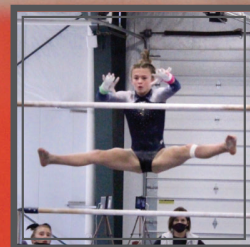


UPCOMING
GYMNASTS MAGAZINE



**Elsa
Kelly**

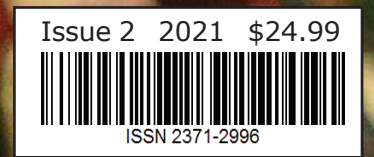


UPCOMINGGYMNASTS.com
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UPCOMING
GYMNASTS MAGAZINE



**McKinley
Luirette**



Mission Statement

Our Mission is to Promote Self-Esteem and Recognition to All Talents with Equal Opportunity and without any Discrimination

OUR MISSION STATEMENT

Our Mandate is to treat all Talents of all ages, gender, level of ability and expertise equally

PROMOTING SELF-ESTEEM & RECOGNITION



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Mia Seijas Garcia



Abby Williams



Abby Williams got her start in gymnastics at the age of four. After one trial class at Empire Gymnastics, her coach was impressed by her ability and strength and shortly after Abby was invited to join the team program at Empire. In 2017 at the age of six, Abby began competing as a level 2 in the spring and then level 3 in the fall. As a level 3, Abby won the bars title and finished second on floor and in the all around at the District Championships. At the Texas North State Championships, Abby won the floor title and came in second in the all around.

In 2018, Abby competed just one meet of level 4 and one meet of level 5 in order to prepare for her

2019 optional season. At her one and only level 4 meet, Abby won the floor title with a huge 9.90.

Abby began her optional career in January 2019 as a level 6 at the Alamo Classic. Here, Abby won the vault, bars, floor, and all around titles. Throughout the rest of the season, Abby finished first or second in the all around at every meet. Abby concluded her season at the Texas State Championships where she brought home gold medals on bars, beam, floor, and in the all around.

As a level 7 in 2020, Abby began her season at the Alamo Classic where she won the vault and floor titles and came in second in the all around.



Mia Seijas Garcia



Abby Williams



Since I was four years old, I started taking jazz classes and ballet and having festival presentations. Then at the age of six years old, I took my first aerial classes and since then I love it too much. Right now I do acrobatic, jazz, hip hop, aerial dance and aerial hoop.

When I dance or do aerials skills, I always find peace, joy and the power to show my emotions through the music and the movements. There's always many challenges in the process of getting better. When dancing, sometimes you get hurt trying to get more elasticity. When

doing aerials and aerial hoops, your legs or arms get very tired. But I think that the passion that I have for learning new movements in every discipline, makes me forget the pain or anything that I'm passing through.

I love being on stage, sharing good moments and making memories. I also love to make new friends everywhere, and people know me as a smiling person who always shows happiness.

Although I'm only nine years old, I have had the opportunity to

gather recognition for my dancer achievements a few times. I also started to compete in 2016. In March 2020 I won two medals of first and second place competing in aerial dance at the Expression Dance Competition.

I'm looking forward to keeping competing in the future and winning more medals, but most importantly, the opportunity to keep learning, sharing experiences with other coaches and competitors around the world and making new friends.

Mia Seijas Garcia



Abby was able to compete four meets during the 2020 season and won the all around title at two of the meets. Unfortunately, due to the COVID-19 pandemic, Abby's season was cut short as the remainder of the season was cancelled.

In 2021 Abby competed level 8 she started her season of strong.

Abby won vault, floor, and all around titles all season. Abby also won all around at State and

Regionals she finished the season strong. Abby now is training for level 9 season 2022

Currently, Abby trains 25-30 hours per week under coaches Beatrice Mihaila Crivineanu, Chris Brashier and Jose at Empire Gymnastics Academy. Abby's goal for the 2021 season is to score a 10.0. In the future, Abby wants to become a gymnastics coach.

Abby Williams



Victoria Sánchez



Alyse V.Crawford



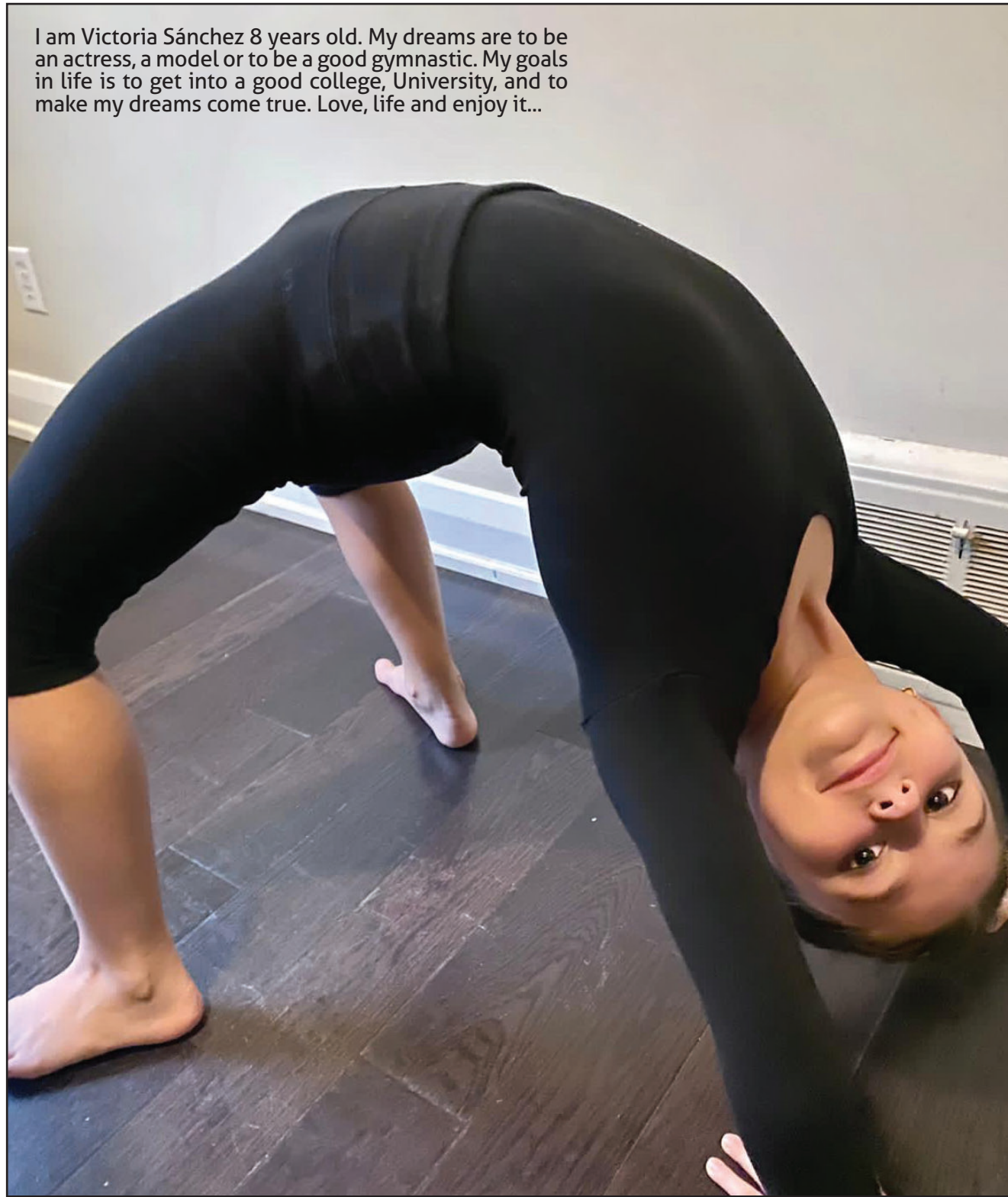
Alyse has been in love with gymnastics since she started in Okinawa, Japan, while her dad served in the Air Force. She started in mommy and me classes and is now on an xcel team silver level. Before Covid she competed in her first 3 competitions and placed 1st all around in all 3.

She credits her talents to God and her coaches at Gymnastics Inc in Hampton Va. They have helped her focus, point her toes and still have fun. She has big dreams of hopefully going to the Olympics. She's a huge Biles and Ohasi fan. It's me vs me!

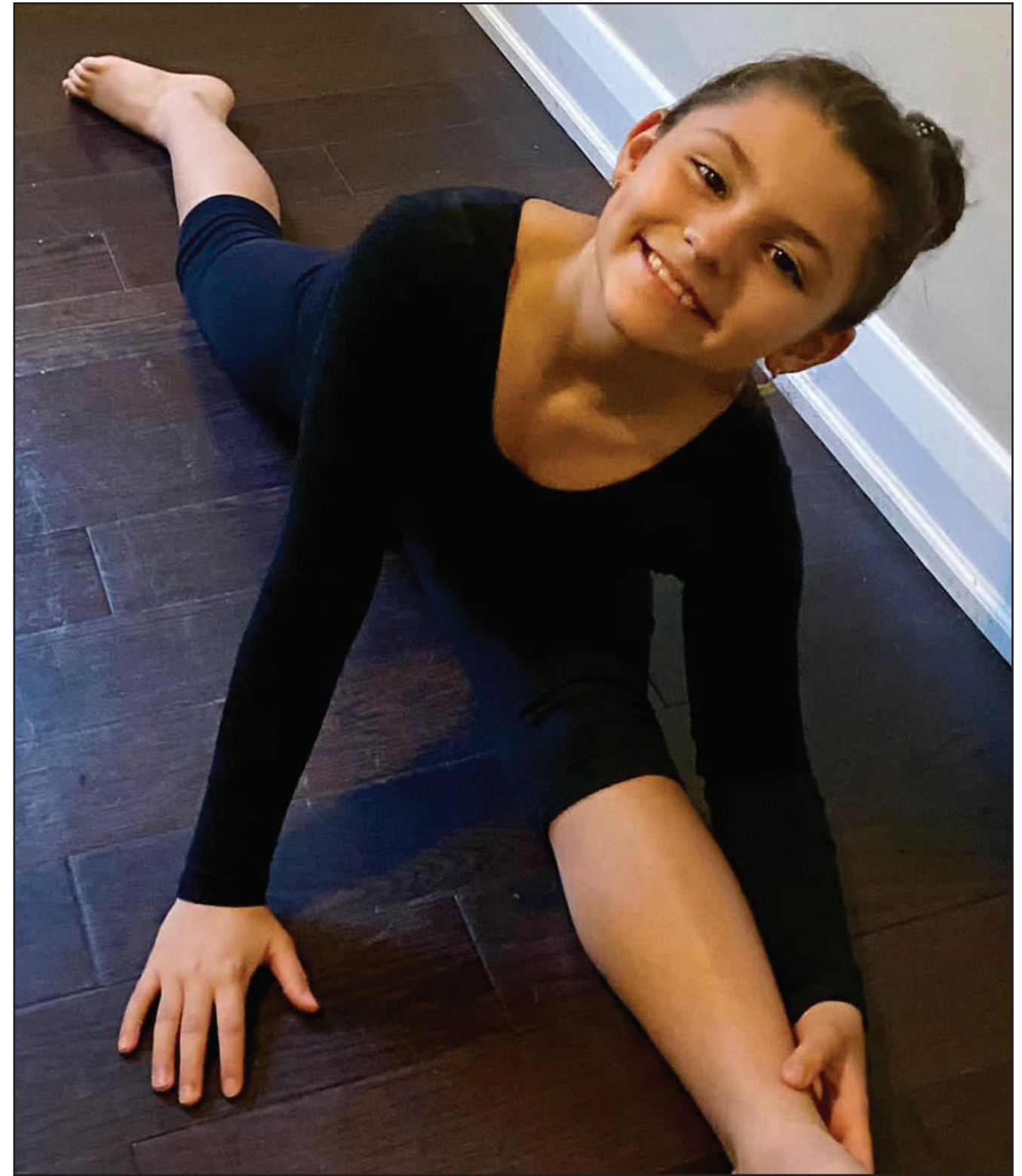


Victoria Sánchez

I am Victoria Sánchez 8 years old. My dreams are to be an actress, a model or to be a good gymnastic. My goals in life is to get into a good college, University, and to make my dreams come true. Love, life and enjoy it...



Alyse V.Crawford



Victoria Sánchez



Angelina Novikova



thanks to everyone at VIP Gymnastics in The small community of Spring Branch, Texas.

We have a saying- "Autism doesn't define McKinley. She has taken it by the reigns and is in complete control". Gymnastics has completely changed Mac's whole world! She is even excited about going to overnight Gymnastics Camp at TWU

this Summer. McKinley also has big aspirations of competing in college. Big dreams for our girl!

None of her journey would have been possible without her coaches and team at VIP. We couldn't be more thankful for what this sport has done for our little girl and our family. Autism is beautiful and so is our McKinley!

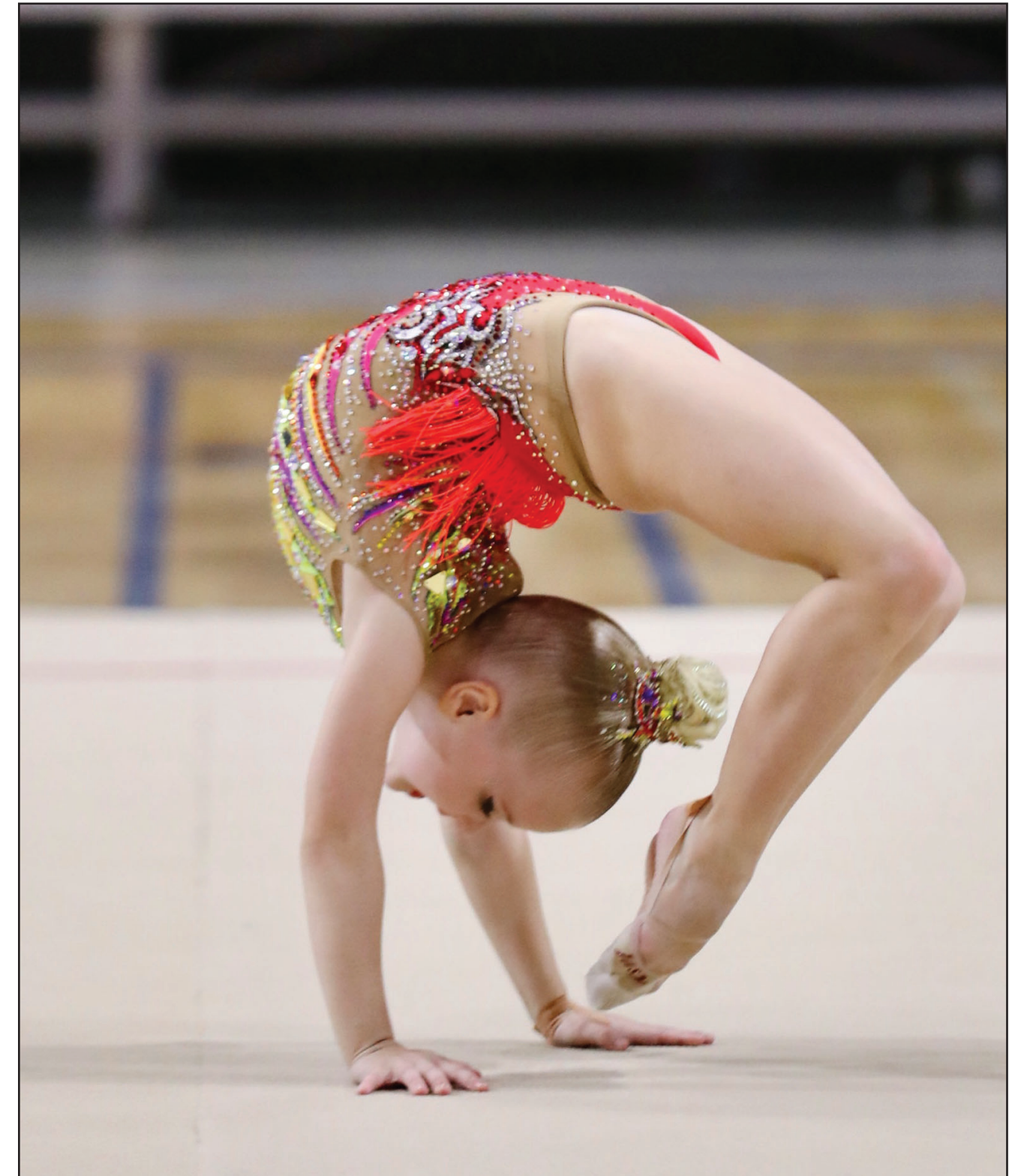
McKinley Luirette Mac

Every meet and practice she got better and better. Her confidence started shining through. She started speaking more and doing better in school. Her melt downs became fewer and further apart. Mac had friends at school and definitely at the gym. She was able to make eye contact and communicate with her coaches and friends. The change was UNBELIEVABLE!

Like every gymnast, she has had set backs and mental blocks. Level 4 was rough and it took 8 months for that darn kip. Thankfully her coaches are so patient and she continues to overcome

any obstacles thrown her way. After 5 years of competing and nearly 100 medals later, Mac is now 13 years old and just competed Level 8 this past season. That's Level 2-8 in just 5 years of competition. What a ride this has been for her and us!

Who would of thought a simple phone call to a local gymnastics center would be a phone call that changed this little girls life! McKinley went from this very closed up and uncertain child to a confident, strong and talented teenager. She is thriving in an environment that she feels safe in



Angelina Novikova



Robert Stone Nadel Photography
ROBERTSTONENADEL.COM

Little 6 years old Rising Star and high ranking gymnast Angelina Novikova from Upland was selected to represent California at Nationals this year in June in Indianapolis! It's unbelievable that at such a young age there is so much talent, dedication, and strength this little girl has. Angelina was competing with the best and the strongest gymnast all over America in level 5 in age category under 12 years old! Despite being the youngest competitor, she is also one of the strongest! Angelina lives in Upland and trains in Temple City Rhythmic Academy every day

from 4-8pm with a very strong dedicated coach Alina from Ukraine. Angelina loves Rhythmic Gymnastics and proudly represents her Club.

At such a young age she won already numerous of competitions. There are 3 different routines gymnasts have to do at tournament in level 5: FLOOR, HOOP and CLUBS! Judges give a certain score for each discipline and only one girl wins their Grand Champion title after all scores are combined!

With some concerns of her hurting herself, we reached out to a local cheer and tumbling group called Champions Cheer. Mac started classes and private sessions there and began to thrive. She caught on so quick! Champions had this high beam and McKinley always wanted to go on it. Her coach would reward her with a little extra time on the beam at the end of her private sessions. When she would come home, all she would talk about was that beam. She was hooked!

Knowing that she loved tumbling but she needed more, I reached out to our local gymnastics

center, VIP Gymnastics. McKinley started doing recreational classes in October of 2015. She finally found her thing! She was invited to join pre-team in January of 2016 and then to the Compulsory team in June of 2016.

Unsure of what she was fully capable, we were hesitant (to say the least) about her competing. Could she even do it? Will she freak out and have a melt down? Her Father and I were a bunch of nerves going in to that 1st Level 2 meet when she was the age of 9...and basically every meet since. But not Mac! She went out there and blew us away!

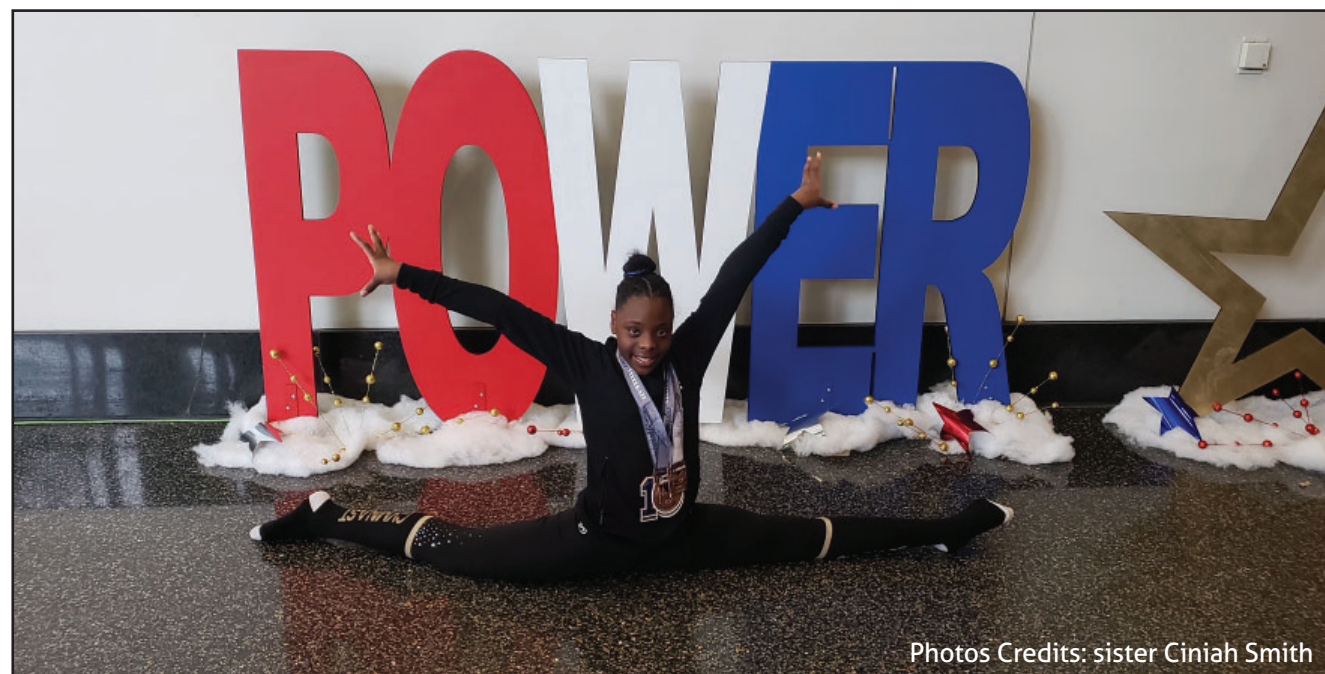


McKinley Luirette Mac



This year Angelina won several Grand Champion titles! Her coach says, "Angelina is a very talented gymnast and has a character of a champion! One day we will see her on pedestal at Olympic Games proudly representing the USA!"

Christian Smith



Photos Credits: sister Ciniah Smith



McKinley "Mac" was born 9 weeks early and spent her first month in the NICU. She was born with a condition called Torticollis, causing her neck muscles to contract, leaving her with limited mobility in her neck, shoulders and deformation of the skull.

With the help of physical therapy, she was able to gain most of her mobility back and a special helmet to reshape her head. Through the physical therapy process, other issues were detected. Mac had some pretty serious sensory issues and also needed occupational therapy and speech therapy starting soon after she was released from the hospital. Mac spent her 1st three years with therapists in and out of our home. We are still so very grateful for the therapy she received!

Some concerns of lack of cognitive skills were brought to our attention. McKinley didn't speak much and when she did they weren't coherent words but more of just sounds. The word Autism was mentioned when she was 3 years old and of

course we were in denial. No one wants to hear that there is something mentally wrong with your child.

When Mac reached the age of 6 and was getting ready to start Kindergarten, we finally decided to have her tested. It took hours and hours over a few weeks with all sorts of different doctors and sure enough, she was diagnosed with Autism. We were scared as we didn't really know what that meant. Will she be able to live a "normal" life?

When McKinley started Kindergarten she had a vocabulary of less than 50 words. She started receiving Special Education Services at school immediately. When Mac reached the 2nd grade we noticed a strange new sensory habit of always wanting to be upside-down. She would sleep, eat and even watch TV upside-down. We didn't think anything of it until one day McKinley was jumping on the trampoline and we found her teaching herself flips.

McKinley Luirette Mac



Christian Smith



Kayliá Butler



Claire Molnar



Claire Molnar is 13 years old, a 7th grader this year and is a Level 9 gymnast at Billings Gymnastics School located in Montana. She has loved this sport from the time she started at the age of 7. She works hard to maintain and gain her skills but does so with a big smile on her face! She has racked up many

medals in her gymnastics career including a few state titles and most recently added some medals from her regional meet. She qualified to compete at her first Western Championships this year and is looking forward to representing region 2 next week in Iowa. Her gym is her happy place. Her

teammates are her friends and she has wonderful coaches, Denis Berry and Kari Streets. She has aspirations to continue gymnastics as a college gymnast some day and strives to reach her goals with every practice!

Photos Credits: Kristina Molnar



Kfendii has been in gymnastics since the age of 5. She's loves sport. Currently she's is competing at USIGC level Gold. She has won ton ton of medal, ranking from 1st place to 4th place. Her favorite events are vault and floor. The motto she lives by is "if I never try I would never know how far I can get".

Kayliá Butler



Claire Molnar



Freya Cope is a Junior High Performance Athlete with goals of reaching the stars! Last season in 2020, Freya achieved 10th AA place at Elite Canada in the Novice National Category with an 8th place finish on Balance Beam. This was a very positive experience for Freya in her first debut into High Performance Gymnastics. As the season was cut short due to COVID-10 pandemic, the past 12 months has certainly been a roller coaster ride with reopening and further closures due to lockdowns. Attending 2020 National Gymnastics Championships would have been Freya's first. Not being able to compete was challenging for Freya... all of that hard work, the AA placement at Elite Canada thus earning High Performance status and then only Zoom training proved to be a difficult task.

During yet another Ontario lockdown in January, Freya's

father (who she is very close with) suffered from a heart attack which certainly shocked their family. Freya was naturally worried and concerned during her father's recovery, but she continued to Zoom train with her coaches and team mates. Freya knew that in order to hopefully compete this season, the Zoom training would be absolutely necessary to stay active, work on injury prevention, improve flexibility and work on mental training. Through the setbacks and challenges over the past year, Freya continues to show strong perseverance and determination to move forwards and achieve future goals. Her coaches- Lauren Mooney and Fiodor Martea of Kanata Gymnosphere are extremely proud of Freya. Despite many setbacks, where many athletes would have called in quits- Freya continued to strive for positivity and a goal of one day- making the Canadian National Team.

Freya Cope



Claire Molnar



Freya Cope



Dasha Dragunov



Freya Cope



Dasha Dragunov



Elsa is a 10 year old gymnast who has been training at Roots Gymnastics Center in Westfield Massachusetts since she was one. She just finished level 6 as a State champion! Elsas dedication and perseverance has made her the talented gymnast

she is today. She NEVER wants to miss a practice. Her goal is to continue gymnastics all the way through college. Gymnastics has taught Elsa at a very young age about strength , defeat , achieving goals and friendship.

Elsa Kelly



Dasha is engaged in gymnastics, dancing and figure skating. Dancing began to dance at the age of 2, now she is seven. During this time, Dasha became 2 times the finalist of the World Dance Sport Championship under the age of 12. Winner and Finalist of many major competitions in America. Wants to be the World Champion.



Elsa Kelly

