

**UPCOMING**  
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**Nichole  
Sahota**

Issue 03 2024 \$24.99



ISSN 2371-2896



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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.





A promotional graphic for FlipCity gymnastics. It features a gymnast in a teal leotard performing a handstand on a blue mat. The background is a mix of white and blue with dynamic, curved lines. The text "FlipCity gymnastics" is at the top right, followed by the slogan "Find the Courage to pursue your Dreams". Contact information is listed at the bottom left.

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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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# 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.











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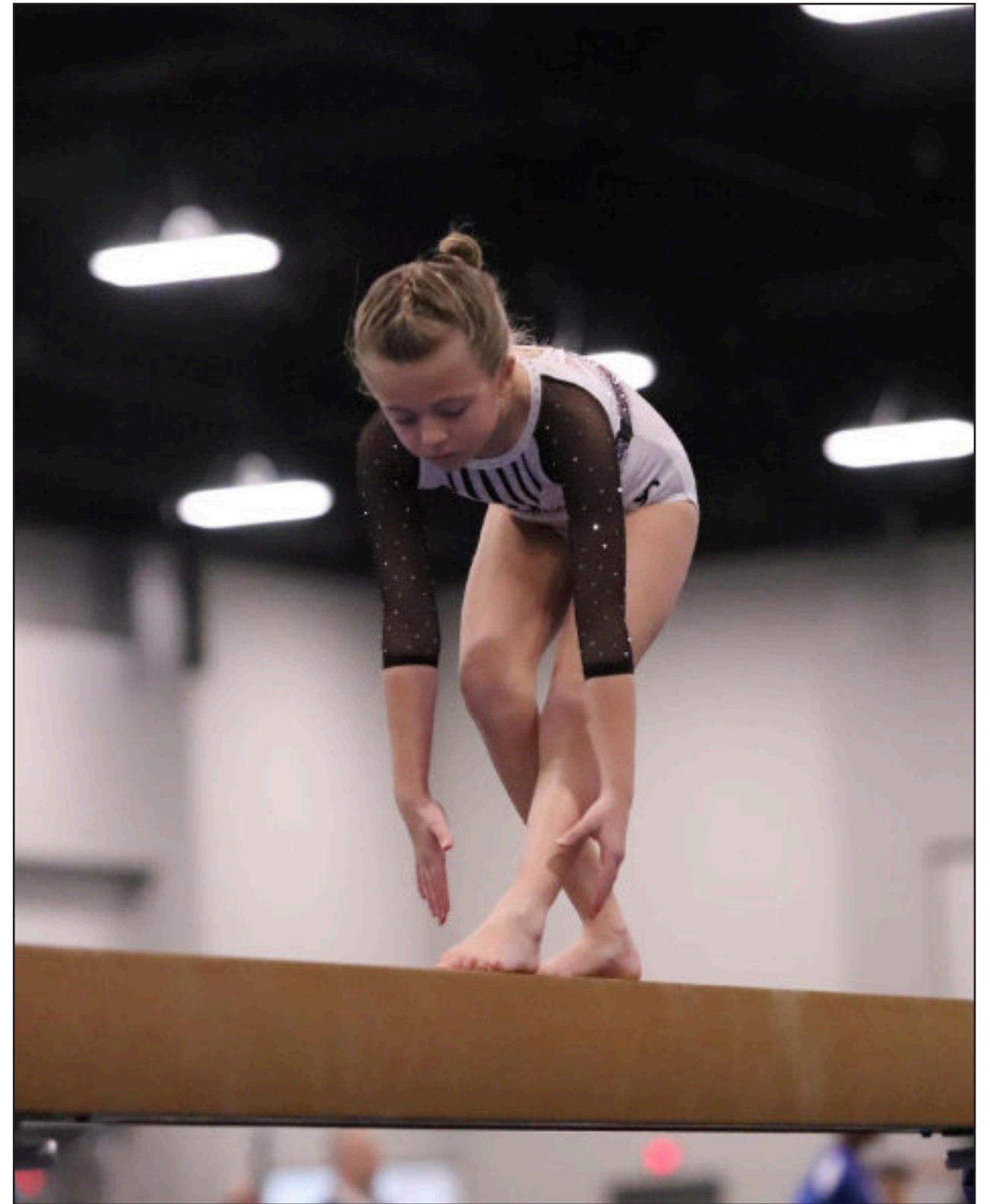
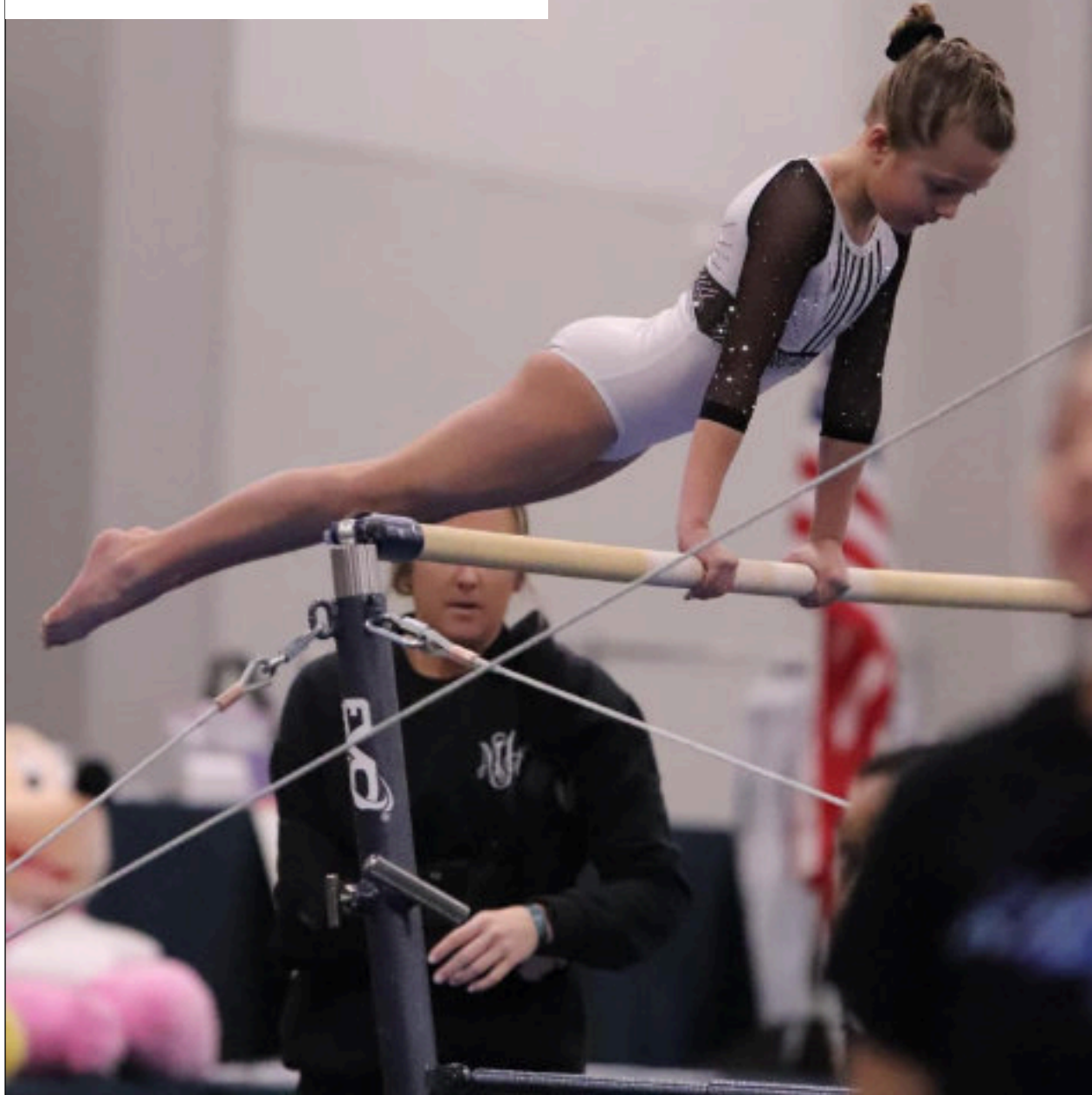
-40%  
BODY SUIT





# 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.



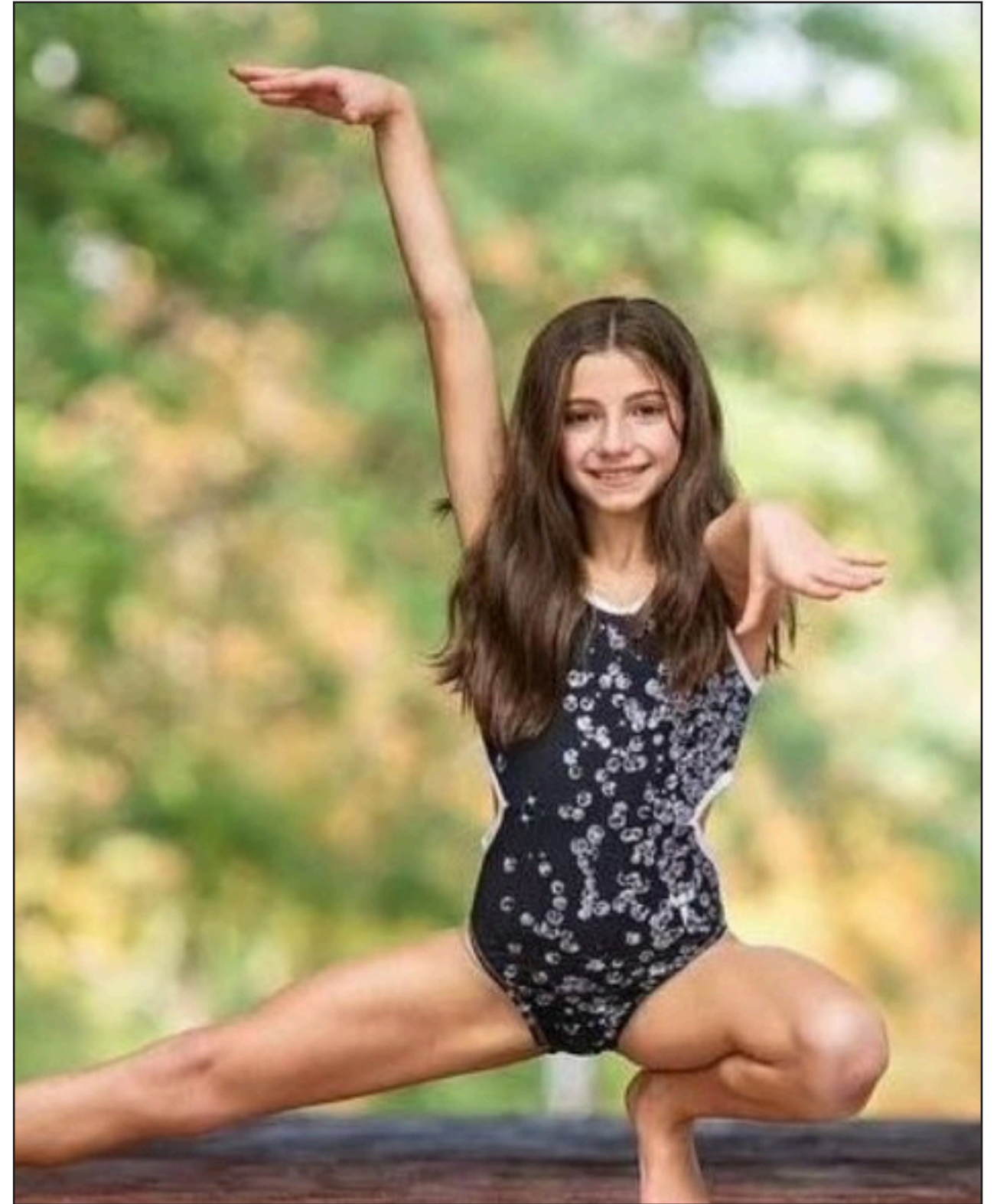
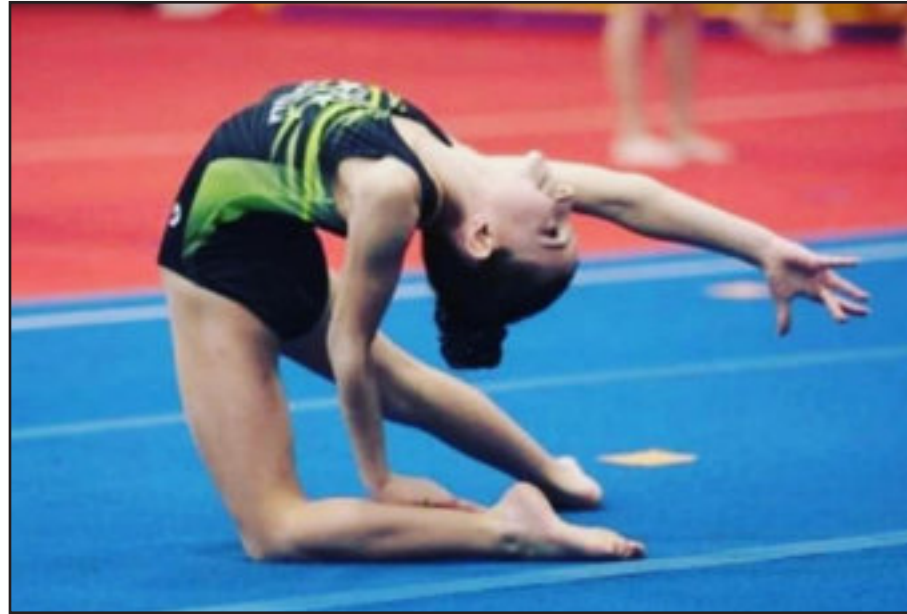




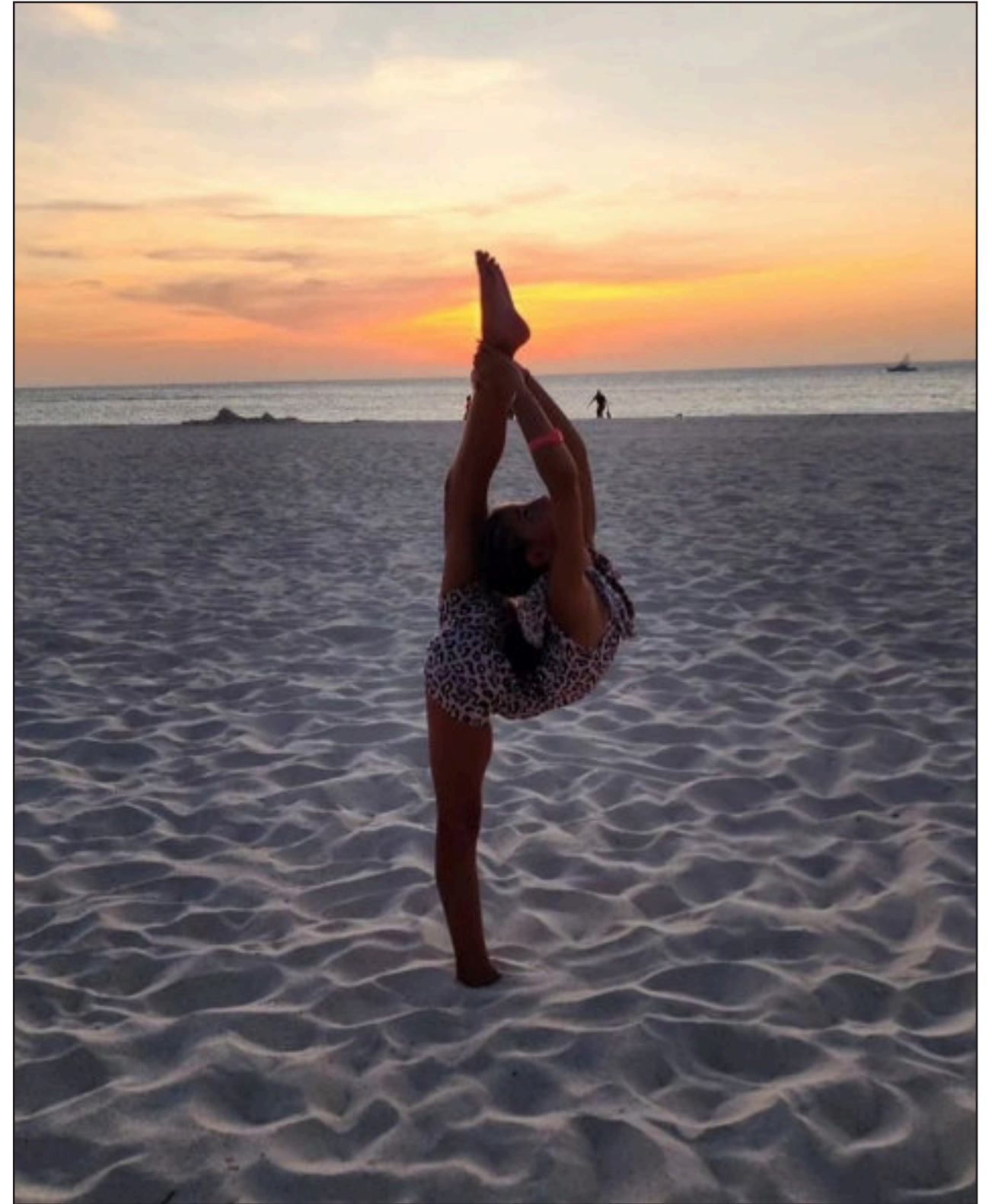


# Lisa

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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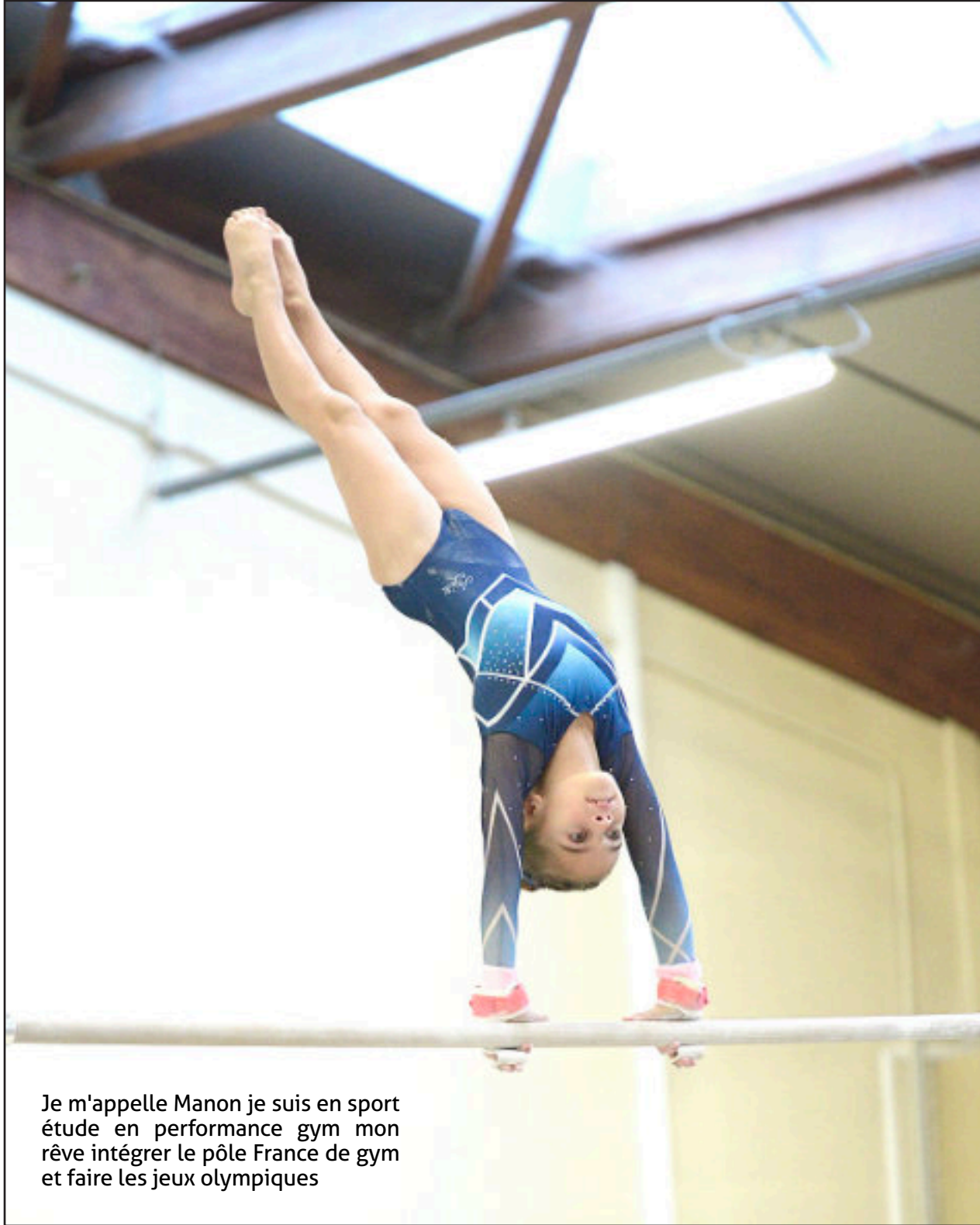
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Je m'appelle Manon je suis en sport  
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et faire les jeux olympiques

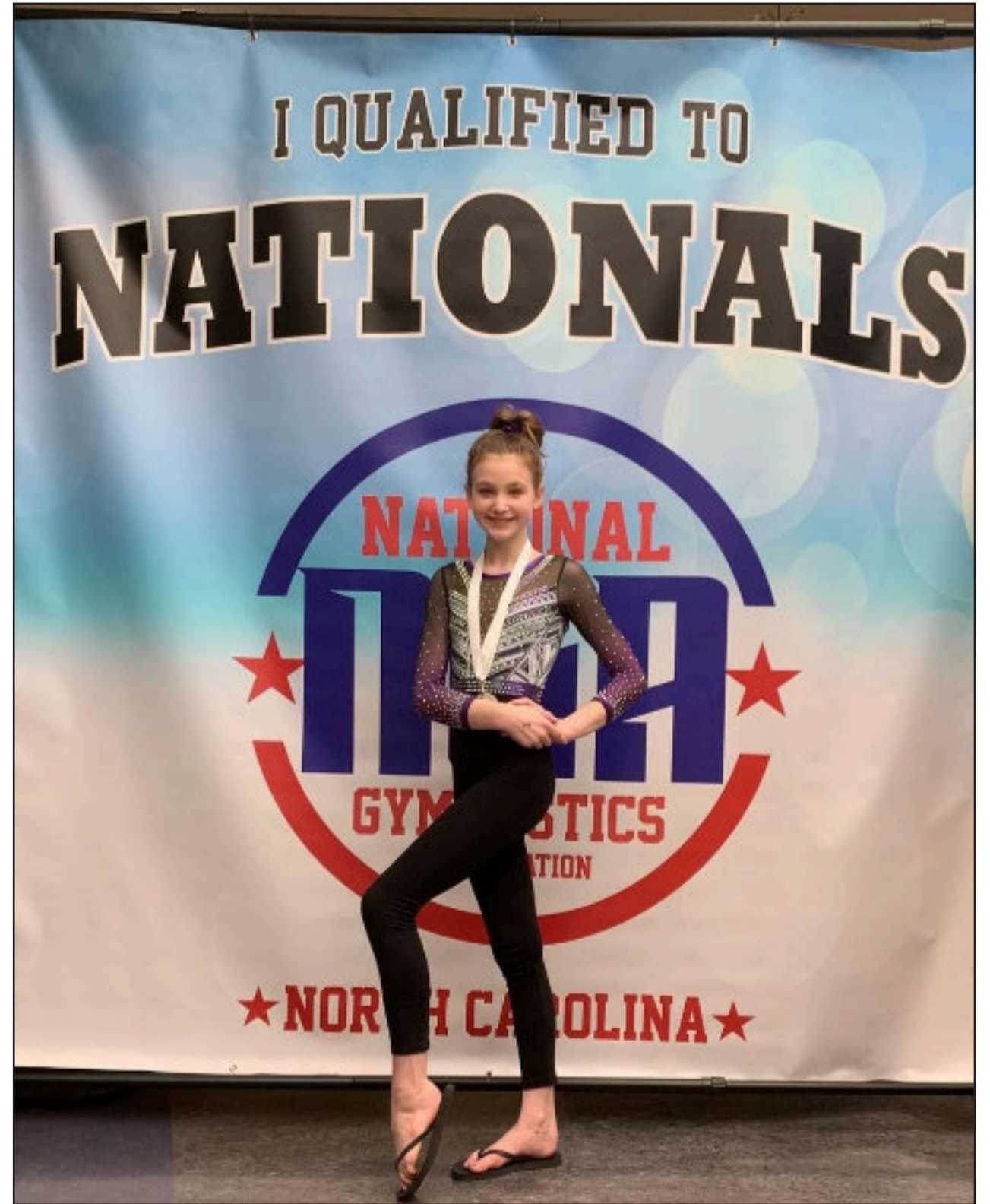






My name is Maribelle Luik. I am into gymnastics for 3 years now . I like to photography a lot. I like go out on weekends and enjoy my holiday, if there is no practice scheduled. I don't miss my practice at any cost. The sunrise is my medicine. Some mornings I wake up early to witness the rising sun.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

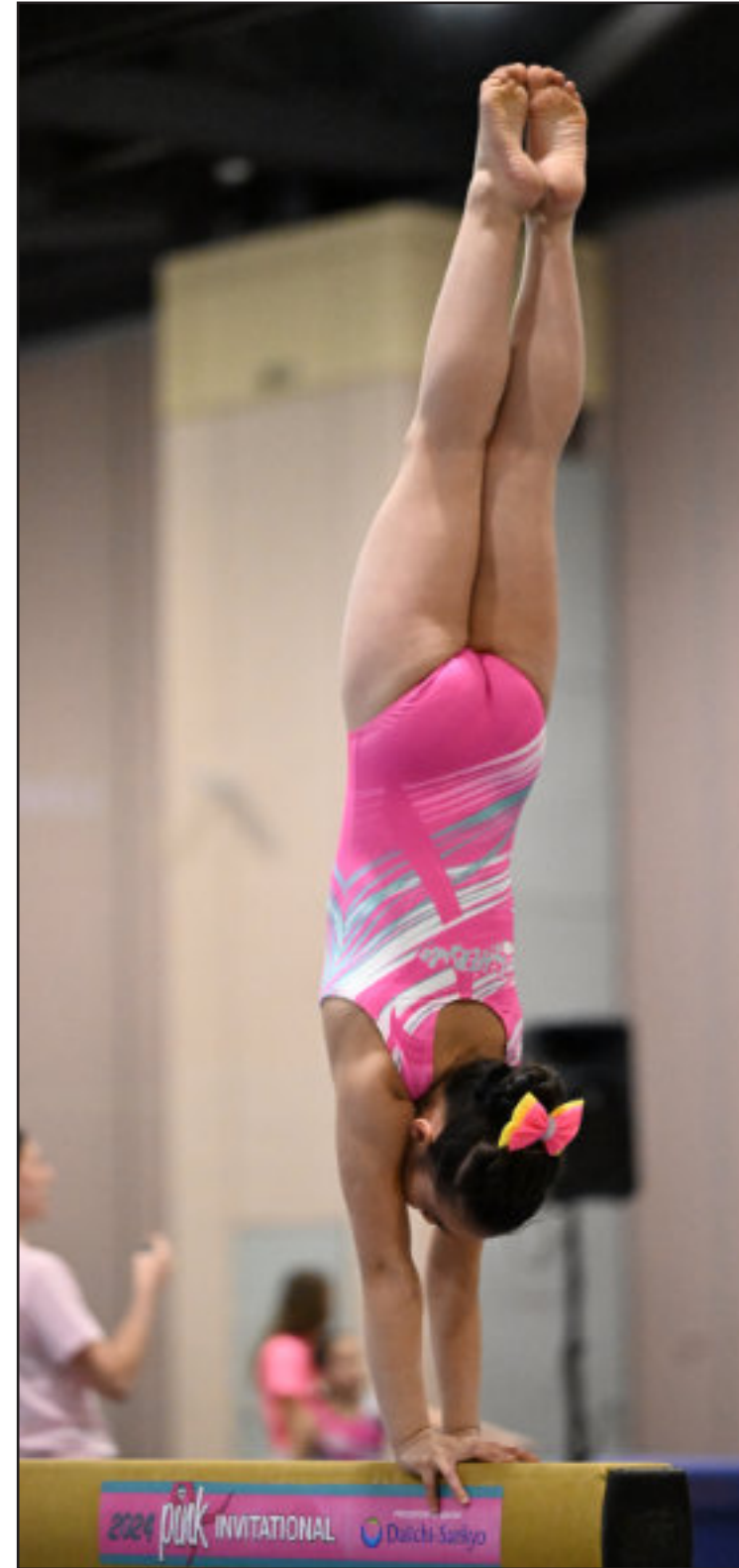
in many things like sports, dance and studies. I secured grade A in my last class. I want to work honestly behind the scenes and perform in front of my well wishers. I had also qualified for the national finals at North Carolina . My dream is to win medal for my country.











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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I am an intermediate level gymnast and work very hard to improve my skills and be the Olympic level gymnast.



# 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.









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- ✓ **Faire des travaux d'entretien:** Profitez de la période estivale pour régler les petits problèmes d'entretien, comme les robinets qui fuient, les ampoules grillées, les portes qui grincent, etc.
- ✓ **Jouer avec la lumière naturelle:** L'été, la lumière naturelle est abondante. Ouvrir les rideaux, les stores et les volets pour laisser entrer la lumière. Assurez-vous que les fenêtres sont propres pour maximiser la luminosité à l'intérieur.
- ✓ **Créer une ambiance estivale:** Des coussins colorés sur le patio et une table dressée pour un barbecue imaginaire dans la cour peuvent aider les acheteurs potentiels à visualiser leur vie estivale dans la maison. Ajoutez des touches décoratives comme des lanternes, des plantes en pot et des meubles d'extérieur confortables afin de rendre votre extérieur plus chaleureux et accueillant.
- ✓ **Une pelouse verte:** Un beau gazon peut augmenter la valeur de votre maison, assurez-vous de bien l'arroser et le fertiliser lors des canicules.

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# Selena

## My Journey in Gymnastics: Goals, Achievements, and Challenges

My name is Selena, and I will be five-year-old one month later, gymnast with a growing passion for the sport. Gymnastics is more than just a hobby for me; it's a source of immense joy and a platform for personal growth. The feeling of accomplishment after mastering a new skill or overcoming a challenging routine fills me with immense satisfaction.

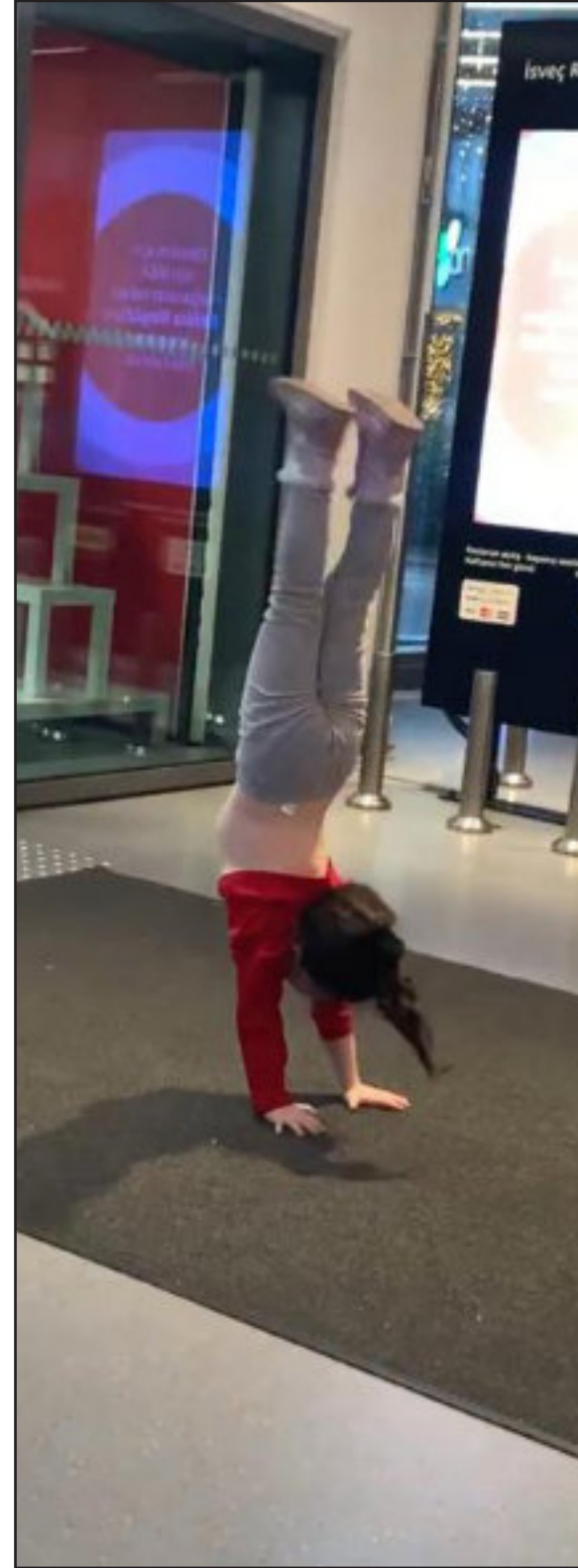
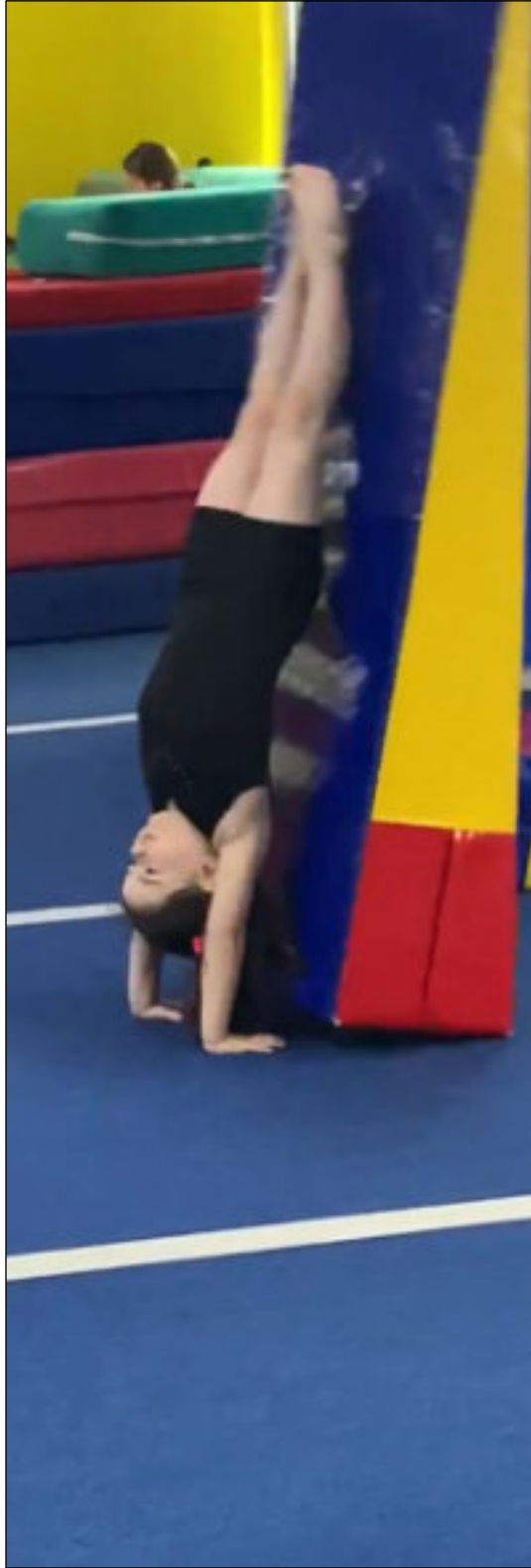
My ultimate goal in gymnastics is to excel and reach the highest levels of competition. I dream of standing on podiums, proudly holding medals and trophies, a testament to my dedication and hard work. My mother serves as my biggest motivator, constantly encouraging me to strive for my best even when faced with challenges.

The path to success in gymnastics is not without its hurdles. There are times when frustration sets in after missing a step or landing incorrectly. However, I have learned to embrace these moments as opportunities to learn and improve. I never shy away from analysing my mistakes and using them as stepping stones to achieve my goals.

I am confident that through unwavering determination and consistent effort, I will one day reach my dream of becoming a successful gymnast. The journey itself, with its triumphs and challenges, is shaping me into a resilient and dedicated individual, and that, in itself, is a valuable accomplishment.









# Vienna Parker

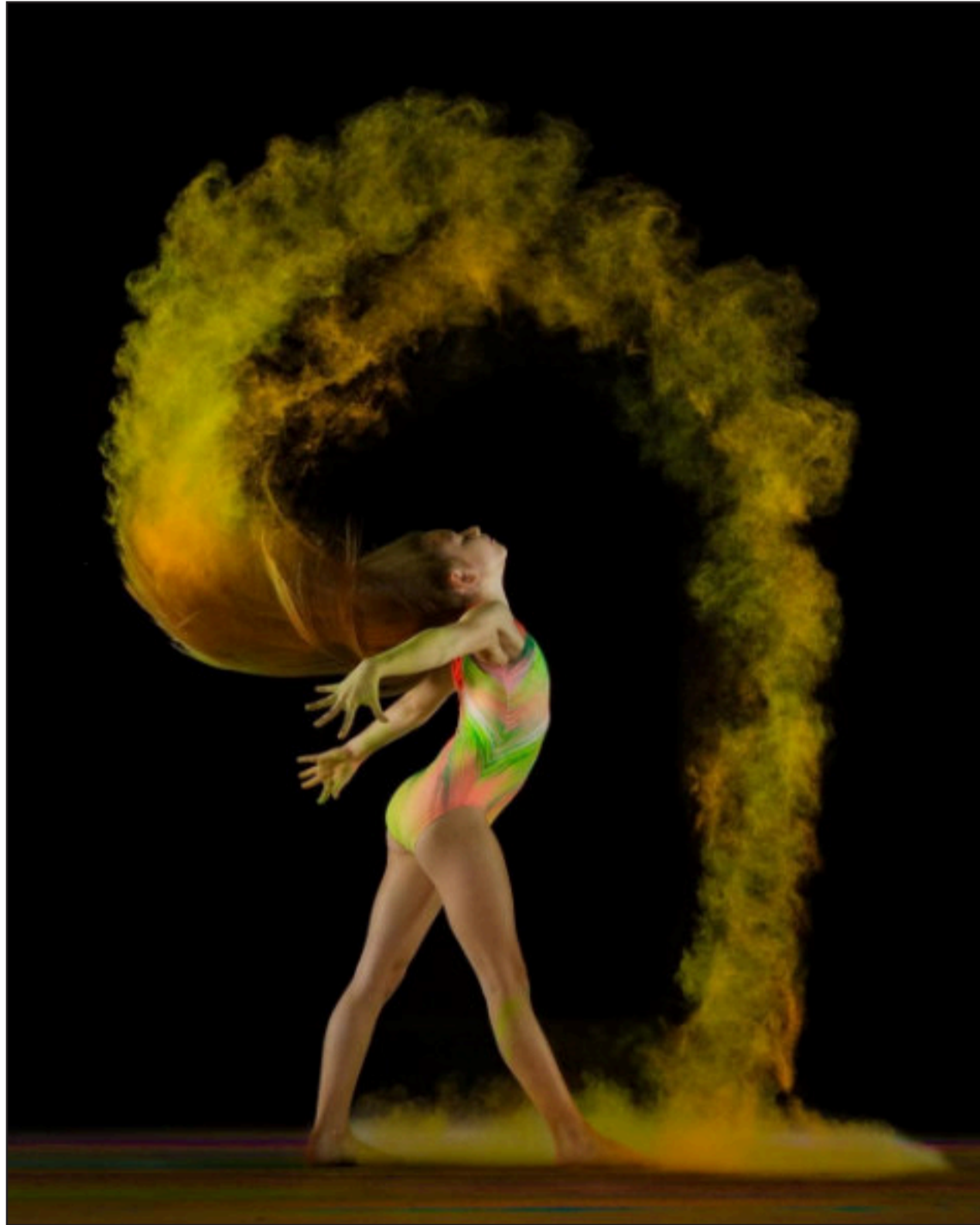


My name is Vienna Parker. I believe in creating my opportunities. My dream is to perform something in the United Nations. I know it is very difficult, still I work hard to achieve that status as the quote says - the

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.





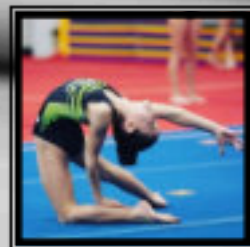




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