

# ELIZABETH GYMNASTICS



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# 2020-2021



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## 2019 State Champions!



## 2018

# TEAM HISTORY

## State Championships

### 2019

**Team - FIRST place!! 179.7**

Austin Coleman – 3rd AA, 3rd beam,  
8th floor & vault

Madison Lett – 3rd bars

Kylee Smith – 5th beam

Megan Montoya – 4th beam

Madison Montoya – 4th AA, 6th floor & beam

Bethany Breikss – 3rd vault, 5th bars, 8th beam

### 2018

**Team - THIRD place 176.3**

Emily Schaefer – 8th floor

Austin Coleman – 4th beam, 8th bars

Kylee Smith – 8th beam

Ashley Lindsey – 5th vault

Alea Rinehart – 4th floor

### 2017

**Team - FIRST place!! 179.15**

Anastasia Buzalsky – 1st AA, 1st bars, 1st floor,  
1st beam, 2nd vault

Emily Schaefer – 8th AA, 7th vault & beam

Aliyah Antounez – 3rd beam, 7th floor

Rachel Jorgensen – 2nd beam

### 2016

**Team - THIRD place 176.625**

Amanda Taylor – 7th AA, 6th vault

Lexye Wood – 4th floor

Ashley Lindsey – 4th beam

### 2015

**Team - SECOND place 177.175**

Lexye Wood – 2nd AA, 1st floor, 4th bars,  
7th vault

Amanda Taylor – 3rd AA, 3rd vault, 6th bars

Shelby Morgan – 5th vault, 7th floor

Dillon Lind – 8th bars

Megan Reynolds – 5th beam

Brooke Burton – 4th floor

Sydnee Eurich – 8th floor

### 2014

**Team - SECOND place 179.35**

Jessie Gerczynski – 8th AA

Shelby Morgan – 6th vault, 8th floor

Hayden Stout – 7th floor

Brooke Burton – 5nd AA, 4th beam, 6th bars

Amanda Taylor – 4th vault, 6th floor

### 2013

**Team - SECOND place 178.25**

Emily Reynolds – 2nd AA, 3rd floor & beam, 4th vault

Hailey Breikss – 5th AA, 4th bars

Alissa Poland – 5th floor & vault

Jessie Gerczynski – 5th beam & bars

### 2012

**Team - FIRST place! 179.425**

Danae Goldsberry – 2nd AA, 1st floor & beam,  
2nd bars & vault

Kimmy Peterson – 1st AA, 1st vault, 2nd floor,  
3rd beam, 5th bars

Emily Reynolds – 4th AA, 3rd vault

Hailey Breikss – 5th vault, 6th floor

Alissa Poland – 6th beam

Jessie Gerczynski – 6th bars

Shelby Morgan – 6th vault

### 2011

**Team - SECOND place 180.875**

Shayna Beshore – 4th AA, 1st beam

Danae Goldsberry – 2nd AA, 1st floor, 4th vault, 6th bars

Kimmy Peterson – 3rd AA, 2nd vault, 4th bars, 4th floor

Emily Reynolds – 6th AA, 5th beam

### 2010

**Team - FIRST place! 179.025**

Katie Cordova – 2nd AA, 1st floor, 3rd vault/beam

Amy Button – 6th AA, 2nd beam

Shayna Beshore – 1st beam, 4th floor

Danae Goldsberry – 5th AA, 3rd floor

Kimmy Peterson – 6th bars, 2nd floor

### 2009

**Team - FIRST place! 179.475**

Katie Cordova – 1st AA, 1st bars, 2nd beam/floor

Danae Goldsberry – 2nd AA, 1st floor, 2nd bars,  
1st floor, 3rd vault

Shayna Beshore – 4th AA, 4th vault, 3rd beam

Amy Button – 6th AA, 1st beam, 5th floor

Lindsay Bradford – 5th vault

Megan Crooks – 6th beam

## League All Conference

### 2019

**1st Team All Conference**

Madison Lett – bars

Bethany Breikss – vault

**2nd Team All Conference**

Austin Coleman – AA & floor

Kylee Smith – beam

Megan Montoya – vault

Madison Montoya – AA, floor & beam

Bethany Breikss – bars

### 2018

**2nd Team All Conference**

Emily Schaefer – AA

Austin Coleman – beam

Ashley Lindsay – AA & beam

Megan Montoya – AA

### 2017

**1st Team All Conference**

Anastasia Buzalsky – AA

**2nd Team All Conference**

Aliyah Antunez – beam

### 2016

**2nd Team All Conference**

Dillon Lind – floor

Amanda Taylor – vault

Lexye Wood – floor

### 2015

**2nd Team All Conference**

Lexye Wood – AA

Amanda Taylor – AA

Shelby Morgan – floor

Dillon Lind – honorable mention

Brooke Burton – honorable mention

### 2014

**2nd Team All Conference**

Jessie Gerczynski – AA

Brooke Burton – AA

Amanda Taylor – floor & vault

Hayden Stout – floor

Sierra Schwegel – vault

Dillon Lind – honorable mention

Shelby Morgan – honorable mention



### 2013

**1st Team All Conference**

Alissa Poland – floor

**2nd Team All Conference**

Emily Reynolds – AA

Jessie Gerczynski – AA

Hailey Breikss – vault & bars

Hayden Stout – bars

### 2012

**1st Team All Conference**

Danae Goldsberry – AA

Kimmy Peterson – AA

Emily Reynolds – vault & beam

Hayden Stout – bars

**2nd Team All Conference**

Alissa Poland – floor

Shelby Morgan – vault

# Meet the 2020-21 Team



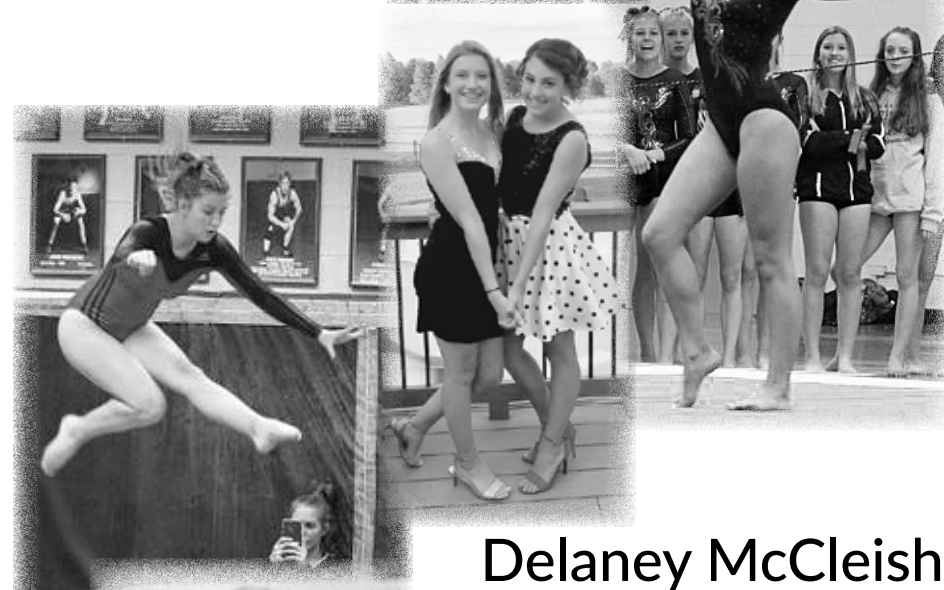
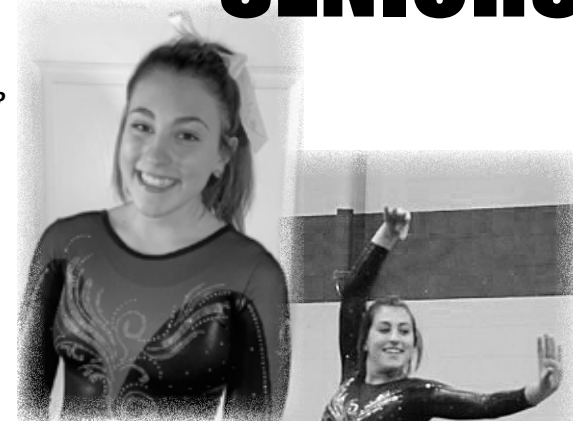
## Megan Montoya

**What is your favorite motivational quote?** "Doubt kills more dreams than failure ever will."

**How has Covid affected gymnastics?** Covid has definitely changed my last year as a high school gymnast, but it has given us as a team more time to work and more time to bond. It has changed how hard I work and how excited I am to get a season.

**What vegetable would you be and why?** I would be a tomato because they can be classified as a fruit or a vegetable making them very unique.

# SENIORS



## Delaney McCleish

**What is your advice for incoming freshmen?** Get out of your comfort zone and enjoy making lifelong memories and friendship with your teammates. The next 4 years are going to go by in a blink of an eye so enjoy it.

**How has COVID-19 affected gymnastics?** Covid has affected how we practice since we have to wear a mask. And having a shortened season for my last year is not fair, but it is something we have overcome as a team very well.

**Which one of Snow White's 7 dwarfs describes you best and why?** Happy dwarf because I try to see the best in every situation and love to make people smile and laugh.



# Juniors

(Listed in image order)

## Elle Mowbray

**What is your favorite motivational quote?** My favorite motivation quote/saying is either "Choke them on the ashes of the dreams they burned." from Val or "You'll be fine." also from Val.

**How has COVID-19 affected gymnastics?** I'm not sure Covid affected my gymnastics too much. During the shutdown last year, I got a lot stronger and more motivated which helped me get some new skills.

**What vegetable would you be and why?** I would be an onion so I can make people cry. Everyone needs a good cry.

## Kaylie Bott

**If you were invisible for a day, what would you do?** If I were invisible for a day, I would follow all my friends and scare them.

**How has COVID-19 affected gymnastics?** Covid has affected gymnastics because when we all had to quarantine, we had to figure out ways to keep up with our strength and flexibility since we weren't in the gym. Gymnastics is a year-round sport. So when we miss practices, it's difficult to come back. Covid made us miss three months. So we had to come back safely but also fast because we didn't know how our year and season would look. Personally, the whole situation just made me more motivated to do the best I can do in gymnastics before it's all over.

**What is your earliest gymnastics memory?** My first gymnastics memory is not mine because I can't remember. But my coach Val's first memory of me is when I was on pre-team, and I would run down the vault runway with my big glasses and a huge smile on my face.

## Courtney Tauger

**What are your goals for senior year skills?** To get a full twist in two tumbling passes and handstand on bars.

**How has COVID-19 affected gymnastics?** Covid has affected my gymnastics a lot because I have been in and out of the gym and have not been consistently there. I've had to come back multiple times and that has been hard. But it has been quite an experience that I will remember forever.

**If you had to sing karaoke, what song and why?** I would choose "Jar of Hearts" because as a child I would sing that to a karaoke game on the Wii with my mom, and I know every word.



## Lily Roncaglia

**If you were invisible for a day, what would you do?** Honestly, if I were invisible for a day, I would probably go get a lot of free food. Other than that, I would probably mess with my little brother.

**How has COVID-19 affected gymnastics?** Covid made coming back to gymnastics a little difficult, but with help it wasn't hard to get back to 100 percent. It's a little weird practicing with masks or for shorter times, but overall, it has made me grateful for any opportunity in the gym. It helped me put into perspective the time I have left and to make every practice like it's the last.

**What is your earliest gymnastics memory?** My earliest gymnastics memory would be Val taking a picture of me doing a pancake to put on the "Pancake Club" poster.

## Morgan Mortensen

**What is your advice for incoming freshmen?** Warning! You are going to cry when your seniors leave. You are going to make friendships that will last a lifetime, so make bonds with your teammates. And Honestly just have fun and make the best out your first year. You'll have many more to come.

**How has COVID-19 affected gymnastics?** It has been stressful with our season being pushed back and having to quarantine off and on but we got the opportunity to take the time and prepare. Covid has made us realize what really matters, and I'm hoping we all are taking advantage of the opportunity to be able to even compete this year.

**Which one of Snow White's 7 dwarfs describes you best and why?** If I were to describe myself as one of the 7 dwarves, I would claim the title of Sleepy, because I love my naps. I get a nap in before most practices.

## Kaylee Settle

**What are your goals for senior year skills?** I hope to have a back full twist dismount on beam, a tsuk on vault, and a pirouette on bars.

**How has COVID-19 affected gymnastics?** Covid has affected gymnastics by making us take advantage of the time we have in the gym, because we never know when it could get shut down again.

**If you had to sing karaoke, what song and why?** I would sing "Freaking Out the Interstate" because it's a nice song.



# Sophomores

(Listed in image order)

## Madison Montoya

**If you were invisible for a day what would you do?** I would walk around and help people out.

**How has COVID-19 affected gymnastics?** Covid had given us less time to practice and taught me to not take the time I have to practice for granted.

**What is your earliest gymnastics memory?** My earliest gymnastics memory is when we were practicing the level 3 floor routine for a competition.

## Bethany Breikks

**What is your favorite motivational quote?** My favorite motivational quote has always been, "If your dreams don't scare you, they aren't big enough." This applies heavily to the sport of gymnastics because the skills we do can seem absolutely terrifying and crazy at times. So when you think about what skills or goals you want to reach in life they should scare you. It's important to push yourself to reach such seemingly impossible goals because you will be surprised at how good you actually can be.

**How has COVID-19 affected gymnastics?** COVID-19 has changed life in ways nobody has ever experienced before. For me and my teammates, it immensely changed how we practiced. We literally couldn't go to the gym for months. Some may only remember how terrible it was to be out of the gym, but I believe a lot of good came from that too. We would do Zoom workouts almost every day. I believe that made us the strongest we have ever been and made us all super close. It gave us a new appreciation of the sport and led us to realize how much gymnastics really meant to us.

**What vegetable would you be and why?** I would be a squash because it's not the first vegetable you think of, and it's a little different from all the rest which I relate to. Also, I resonate with squash because I absolutely squash the competition!

## Sydney Kissinger

**What is your advice for incoming freshmen?** Don't stress at meets. Just go out and have fun in your routines. Also, your teammates will always be there for you. We are like one big happy family!

**How has COVID-19 affected gymnastics?** Covid has affected the gymnasts tremendously. We have to wear masks at practice, wash/sanitize every time we switch rotations, carry our own chalk and our season was even pushed back by several months.

**Which one of Snow White's 7 dwarfs describes you best and why?** The dwarf that best describes me is Happy because I try to bring fun into the gym as much as I can. Gymnastics is supposed to be fun, and I love enjoying the sport with all my teammates.



## Samantha Davidson

**What is your advice for incoming freshmen?** My advice for the freshman would be to go with the flow and to have fun.

**How has COVID-19 affected gymnastics?** Covid has affected my gymnastics because it has made our season shorter with less time to prepare.

**Which one of Snow White's 7 dwarfs describes you best and why?** Bashful best describes me because I can be shy at times, and when I get compliments I tend to be modest.

## Mira Wolitzky

**What is your favorite motivational quote?** "I can do all things through Christ who strengthens me."- Philippians 4:13

**How has COVID-19 affected gymnastics?** Due to Covid we were unable to practice for 3 months. Instead of practice we did Zoom strength almost every day and it really increased my strength.

**What vegetable would you be and why?** I would be a tomato because tomatoes have a lot of depth.

## Ava Archer

**What are your goals for senior year skills?** By my senior year I hope you have accomplished many new skills, but the biggest one would be a kip. I definitely plan on winning my bet with Megan by then.

**How has COVID-19 affected gymnastics?** Covid has affected gymnastics greatly. It has put us at a disadvantage when it comes to practicing, especially the first couple months of Covid. However, I would definitely say we stayed strong and pushed past the challenge.

**If you had to sing karaoke, what song and why?** I would choose to sing "Party In The USA" by Miley Cyrus because everyone knows every lyric to that song and it would be amazing.

## Jocelyn Jackson

**What is your favorite motivational quote?** "No one ever drowned in their own sweat." Meaning no one has died because they continued to keep moving no matter the setbacks or challenges.

**How has COVID-19 affected gymnastics?** I think it affected gymnasts. It really set us back. Even when we did get to practice in the gym, we had to take time away by washing hands after each event. Staying far enough away from each other made it hard to have multiple people on an event at the same time. There were challenges of maybe losing strength and some skills. I think we did lose some valuable time, but we were able to gain it back slowly with every chance we got. We are a great team that works hard for what they want. So even though it was hard, a lot of the girls were able to go back to their usual training.

**What vegetable would you be and why?** I really have no idea. Maybe asparagus because I am flexible. It can bend in cool ways and is kind of shy in that no one really knows about it. No one really knows me until they meet me.

## Emme Dunn

**What are your goals for senior year skills?** For senior year, I hope to improve most of the skills I am working on and be more consistent. I hope by that time I will have a roundoff full twist off the beam, a full and a half twist on floor, and a flyaway full twist or straddle-back on bars.

**How has COVID-19 affected gymnastics?** Covid has affected gymnastics by not allowing us to have our regular season and practices. It has made me be more grateful to be able to practice and realize how much I missed doing gymnastics during quarantine.

**If you had to sing karaoke, what song and why?** I would choose "Hurricane" by Bridget Mendler because it is a pretty good bop.

# Freshman



## Paisley Gammel

**What are your goals for senior year skills?** I want to have a front full twist, punch front layout by senior year.

**How has COVID-19 affected gymnastics?** Covid was really hard with gymnastics because we didn't get to have a normal season, and we didn't get to do a lot of the things we would normally do.

**If you had to sing karaoke, what song and why?** I would choose the song "Hey Ya!" by Outcast because it is such a fun song.

## Bria Hundley

**If you were invisible for a day, what would you do?** If I was invisible for a day, I would rob a bank for money, pack up all my clothes and move to Hawaii.

**How has COVID-19 affected gymnastics?** Covid has made me stronger from when we were quarantined but less confident in myself which is something that I'm working very hard on getting back.

**What is your earliest gymnastics memory?** My earliest gymnastics memory is my favorite coach I had teaching me a cast handstand. I still remember some of things he said to me that made me believe in myself more than I ever had because I knew he believed in me.



# Stacey Folmar

## Head Coach

Former USGF and YMCA competitive gymnast.

Has coached developmental and competitive gymnastics for 31 years while working at gyms in Pennsylvania, Louisiana and, for the last 17 years, in Colorado.

Head coach of the EHS Gymnastic Team since its beginning in 2006. Coached the EHS team to a 1st place at the State competition in 2009, 2010, 2012 and 2017.

2009 4A Coach of the Year  
2010 All Colorado Coach of the Year  
2012 4A Coach of the Year

Owner of ChalkBox Gymnastics in Elizabeth, CO which is beginning a 13th season with over 80 competitive gymnasts on the team.

Chairman of CHSAA Gymnastics Committee since 2014.

# Val Koppinger

## Assistant Coach

Former competitive gymnast in both CARA and USAG gymnastics leagues.

Has coached both developmental and competitive gymnastics for over 19 years in Elbert County.

Coach of the EHS Cardinal Team since its beginning in 2006. Coached the EHS team to a 1st place at the State Competition in 2009, 2010, 2012 and 2017.

Employed as a team coach at ChalkBox Gymnastics for 13 years.  
Completed CHSAA judges training in 2010.

# Coaches



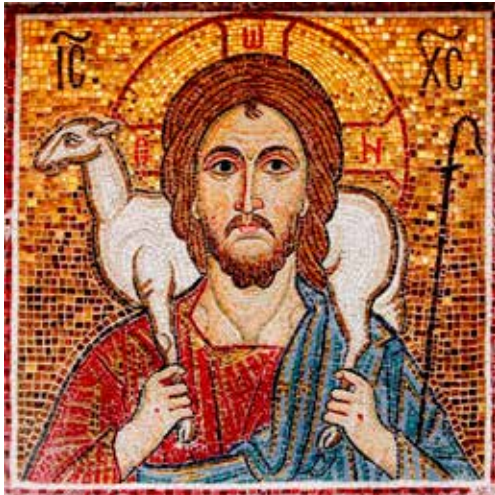
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*He saith unto them, "Come and see."*

— John 1:39



**What**

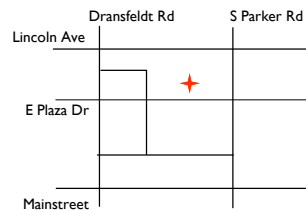
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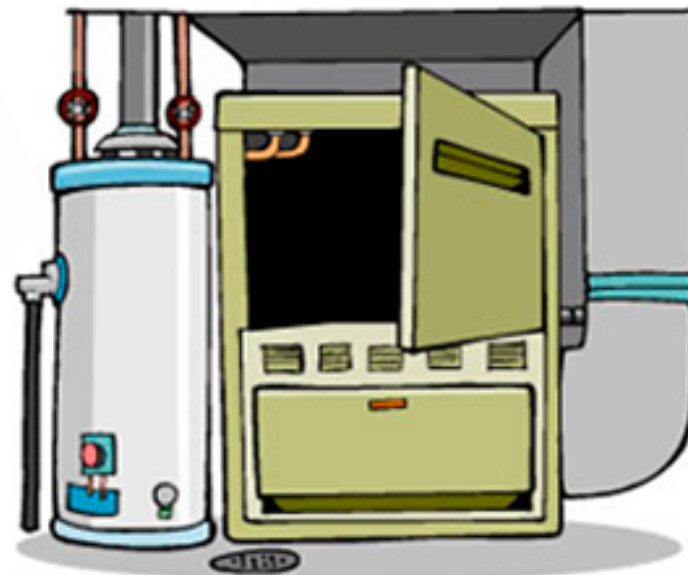
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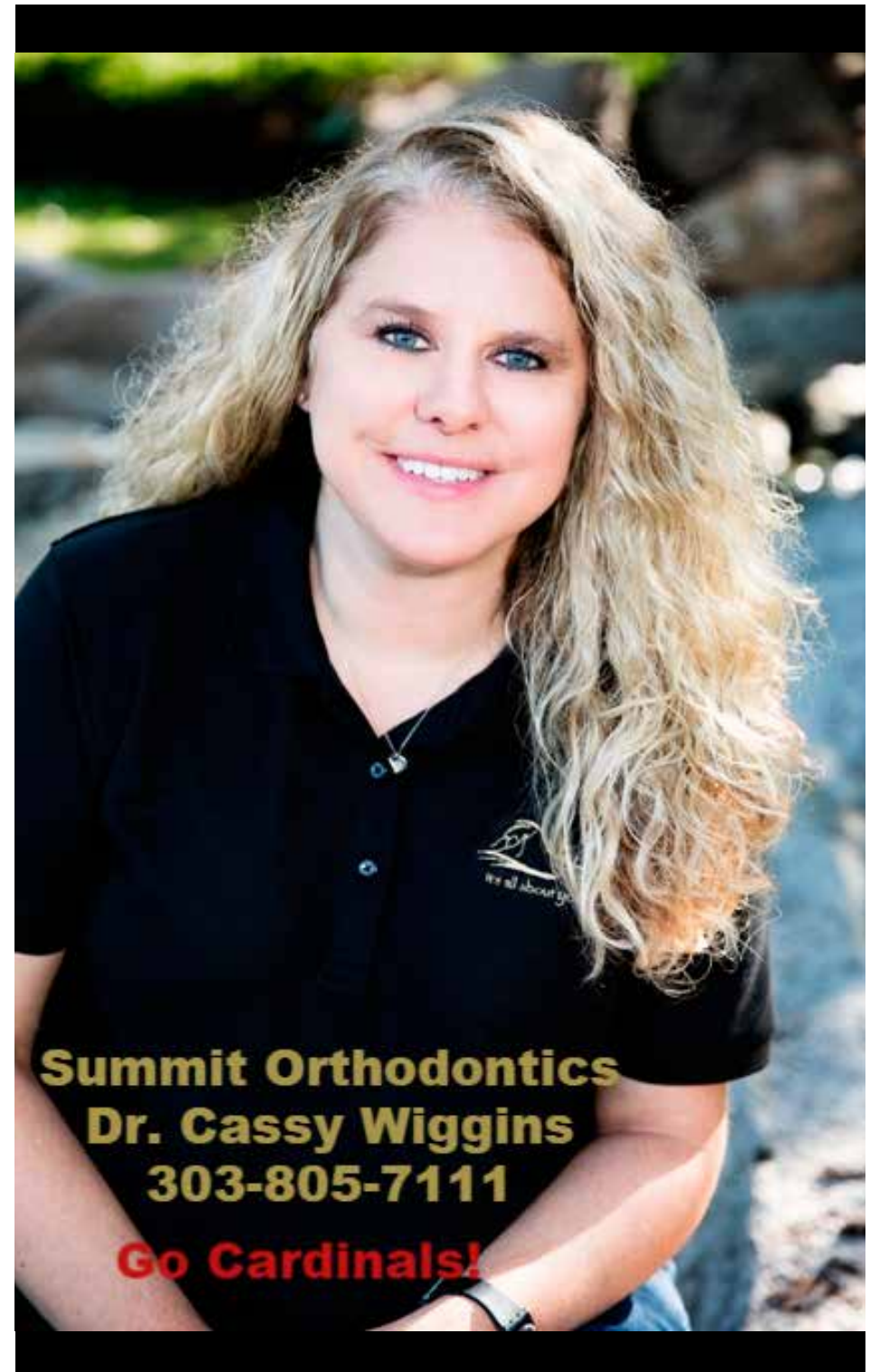
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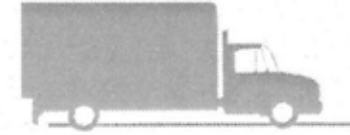
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