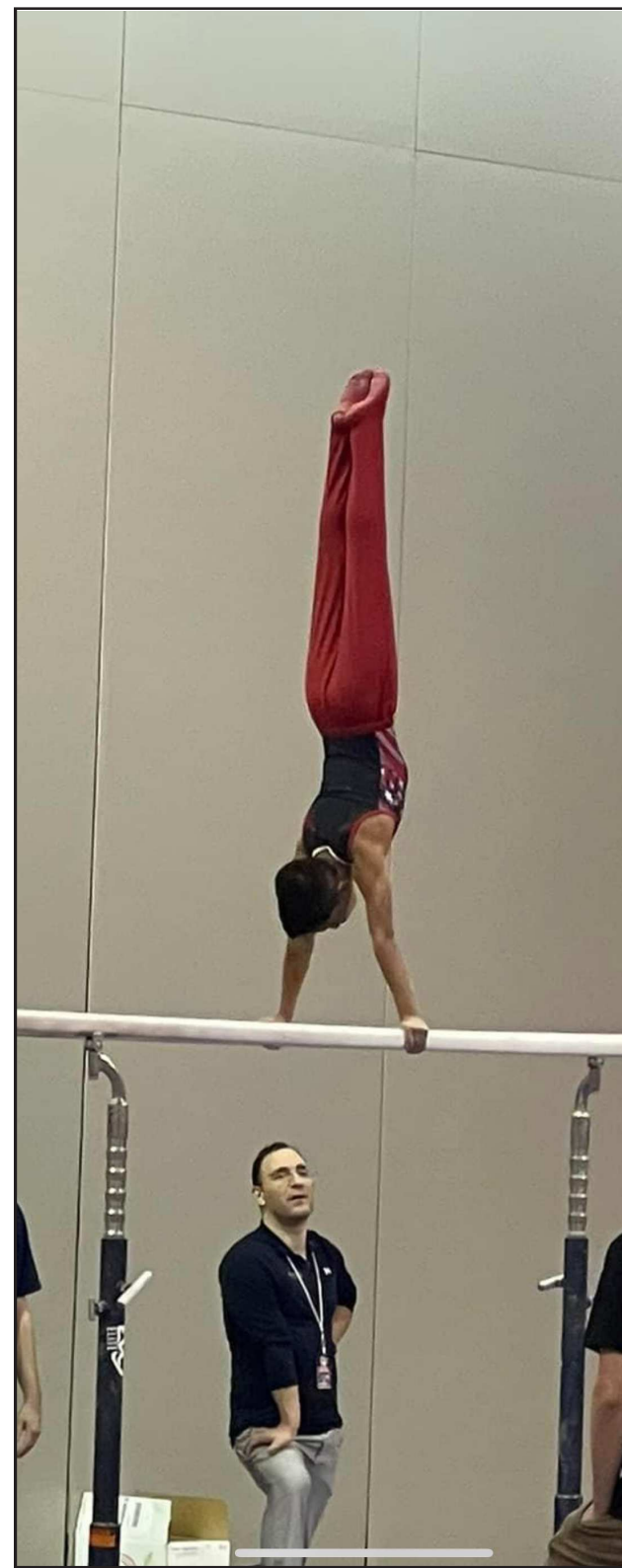
My biggest challenge has been having to stay in the same level for 3 years, because I have been always eager to learn more.

I hope that God continues to grant me with my abilities and dream of continuing my elite track gymnastics journey as far as I can go.





# Julian Cabrera





# Poppy Griffiths

faced some real challenges; I received my first gold medal during an inter club competition which I was so proud about but a couple of days later I had an accident whilst at training and I unfortunately broke my arm and dislocated my elbow. This resulted in me having to have metal pins put into my arm and my arm in a plaster cast. I was advised by the doctors that I would probably have this on for about 6 weeks so I wouldn't be able to train.

Being told this was very scary because I was worried that I would really fall behind with my training. Thankfully after having my pins in and cast on for 4 weeks I was told that my arm had healed really well and that they would take the cast off and pins out.

After having the cast taken off and pins taken out I was able to go back to training and see my friends. Going back to training was really challenging as I was apprehensive and a little scared of using my arm but I had to face my challenges and fears head on so that I could get back to full training. I now train for 13 hours a week over 5 days.

It has been 2 years since I had my accident and in this time, I have achieved a gold medal at the National finals this year and last year which means I got to represent the South East of England last year and also this year at the National Championships.

My goal is to train as hard as I can to be picked to move into the Elite squads and have the opportunity to compete for my club internationally. My dream is to be picked to represent Great Britain and compete in the World Championships and become a World Champion.

Photos Credits: Richard Griffiths and S&G Media





# Khamil Bythwood



My name is Poppy Griffiths, I am 10 years old. My acrobatic gymnastics journey started when I was 3 years old as a way to make friends and have fun. I started at Spelthorne Gymnastics Club in their pre-school classes once a week for 45 minutes and really enjoyed this as we had fun and learnt new skills without even realising.

When I was 5 years old my mum and dad got an exciting email from my club to say that I was one of 25 girls and boys to be pick out of 250 pre-school gymnasts to move up to their mini squad. After being in the mini squad for 2 years and again learning lots of new skills, having fun and making even more new friends I was then selected to move up to the preparation squad.

Whilst training in the preparation squad I was given the opportunity to participate in my first competition for my club, unfortunately I didn't receive a medal this time, but it was a fantastic experience and gave me a good insight into what to expect when I competed in my next and future competitions.

Soon after this the world was hit with Covid-19, and this meant a country wide lockdown, so this put a stop to my training, and I missed hanging out with my friends. Whilst the lockdown was in place, and we were not able to train in person at the gym we started virtual training at home via Zoom, but I have to say it was not the same and my parents were not the best coaches.

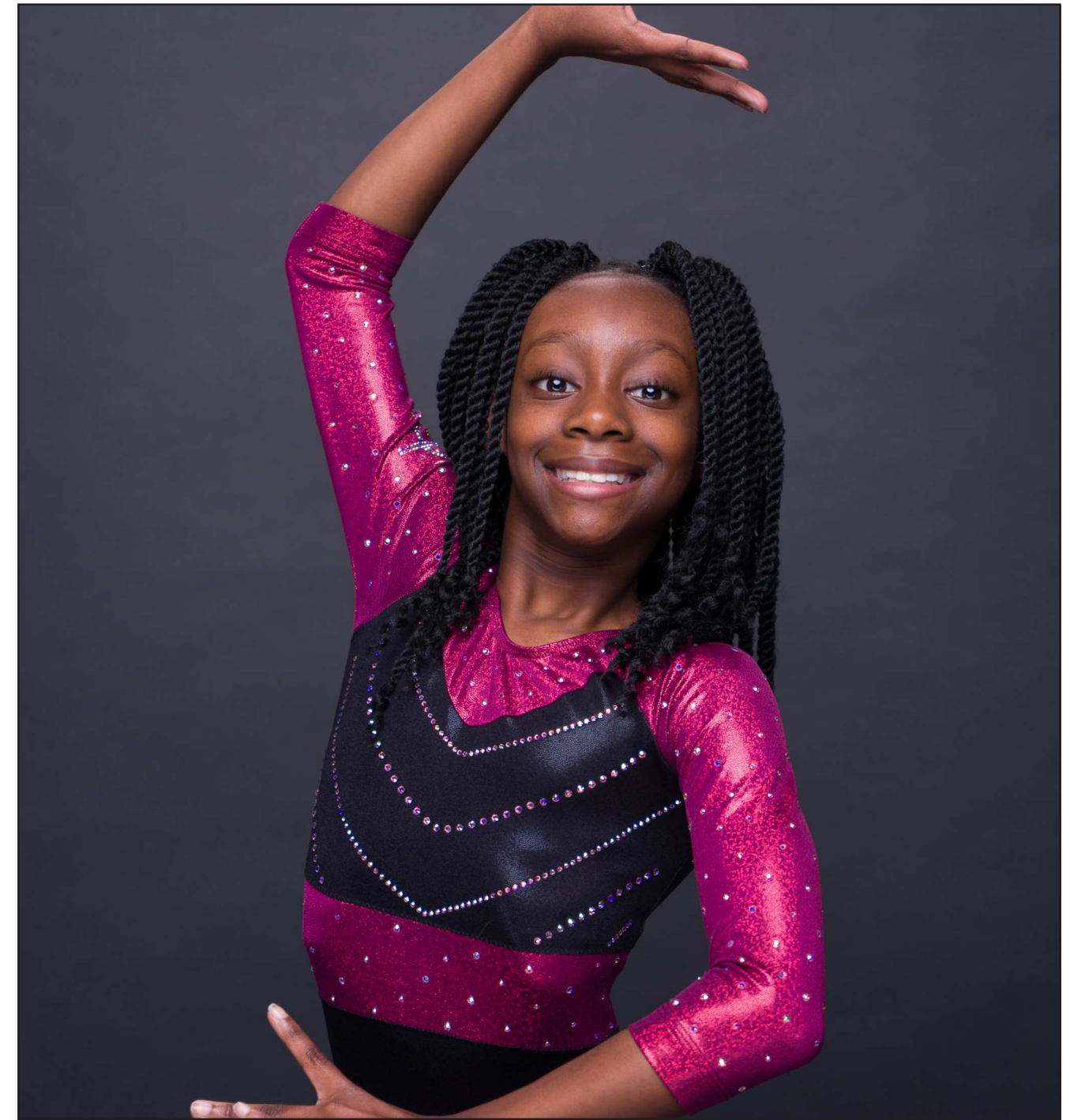
After a while the lockdown was eased and we were able to meet up outside and train together whilst maintaining social distancing, during this time my parents again received some more exciting news and I was chosen to move up to their competing squad and was put into my first partnership. I was so excited about this as I had been training really hard to be picked to move up.

Whilst being in the higher squad I have





# Poppy Griffiths



My name is Khamil Bythwood. I'm with the Douglasville Dream Team. I've been doing gymnastics since I was 6 years old. I just completed my level 4 year of competitive gymnastics and currently training for the next level. I dream to compete at a college level on a scholarship and continue to do amazing things. I dream of being in the Olympics one day.



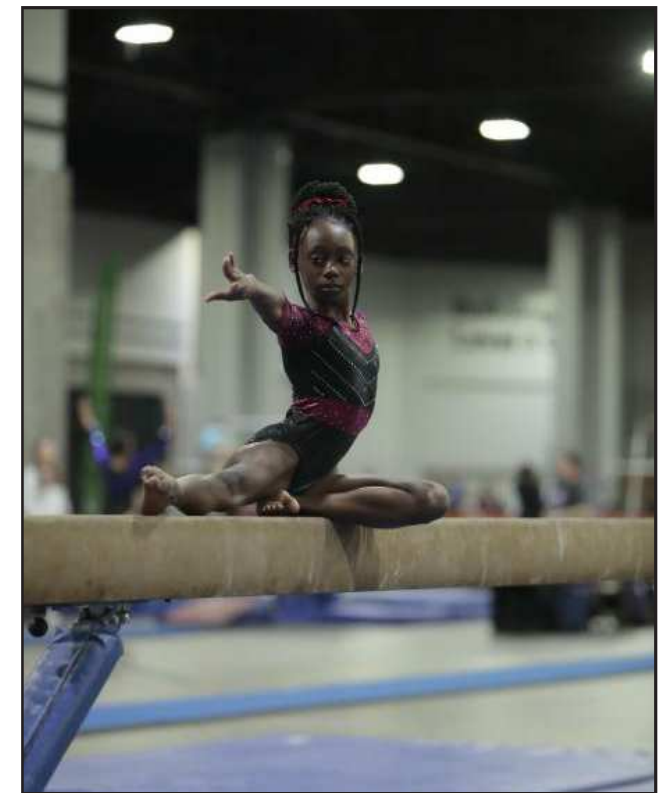
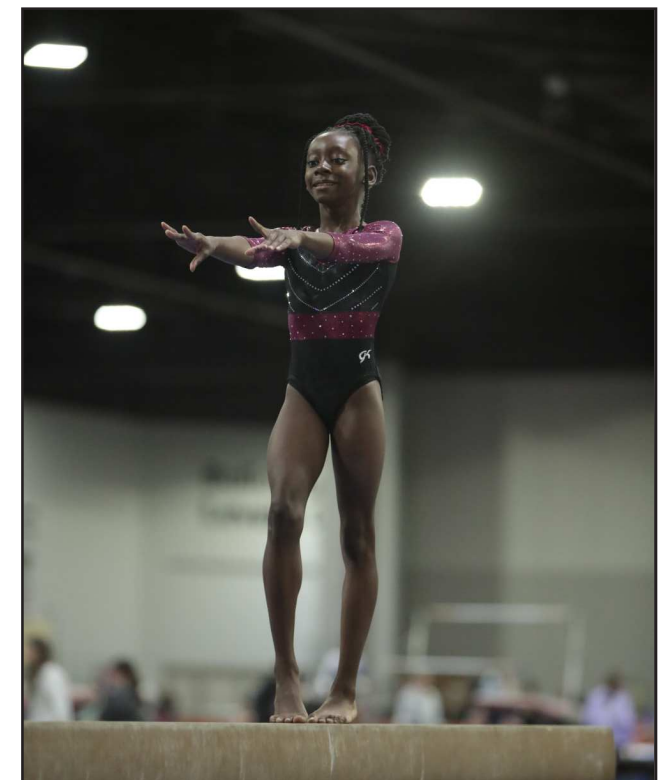
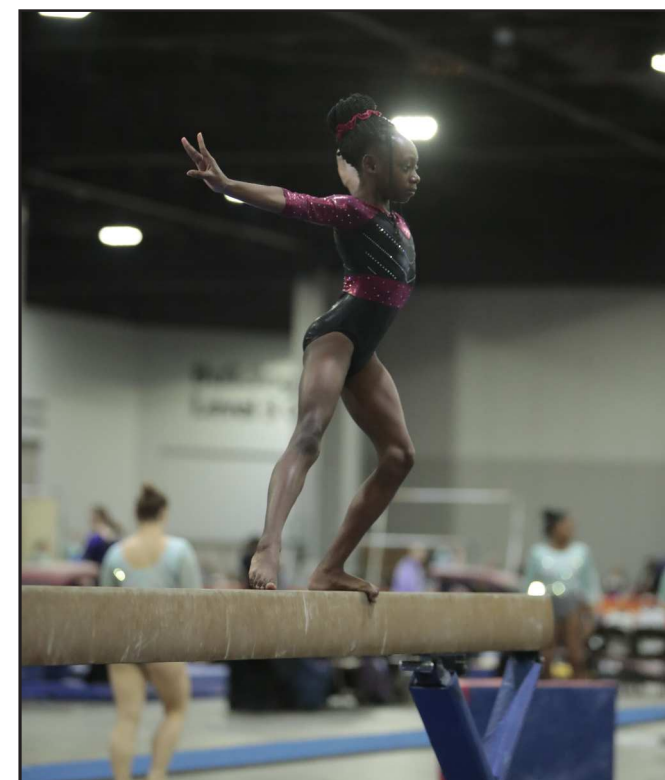


# Khamil Bythwood





# Lilly Skabelund





# Khamil Bythwood



My name is Lilly Skabelund and I am a gymnast. I dream of becoming an elite gymnast and competing in college and the Olympics. My favorite place on earth is the gym and I would sleep there if I could. My favorite even is beam. I do gymnastics morning, day and night, no matter where I am.

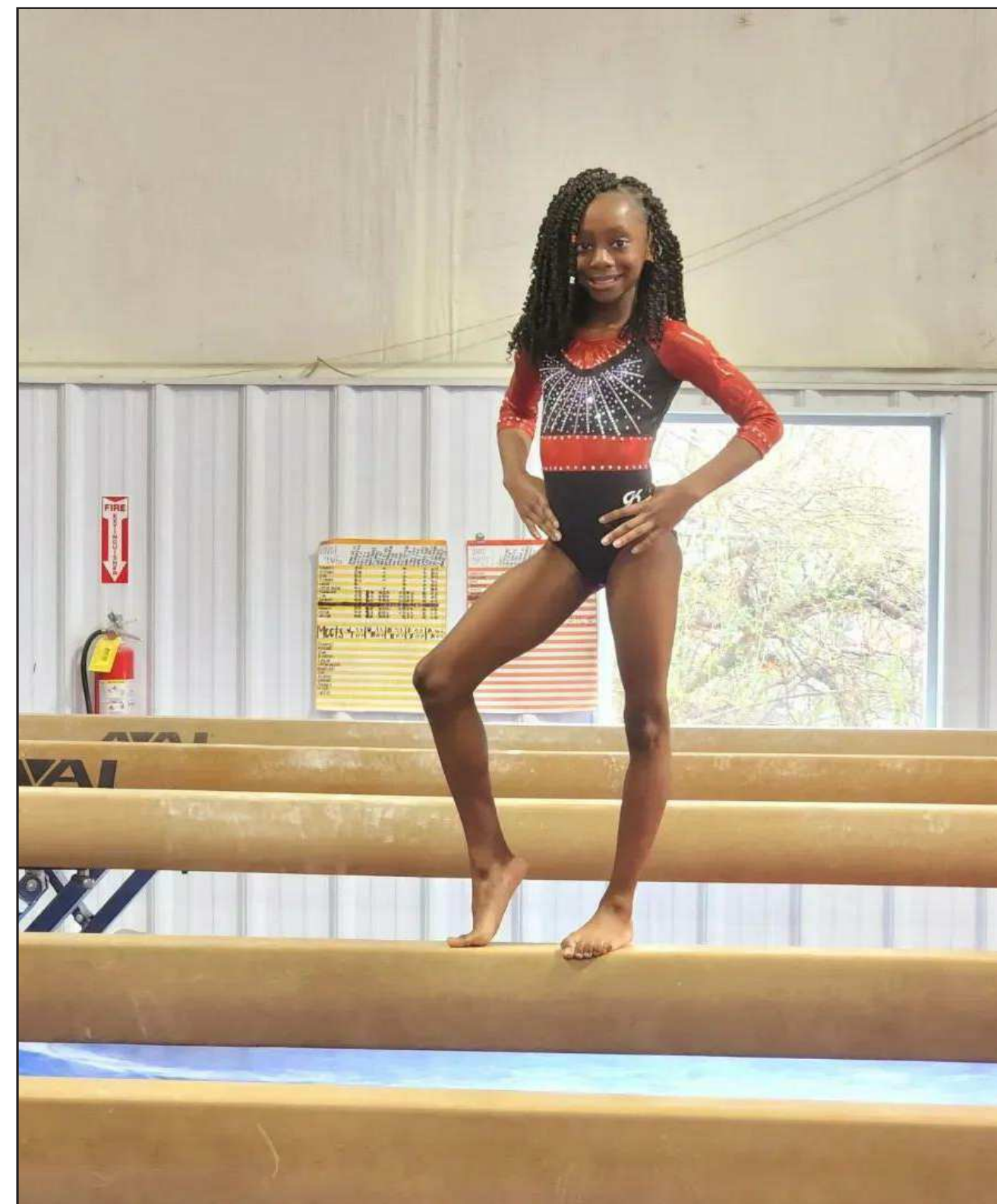
I am fiery and strong. I love animals and art, but nothing like gymnastics.

This year I placed 1st in state on bars and floor. I am very excited to continue to grow as a gymnast. I love my coaches and my teammates.





# Lilly Skabelund



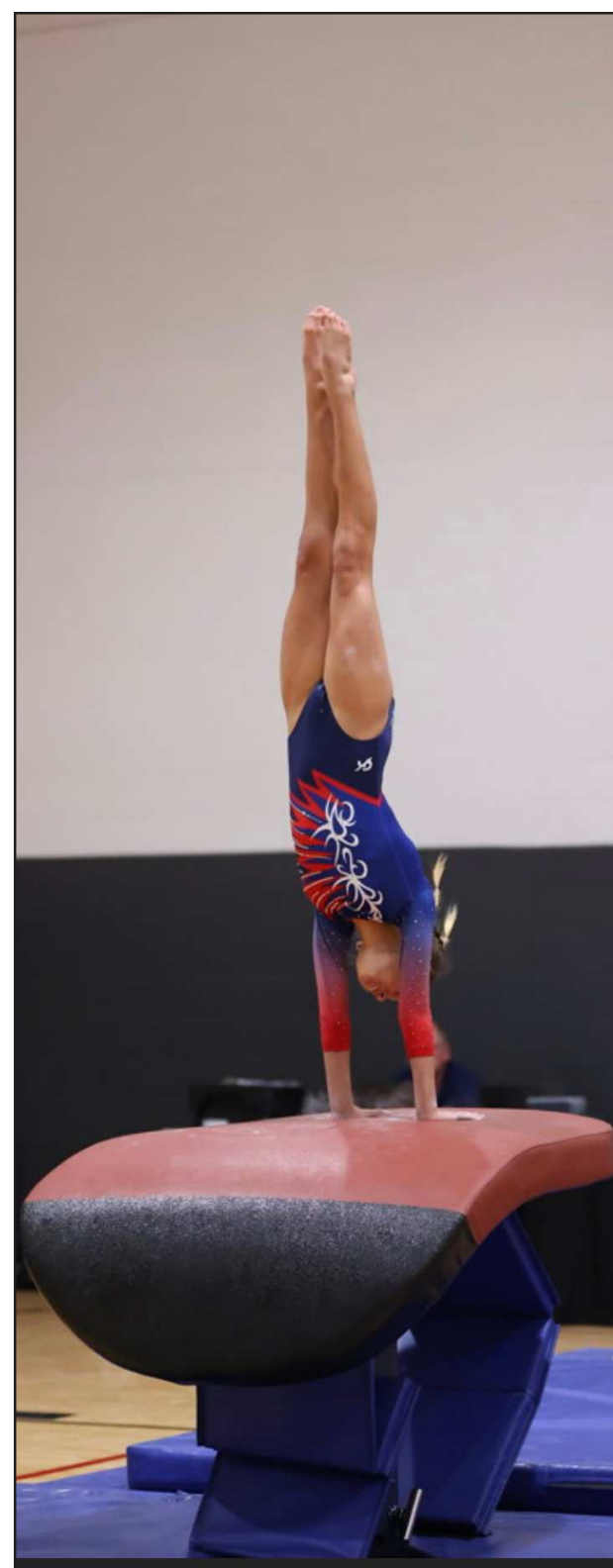


# Leah Isabella Garciga





# Leah Isabella Garciga



My name is Leah, I'm 10 years old, I live with my parents and my little brother and I love gymnastics. I have been doing gymnastics for 5 years since I was 5 and I love it. I also love outdoor activities and spending time with my team mates and friends . I can't imagine what it would feel to be part of a college gymnastics team , I know every gymnastics dream is to be part of the Olympic team but I'm just focused now on getting better every day to finish my high school and getting to college.





# Leah Isabella Garciga

