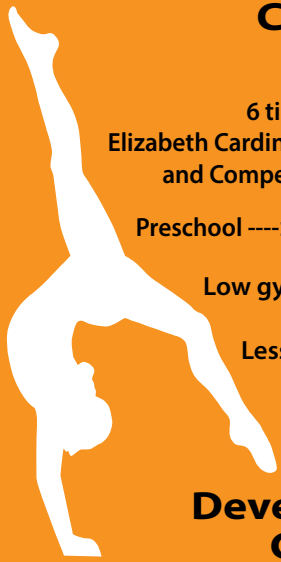


ELIZABETH  
*gymnastics*  
2021



Committed  
Confident  
Consistent...  
*Carry on* iii



## Competitive Teams

6 time State Champions  
Elizabeth Cardinals gymnastics team  
and Competitive C.A.R.A. teams

Preschool ----> Competitive teams

Low gymnast/coach ratios

Lesson planned for fun  
AND skill mastery

## Developmental Gymnastics



# ChalkBox

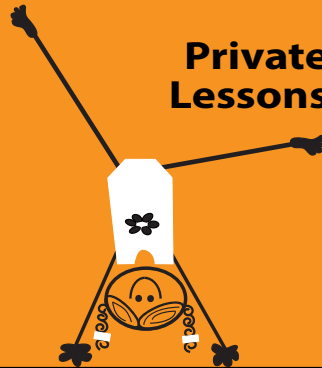
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# EHS Celebrates



## 2020 *State Champions* 2019



# TEAM HISTORY

## State Championships

2020

**STATE CHAMPIONS! 177.55**

Bethany Breikss – 2nd AA, 1st vault,  
6th floor, 8th beam

Sydney Kissinger – 4th AA, 2nd vault, 3rd floor

Madison Montoya – 5th AA, 7th floor

Samantha Davidson – 7th bars

2019

**STATE CHAMPIONS! 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

**STATE CHAMPIONS! 179.15**

Anastasia Buzalsky – 1st AA, 1st beam,  
1st bars & floor, 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

**STATE CHAMPIONS! 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 flr, 4th vault, 6th bars

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

Emily Reynolds – 6th AA, 5th beam

2010

**STATE CHAMPIONS! 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

**STATE CHAMPIONS! 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

2020

**1st Team All Conference**

Elle Mowbray – AA

Bethany Breikss – AA, vault & bars

Sydney Kissinger – floor & beam

**2nd Team All Conference**

Megan Montoya – vault

Elle Mowbray – bars & beam

Emme Dunn – AA

Madison Montoya – floor & beam

Bethany Breikss – floor

Sydney – vault

Mira Wolitzky – floor

Samantha Davidson – bars

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

## League All Conference

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





Wishing these two & the rest of the  
2021-22 EHS Gymnastics Team, the Best Season Yet!!

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# Meet the 2021 Team SENIORS

## Elle Mowbray

**Why do you think our team is so successful?** I think our team is so successful because we have great coaches that make us work hard even when we don't want to, and we support our teammates both inside and outside of the gym.

**If you were a fantasy creature, what would you be and why?**

If I could be a fantasy creature I would be a smurf because they're very cute, and I just like everything about them. I think I would want to be Papa Smurf specifically.

**Do you prefer practices to be in the mornings or nights, and why?**

I definitely prefer morning practices because I'm not as tired, and I have more motivation to be productive after practice. Night practices also remind me of school and homework which I don't like.



## Kaylie Bott

**Why do you think our team is so successful?** I think our team is so successful because we have a very close bond with our teammates.

Whether we have done gymnastics all together forever or if some joined later, we are still as close as we can be from spending so much time together. Our coaches are another big reason because they push us to be the best we can be. They know our limits and keep us moving forward.

**Where is the coolest place you've done any sort of gymnastics?** I would say the coolest place I have done gymnastics was on the beach in Aruba.

**What made you fall in love with gymnastics?** When I was younger I would've said it was the feeling of flying and knowing you have control of what your body does (well, most of the time), but now I would say it's also the people that come with the sport. Whether it's the teammates or outside people that just support what we do, knowing everyone I know now made it all worth it.



# SENIORS

## Courtney Jauger

**Why do you think our team is so successful?** I think our team is so successful because we all are so close and when we walk into the gym we all want the same thing... to improve the team. I believe that really motivates us to do our best making us successful.

**What Disney story would you want to be a part of and why?** I would want to be a part of the Disney story Beauty and the Beast because it is my favorite Disney princess movie, and I would love to experience it.

**What is your favorite part about home meets?** My favorite part about home meets is the support from the stands and audience. There's just a lot of positivity in the gym when we are at home meets and having the huge audience supporting us makes it a lot of fun.



## Kesiana Reid

**Why do you think our team is so successful?** I think we have a successful team because we work hard at practice and push each other to be the best gymnasts we can be.

**What Disney story wouldn't I want to be a part of and why?** If I could be a part of any Disney story I would want to be a part of The Little Mermaid. I would love to live in the water with all the mermaids and fishes and just have fun swimming all day.

**What is your favorite part about home meets?** My favorite part about home meets is the fact that everyone has the opportunity to compete, and all of our friends and family can come support us and cheer us on.

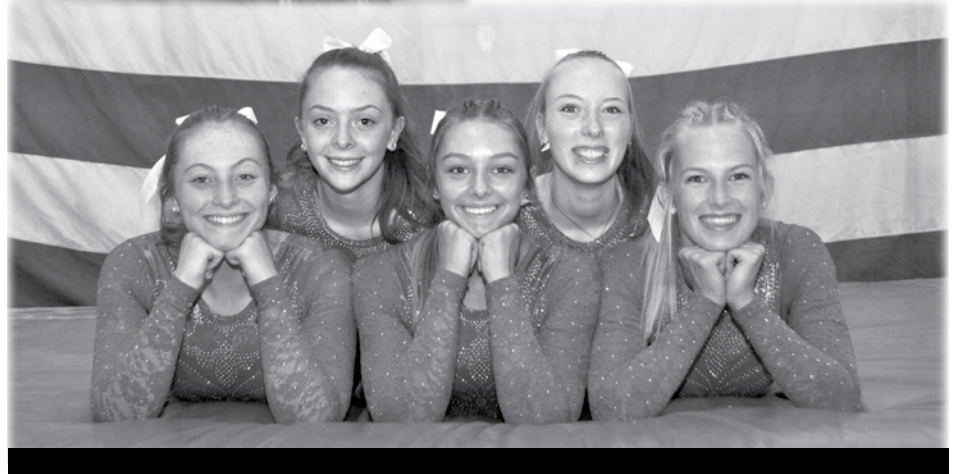


## Morgan Mortensen

**Why do you think our team is so successful?** We are so successful because of the bonds that we have built together throughout the years. Some of us have known each other since we were little, others we get to know throughout the full time we practice. We all have a place on this team, being a championship team is our job, and together with our connections we are a force to be trifled with.

**Would you rather live under water or in the sky?** I would rather live under the sea as a mermaid because there is so much of the unknown down there that would be fun to explore. As well as mermaids are cool.

**What gymnast do you look up to and why?** I look up to my coaches Stacy, Val, Dillon, and all the others I had growing up in this sport, who are all still gymnasts at heart. They always know what to say and how to push me to where I am today. I also look up to my 2 BFF's Kaylie and Elle. They always know how to push me in the right direction and watching them push through their own heart ache makes me think I can do it too.



(Listed in image order)

# JUNIORS

## Sydney Kissinger

**Why do you think our team is so successful?** Our team is successful because we all have a good work ethic. We also are more like sisters and get along so well and support each other no matter what. That bond is what helps us come together at state and win.

**What Disney story would you want to be a part of and why?** Honestly, I would be part of Princess and the Frog because some of my teammates see me as a frog. Apparently my spirit animal is a frog.

**What is your favorite part about home meets?** My favorite part of home meets is Cotton-Eyed Joe. We usually do it for warm-up as a team and sometimes the opposing teams will join and it's just a good time for everyone there. It's a great way to start a meet.

## Mira Wolitzky

**Why do you think our team is so successful?** I think our team is so successful because we are always there for each other, and no matter what kind of meet I am having, I know I can always depend on my teammates to pull through for me.

**If you could be a fantasy creature, what would you be and why?** I would be Elastigirl because I am very flexible.

**Do you prefer practices to be in the morning or at night and why?** I like morning practice better because you are more refreshed so you can work harder.

## Bethany Breikss

**Why do you think our team is so successful?** I believe our team is so successful because of the expectation we set for ourselves and how we hold each other accountable for everything we try to accomplish at practice and meets. We constantly support each other and take what we do seriously while also having fun. I believe the people on our team also have an impressive commitment to this sport and team as well as having great leadership.

**Where is the coolest place you have done any sort of gymnastics?** The coolest place I have done gymnastics is the Air Force Academy Camp. Some of the coaches there had coached college gymnastics and gave me very impressive insight. Also, it was just amazing to be able to watch such amazing gymnasts at such a high level and try new skills.

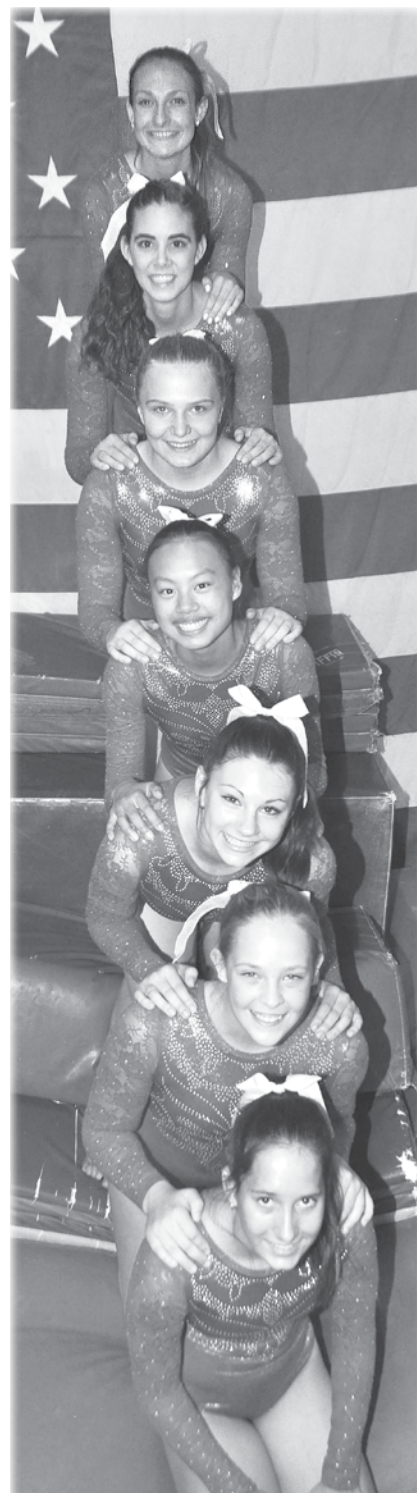
**What made you fall in love with gymnastics?** I have done gymnastics for as long as I can remember, but what made me fall in love with the sport is just the strength it takes physically and emotionally. It's not always easy, but once it all comes together it's such an amazing feeling and you know you have really accomplished something. Also, the high school team and the environment I have grown up in, when it comes to coaches and people, have made this sport so important in my life.

## Samantha Davidson

**Why do you think our team is so successful?** I think our team is so successful because we put a lot of hard work and dedication into what we do.

**Where is the coolest place you have done any sort of gymnastics?** The coolest place I have ever done gymnastics was at West Point.

**What made you fall in love with gymnastics?** What made me fall in love with gymnastics was that I could swing on the bars, bounce on the trampoline, and jump over challenging objects without getting hurt.



## Madison Montoya

**Why do you think our team is so successful?**

Our team is so successful because of the amount of hard work we put in and how we all support one another.

**Would you rather live underwater or in the sky and why?** I would rather live underwater because I would be able to see and swim with all of the fishies.

**What gymnast do you look up to the most and why?** I look up to my sister, Megan, because even though it was tough, she pushed through till the end and came out with three state championships.

## Jocelyn Jackson

**Why do you think our team is so successful?**

I think the team is successful because of our willingness to fight for what we want. As a team we can work together, we are able to keep each other accountable, and we can help one another get new skills. We always are there for each other, and this makes us overall a strong and well bonded team.

**Where is the coolest place you have done any sort of gymnastics?** The coolest place I have ever done gymnastics would be on top of Pikes Peak.

**What made you fall in love with gymnastics?** I fell in love with gymnastics because I had always been flexible, and would sit in weird poses and show everyone that I could do what most gymnasts could. Not only that but my brother would do flips, and he would teach me how to do front tucks and other tricks on the trampoline.

## Emme Dunn

**Why do you think our team is so successful?**

I believe the reason why our team is so successful is because of how hard we push ourselves and each other to be our best. We all value our time on this team and really work hard to meet our goals.

**If you could be a fantasy creature, what would you be and why?** I would want to be a talking dog because I like dogs, and I like to talk.

**Do you prefer practices to be in the morning or at night and why?** I would rather have practices in the mornings because in the summertime it's cooler and you have the rest of the day to relax.

# UNDERCLASSMEN

(Listed in image order)

Sophomore

*Bria Hundley*

**Why do you think our team is so successful?** I think our confidence in each other as a whole really helps our success. I also think our team is like a family. We all put trust in each other to get our jobs done.

**If you could be a fantasy creature, what would you be and why?** I would be a mermaid so I can explore the ocean and have fish friends but still be human at points in my life.

**Do you prefer practices to be in the morning or at night and why?** I prefer them at night because I feel more rested and excited to do gymnastics. I also feel more motivated.



Freshman

*Kyla Wolitzky*

**Why do you think our team is so successful?** I think our team is successful because we encourage each other and work hard.

**Would you rather live underwater or in the sky and why?** I would rather live in the sky because you can watch all the people below.

**What gymnast do you look up to the most and why?** I look up to Bethany because she works hard and isn't afraid to try new things.

Sophomore

*Paisley Gammel*

**Why do you think our team is so successful?** I think our team is so successful because of how close we are and how much support we give each other. We always try to help each other, and I think it really helps us get closer. Anytime I'm with the team, I can always count on them to make it a good time.

**What Disney story would you want to be a part of and why?** If I was able to be in any Disney story I would be in Beauty and the Beast. Not only is this my favorite Disney movie, but I love the story. I think it sends a really great message that you can find beauty even in the ugliest situations.

**What is your favorite part about home meets?** My favorite part about home meets is seeing how much support the staff gives us. And even though it sounds crazy sometimes setting up the gym can be pretty fun.

# Stacey Folmar COACHES

**Head Coach**

Former USGF and YMCA competitive gymnast.

Has coached developmental and competitive gymnastics for 32 years while working at gyms in Pennsylvania, Louisiana and, for the last 18 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, 2017, 2019 and 2020.  
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 14th 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 20 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, 2017, 2019 and 2020.

Employed as a team coach at ChalkBox Gymnastics for 14 years.

Completed CHSAA judges training in 2010.



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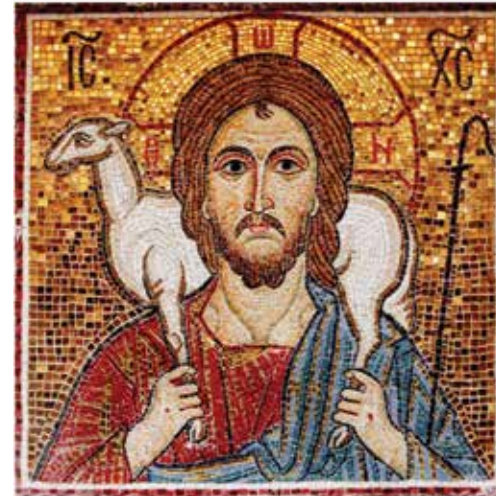
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*He saith unto them, "Come and see."*

— John 1:39



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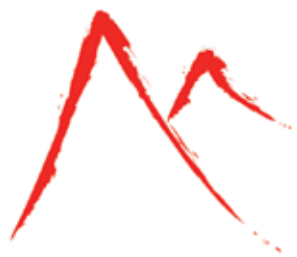
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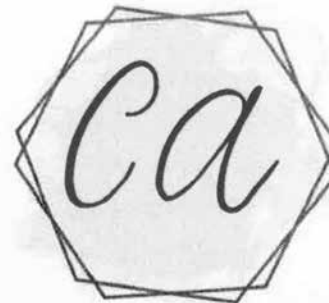
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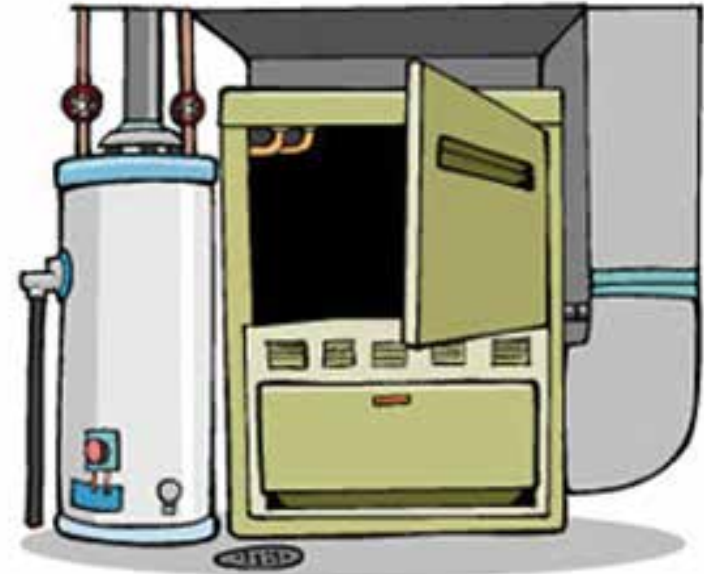
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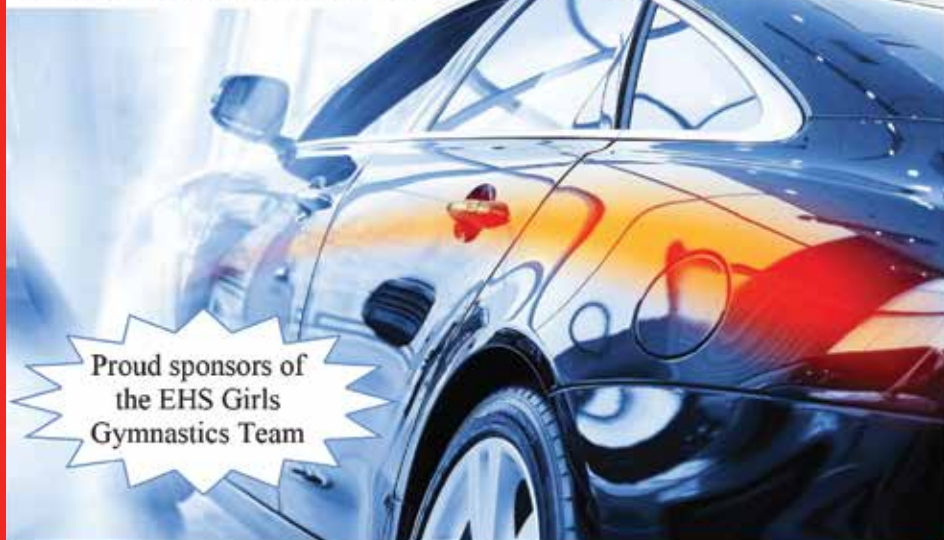
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