

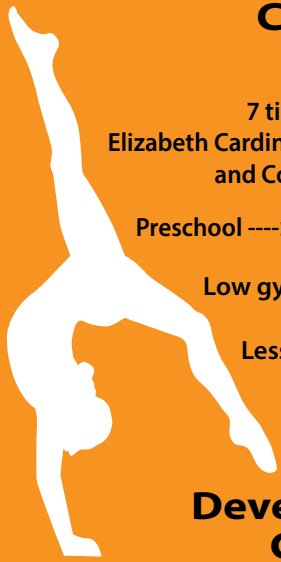
2022

ELIZABETH *gymnastics*



Relentless Pursuit of
Excellence

State Champions ★ 2019 ★ 2020 ★ 2021



Competitive Teams

7 time State Champions
Elizabeth Cardinals gymnastics team
and Competitive CGL team

Preschool ----> Competitive teams

Low gymnast/coach ratios

Lesson planned for fun
AND skill mastery

Developmental Gymnastics



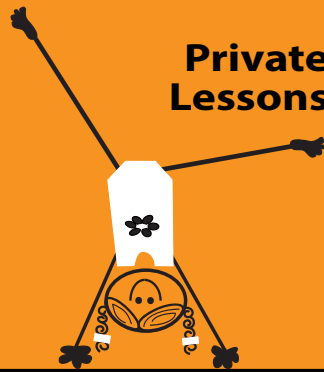
ChalkBox

GYMNASTICS



Birthday Parties

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State Champions ★ 3-peat!

★2021



★2020



★2019



State **TEAM HISTORY** Championships

2021

STATE CHAMPIONS! 180.725

Elle Mowbray – 8th floor

Madison Montoya – 4th AA, 3rd floor,
5th vault, 7th beam

Bethany Breikss – 5th AA/beam, 2nd vault,
8th bars

Sydney Kissinger – 8th AA, 4th vault, 6th floor

Samantha Davidson – 6th bars

2020

STATE CHAMPIONS! 177.55

Bethany Breikss – 2nd AA, 1st vt, 6th fl, 8th bm

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/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 - 2nd 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/bm/bars/fl, 2nd vt

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

Aliyah Antounez – 3rd beam, 7th floor

Rachel Jorgensen – 2nd beam

2016

Team - 3rd place 176.625

Amanda Taylor – 7th AA, 6th vault

Lexye Wood – 4th floor

Ashley Lindsey – 4th beam

2015

Team - 2nd place 177.175

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

Amanda Taylor – 3rd AA/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 - 2nd 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 - 2nd 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/fl/beam, 2nd bars/vault

Kimmy Peterson – 1st AA/vt, 2nd fl, 3rd bm, 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 - 2nd place 180.875

Shayna Beshore – 4th AA, 1st beam

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

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

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/bars, 2nd beam/floor

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

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

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

Lindsay Bradford – 5th vault

Megan Crooks – 6th beam

League All Conference

2021

**Centennial/Continental
League Champions! 181.275**

1st Team All Conference

Elle Mowbray – bars

Sydney Kissinger – AA, vault, floor & beam

Bethany Breikss – vault & bars

Madison Montoya – floor

2nd Team All Conference

Elle Mowbray – AA

Kaylie Bott – floor

Bethany Breikss – AA & floor

Madison Montoya – AA, vault, bars & beam

Samantha Davidson – bars

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, fl & bm

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



Meet the 2022 Team



Bethany Breikess

SENIORS



How long have you done gymnastics? I have been doing gymnastics at ChalkBox since the age of 3. I cannot remember a time in my life where gymnastics was not an important factor in my life.

What is your favorite event and why? My favorite event is bars because it is the most challenging, therefore most rewarding, and because it makes you feel like you are flying.

What have you gained, freshman to senior year, by working outside your comfort zone? Over the course of being on the high school gymnastics team, I have gained a new confidence in myself. Overall, as a person, it has given me a new voice and has taught me to be a better leader. I have got to the point I am by listening to my coaches, parents and teammates who have guided me to success in ways younger me could not imagine.

What is your funniest or craziest gymnastics memory?

My craziest and funniest gymnastics memory was when I was a freshman. I messed up my release move during my bar routine at a meet and ended up having to improvise and jump to the high bar, only with one leg, and still got a very good score.

What makes a good leader?

A good leader is someone who is consistent, humble, decisive and has a way of pushing everyone to be their best just through exemplary actions and kindness.



Madison Montoya

How long have you done gymnastics? I have been doing gymnastics since the age of 4.

What is your favorite event and why? My favorite event is beam because it has always come naturally to me.

What have you gained, freshman to senior year, by working outside your comfort zone? I have gained the skills to be a good leader and push through even when not everyone is in agreement.

What is your funniest or craziest gymnastics memory?

My funniest gymnastics memory is all of the times we sang crazy on the bus all the way home from a gymnastics meet.

What makes a good leader?

A good leader is someone who is a role model to others and is an approachable good friend to everyone.



Sydney Kissinger

How long have you done gymnastics? I've been doing gymnastics for around 15 years, and it's been an amazing journey.

What is your favorite event and why? Floor has always had a special place in my heart. It's graceful yet powerful. You get to express yourself through the choreography and music. It sets gymnasts apart.

What have you gained, freshman to senior year, by working outside your comfort zone?

I came from another gym before I joined the Elizabeth High School team. I never truly knew what it was like to be a part of a team. Excel is an extremely individual sport vs EHS gymnastics that taught me how each person played a factor into us winning state. I am thankful to be a part of this team and what it has taught me.

What is your funniest or craziest gymnastics memory?

My craziest story is when I was in the strap bar. For those of you who don't know, you are legit being held up by your wrists and strapped into the bar. Nothing could go wrong, right? Nope! I completely slipped out and fell around 8 feet to land on my face.

What makes a good leader? A good leader is a person who is supportive, caring, compassionate but also someone who pushes others to strive to be the best they can.



Emme Dunn

How long have you done gymnastics?
I have done gymnastics for 9 years.

What is your favorite event and why? *I like beam because I've always enjoyed it the most, and it has challenged me the most.*

What have you gained, freshman to senior year, by working outside your comfort zone?
I have been able to learn how to control my emotions which has allowed me to bring that to every aspect of my life including outside of gym.

What is your funniest or craziest gymnastics memory? *When I did a back walkover back tuck on the low beam and missed one of my feet on the back walkover and gained (flipped) onto my face.*

What makes a good leader?
To me a good leader leads by example and motivates their teammates by using actions rather than words and by trusting their teammates to fill in roles that are needed with excellence creating mutual respect.



Samantha Davidson

How long have you done gymnastics?
I have done gymnastics for 9 years.

What is your favorite event and why?
I like bars because I enjoy swinging through the air, and I have always been good at it.

What have you gained, freshman to senior year, by working outside your comfort zone?
With every new skill I learned, I have gained more confidence in myself.

What is your funniest or craziest gymnastics memory? *When I kept jamming my fingers multiple times and face planting on my tsuks on vault.*

What makes a good leader? *To me a good leader is someone who has a positive attitude, who is respectful to everyone they encounter, and is passionate about what they are doing.*



SENIORS

Mina Wolitzky

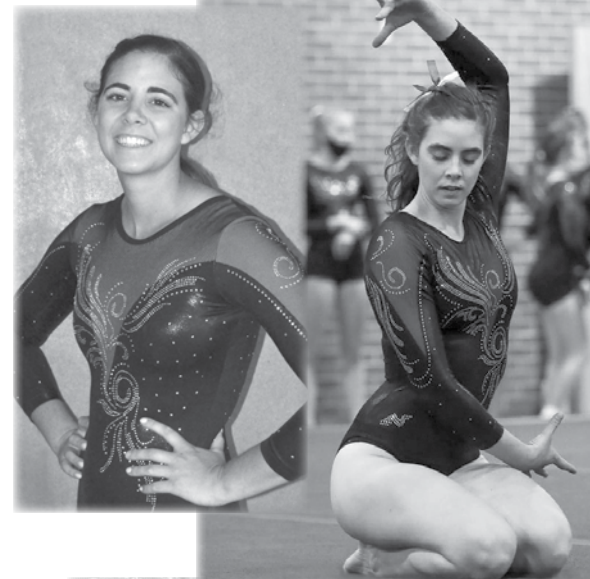
How long have you done gymnastics?
I have been doing gymnastics since I was 6.

What is your favorite event and why?
My favorite event is bars because I love the feeling of flying through the air.

What have you gained, freshman to senior year, by working outside your comfort zone? *I have gained a back full off the beam, a clear hip handstand half pirouette on bars, and a full and a half on the floor.*

What is your funniest or craziest gymnastics memory? *My craziest gymnastics memory was when I did a new skill, bounced out of it and belly slid a couple of feet off the floor.*

What makes a good leader? *I think a great leader is someone who can not only talk about being a good teammate but also show through their actions what a good teammate looks like.*



JUNIORS and SOPHOMORES



Bria Hundley Junior

How long have you done gymnastics?
I have done gymnastics since I was 4 years old.

What is your favorite event and why?
My favorite event is floor because I love performing my floor routine and it's the event that doesn't scare me as much.

If you could describe the team in one word, what would it be? If I could describe our team in one word the word would be "family." Our team has an amazing bond and even when we are going through rough times, we all show up, for ourselves, for the team, and for the coaches. We are all dedicated to each other and carrying this team as well as we can.

Why do you think our team is so successful? I think the reason our team is so successful is because we always support each other. We get tons of support from the coaches and our teammates. It makes us all want to show up and do our jobs.

What is your worst/craziest gymnastics fail? My craziest gymnastics fail has to be dislocating my elbow on a squat on.

Paisley Jammal Junior

How long have you done gymnastics?
I've done gymnastics for about 13 years.

What is your favorite event and why? My favorite event is floor because I like tumbling and being able to dance around.

If you could describe the team in one word, what would it be? If I could describe the team in one word it would be "family." I say this because I feel like I can always turn to them for support and rely on them for anything.

Why do you think our team is so successful? I think our team is so successful because we all work together, motivate each other, and support each other through everything.

What is your worst/craziest gymnastics fail? A few months ago, we were warming up at practice doing tuck jumps, and I sprained my ankle. I couldn't do gymnastics for about a month and a half.

Kyla Wolitzky Sophomore

How long have you done gymnastics?
I have done gymnastics for 5 consecutive years, but I did Rec classes when I was really little.

What is your favorite event and why? My favorite event is bars because I love to swing.

What is your favorite motivational quote?
"Believe you can and you are half way there"
- Theodore Roosevelt

Why do you like gymnastics?
I like gymnastics because I love the feeling of flipping.

What is your gymnastics pet peeve?
My gymnastics pet peeve is when there is a crack in between two landing mats.

Tessa Pallas Sophomore

How long have you done gymnastics?
I have been doing gymnastics at ChalkBox for about a year and a half.

What is your favorite event and why?
My favorite event is floor, because it's exciting to learn new skills. It's where I learned the floor is not as bouncy as it looks.

What is your favorite motivational quote?
"If you fail the first time, try doing what your coach said the second time."

Why do you like gymnastics?
I like doing gymnastics because it gets me away from the real world, and I love hanging out with the people on my team.

What is your gymnastics pet peeve? My gymnastics pet peeve is when people decide to not listen to the coaches, and we have extra strength.

Kassidy McMillan

How long have you done gymnastics?
I have done gymnastics for 9 years.

What is your favorite event and why? My favorite event is vault, because I find that it is the event that I am strongest.

What dream skills are you striving for by the end of high school?
A dream skill I am thriving to get by the end of high school is my tsuk.

What does getting out of your comfort zone mean to you? Getting out of my comfort zone means doing things that may be scary or that I have not yet attempted.

What are you most looking forward to this season? The thing I am most looking forward to this season is getting to be a part of a team that I have not yet been with.

Sydney Tichota

How long have you done gymnastics? I have done gymnastics for about 10 years.

What is your favorite event and why? My favorite event is floor, because I love performing my heart out on floor.

What dream skills are you striving for by the end of high school? A twisting dismount on the beam, clear hip handstand as well as a giant on bars.

What does getting out of your comfort zone mean to you? Getting out of my comfort zone means doing something that is difficult that I have been working at and that makes me a better gymnast.

What are you most looking forward to this season? I'm mostly looking forward to bonding with all of the team and competing as a team.

Katlyn McMillan

How long have you done gymnastics? I have done gymnastics for 9 years.

What is your favorite event and why? My favorite event in gymnastics is vault because that is what I am the best at.

What dream skills are you striving for by the end of high school? My dream skill that I am striving to get is my front handspring front layout on floor.

What does getting out of your comfort zone mean to you? Getting out of my comfort zone means trying new things and taking risks.

What are you most looking forward to this season? The thing I am most looking forward to at the end of the season is improving myself and my skills.

Gia Gaskill

How long have you done gymnastics? I have been doing gymnastics since I was 4 years old and have been a part of ChalkBox Gymnastics since 2016.

What is your favorite event and why? My favorite event is the floor because you get to show off your routine and be yourself.

What dream skills are you striving for by the end of high school? I am striving to get a double twist on the floor and a fly away full dismount on bars before the end of high school.

What does getting out of your comfort zone mean to you? For me, getting out of your comfort zone means doing skills that you aren't always comfortable with trying, and at times, being under pressure.

What are you most looking forward to this season? I am looking forward to bonding with the team and encouraging each other to be the best we can be. I am also looking forward to competing at my highest level and unlocking my full potential.

FRESHMEN



(Listed in image order)

Head Coach *Stacey Folman*

Former USGF and YMCA competitive gymnast who as coached developmental and competitive gymnastics for 33 years while working at gyms in Pennsylvania, Louisiana and, for the last 19 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, 2020 and 2021.

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 15th season with over 80 competitive gymnasts on the team.

Member of CHSAA Gymnastics Committee since 2014.

Assistant Coach *Val Koppinger*

Former competitive gymnast in both CARA and USAG gymnastics leagues.

Has coached both developmental and competitive gymnastics for over 21 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, 2020 and 2021.

Employed as a team coach at ChalkBox Gymnastics for 15 years.

Completed CHSAA judges training in 2010.

COACHES



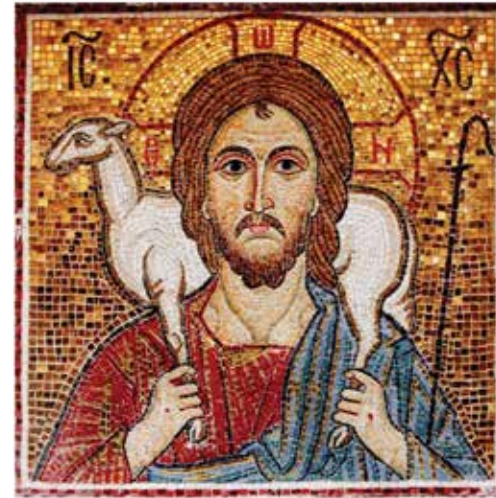
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He saith unto them, "Come and see."

— John 1:39



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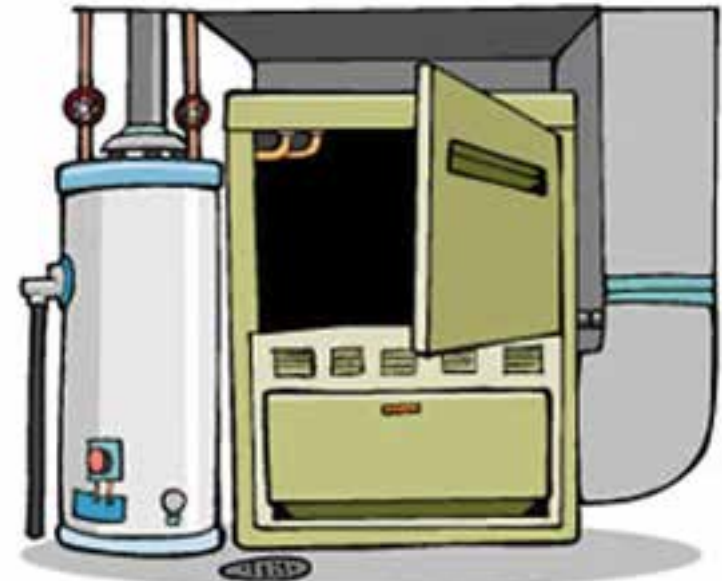
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