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GYMNASTICS  
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2013



STATE CHAMPIONS

2009, 2010 & 2012

Competitive  
Teams



Developmental  
Gymnastics



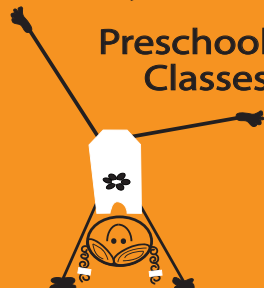
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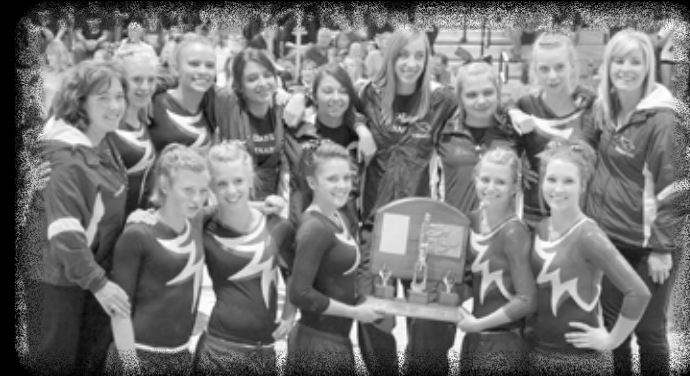


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# EHS Celebrates the 2012 STATE CHAMPIONS



STATE  
2nd Place  
2011



STATE  
CHAMPS  
2010  
&  
2009

# TEAM HISTORY

## State Championship

### 2012

Team - **FIRST PLACE!!!**

Danae Goldsberry - 2nd All Around,  
1st Floor, 1st Beam, 2nd Bars, 2nd Vault  
Kimmy Peterson - 1st All Around, 1st Vault,  
2nd Floor, 3rd Beam, 5th Bars  
Emily Reynolds - 4th All Around, 3rd Vault  
Hailey Breikss - 5th Vault, 6th Floor  
Alissa Poland - 6th Beam  
Jessie Gersci- 6th Bars  
Shelby Morgan - 6th Vault

### 2011

Team - **SECOND PLACE**

Shayna Beshore - 4th All Around, 1st Beam  
Danae Goldsberry - 2nd all around, 4th Vault,  
6th Bars, 1st Floor,  
Kimmy Peterson - 3rd All Around, 2nd Vault,  
4th Bars, 4th Floor  
Emily Reynolds - 6th All around, 5th Beam,

### 2010

Team - **FIRST PLACE!!!**

Katie Cordova - 2nd All Around, 3rd Vault,  
3rd Beam, 1st Floor  
Amy Button - 6th All around, 2nd Beam  
Shayna Beshore - 1st Beam, 4th Floor  
Danae Goldsberry - 3rd Floor, 5th All Around  
Kimmy Peterson - 6th Bars, 2nd Floor

### 2009

Team - **FIRST PLACE!!!**

Katie Cordova - 1st All around, 1st Bars,  
2nd Beam, 2nd Floor  
Danae Goldsberry - 2nd All Around, 3rd Vault,  
2nd Bars, 1st Floor,  
Shayna Beshore - 4th All Around, 4th Vault,  
3rd Beam,  
Amy Button - 6th All Around, 1st Beam,  
5th Floor  
Lindsay Bradford - 5th Vault  
Megan Crooks - 6th Beam

## All Conference

### 2012

1st Team All Conference

Danae Goldsberry - All around  
Kimmy Peterson - All around  
Emily Reynolds - Vault, Beam  
Hayden Stout - Bars

2nd Team All Conference

Alissa Poland - Floor  
Shelby Morgan - Vault

### 2011

1st Team All Conference

Danae Goldsberry - All Around  
Shayna Beshore - Beam, Floor  
Amy Button - Beam  
Kimmy Peterson - Vault

2nd Team All Conference

Emily Reynolds - Vault

### 2010

1st Team All Conference

Katie Cordova - All Around  
Danae Goldsberry - All Around  
Shayna Beshore - Beam  
Amy Button - Floor

2nd Team All Conference

Kimmy Peterson - All Around  
Emily Reynolds - Beam

### 2009

1st Team All Conference

Katie Cordova - All Around  
Danae Goldsberry - All Around  
Amy Button - Beam

2nd Team All Conference

Shayna Beshore - All Around  
Megan Crooks - Beam



Caden



Jessie



Hayden



**Friendship!**  
Hayden, Caden,  
Jessie & Carmen

**2012  
WAS  
AWESOME!**

**Celebration!**  
Jessie, Shelby Alissa, Payton,  
Stacey, Emily & Val



**Anticipation!**  
Emily, Hailey  
& Alissa



**Fans!**  
Gus, Sevi, Jake, Connor & Trevor



Kimmy



Danae



# MEET THE 2013 TEAM



Payton

Hailey

Emily

Alissa

## *SENIORS*



Hailey

Emily



Alissa



Payton

## Thank You!

Special thanks to:

Our sponsors for their financial support, JJ and Kelli Silver for the scoring program, Kevan Shepard and Dana Reynolds for the great pictures, Sundance Printing for the program printing, Debbie Breikss for the program design, Terry Winter and Lisa Ralston for keeping us healthy, Chalkbox for providing the gym equipment, the Booster Club parents for their added support and the Custodial Staff for taking care of us.

# Hailey Breikss

SENIOR/TEAM CAPTAIN

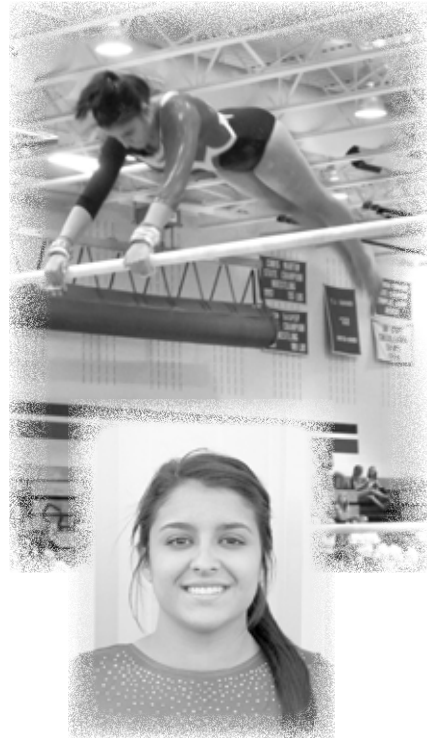
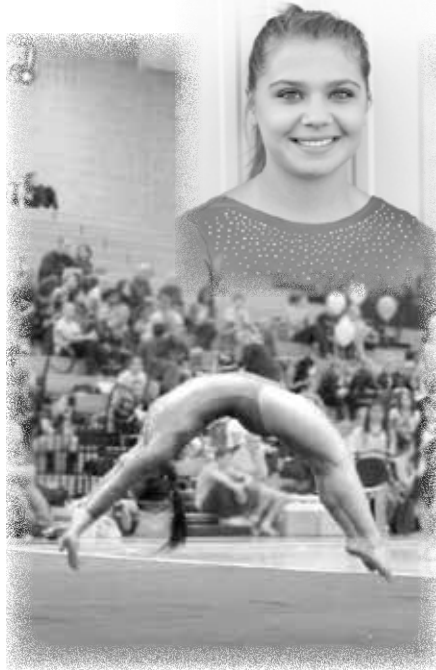
Years in gymnastics: 9

Favorite event and why: Vault, because I've worked so hard to make it my best event, and nothing beats the feeling of flipping over it and somehow landing on my feet.

Highest score on any event: 9.6 on vault

Favorite/funniest/best gymnastics memory: One of my favorite gymnastics memories is what we refer to as the 'Bagel Meet.' At one of the meets my freshman year there was a huge basket of assorted bagels and we all ate like 7. Amy Button started to tell us a story as she ate her bagel and then stopped abruptly and shouted "I'm having a heart attack!" Turns out she choked on her bagel! I absolutely love every memory made by being on this team because we're a family, and those are the memories will last longer than a lifetime.

From Hayden: Hailey, in all the years of gymnastics together, I can't think of a single practice that you didn't work hard. It's been great to be on a team with you for so long! I hope you do great your senior year because you really deserve it! -Hayden



# Emily Reynolds

SENIOR/TEAM CAPTAIN

Years in gymnastics: 9

Favorite event and why:

Beam, because even though it's one of the scariest, you get the best feeling after sticking a beautiful beam routine. It can make or break your meet and it's always great when you finish or start off with a stuck routine!

Highest score on any event: 9.575 on beam

Favorite/funniest/best gymnastics memory: My favorite memory would probably be the night of our first team sleep over when I was a freshman. We stayed up late talking, playing Catch Phrase, and seeing how many cheese balls we could fit in our mouths. It was so much fun and we were all such good friends. I will never forget any of the memories I have made throughout my years in gymnastics.

From Jessie:

Emily, you are an amazing gymnast and a great competitor. Your bar and beam routines are so stressful and exciting at the same time. I'm never sure what's going to happen! Oh, and don't stress about your full and a half, it's beautiful! You're also super funny and gorgeous! Have an amazing senior year! -Jessie



# Payton Poalillo

SENIOR/TEAM CAPTAIN

Years in gymnastics: 7

Favorite event and why:

Vault, because it is fast and a short adrenaline rush.

Highest score on any event: 9.0 on vault

Favorite/funniest/best gymnastics memory:

When I think about my favorite gymnastics memory, it is the small things that come to mind. The memories that stick out the most are the long bus rides to and from our meets where we would just talk nonstop, tell stories, and laugh until our stomachs hurt. Bus rides have ALWAYS been my favorite part of meet days. Our team has always been very close and I think this is where we come together the most. All of the memories we've shared will stay with me forever. Gymnastics is tough to say the least and I know if it wasn't for my supportive teammates and best friends I wouldn't be able to do it. Win or lose, my team is most important to me. I can already tell 2013 will be a good year for us and I couldn't ask for a better team to go out with.

From Rachel: Payton, you are an amazing gymnast and person! We have been doing gymnastics together since I can remember. You have always helped me to be my best, and I know that I'm going to do the same to you this year. You will do awesome this season! Good luck! -Rachel

# Alissa Poland

SENIOR/TEAM CAPTAIN

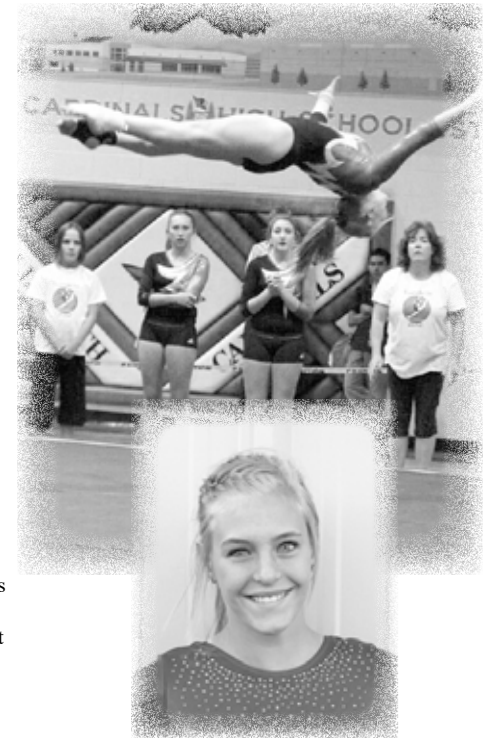
Years in gymnastics: 9 1/2

Favorite event and why: Floor. Even though I get more nervous on floor than any other event, it's what I'm good at and I love it.

Highest score on any event: 9.425 on floor

Favorite/funniest/best gymnastics memory: My freshman state. Three events down. Three points behind. Floor was coming up and we all knew how hard it would be to pull into first, so behind the bleachers we all came together and said a prayer. Those powerful moments brought us closer than ever before and because of that, we were able to do what we thought was impossible. I will never forget that. The bond between every member of our team and the love we had for each other was something so incredible and will remain one of my favorite gymnastics memories forever. I love our team.

From Phoebe: Liss is super awesome! She always talks about everything with me no matter how shy I am. She's doing great at the gym and I can't wait for both of us to get better together. Please keep being so awesome and talented Liss! You go girl! -Phoebe



# Juniors



## Jessie Gerczynski JUNIOR

Years in gymnastics: 13

Favorite event and why: Bars, because I am always improving and I have a unique trick in my routine called a peach.

Highest score on any event: 9.3 on floor

Favorite/funniest/best gymnastics memory: During my freshman year of state gymnastics, Kimmy Peterson had just finished one of her tumbling passes. Shayna, Amy and I all cheered with our hands together and our arms in the air. Freshman year was a great year!

From Erika: Jessie, you are both an amazing gymnast and person. You put your heart into everything you do, and your personality and humor can make anyone cheer up. You've always been so kind and encouraging to everyone on the team. Keep up the confidence for the upcoming season. Let's make it a GREAT one! -Erika

## Hayden Stout JUNIOR

Years in gymnastics: 11

Favorite event and why: Bars, because no matter how long practice is, I love spending most of it on bars trying to get better. That's the one event that makes me most proud.

Highest score on any event: 9.3 on bars

Favorite/funniest/best gymnastics memory: There have been so many great gymnastics memories and funny moments, but my favorite part is the fact that our team is one big family. We all get along so well!

From Dillon: Hayden, you are so sweet and funny. You know how to make me laugh along with the rest of our team. You're such a great person and gymnast. Nobody could ever deny that! I can honestly say I look up to you! You're amazing at everything you do! You're going to rock it without a sweat! I love you! - Dillon

## Caden Willson JUNIOR

Years in gymnastics: 9

Favorite event and why: Floor, because I have always been the best at it.

Highest score on any event: 8.9 on floor

Favorite/funniest/best gymnastics memory: My favorite memory is my whole freshman year in gymnastics because I made so many new friends and we did a lot of things together that bonded the whole team.

From Hailey: Caden! You always can put a smile on anyone's face and make their day brighter. You're a wonderful gymnast and a beautiful girl and I know you can shine in whatever you do if you put your mind to it. This is my last year and saying goodbye to this sport and this family will be one of the hardest things I'll ever do. So I want you to live every moment of it to the fullest and have no regrets because it's all over in the blink of an eye. I hope nothing but the best for you this high school season and I will miss you all very much next year! Stay wonderful. Love you bunches! -Hailey

# Sophomores

## Erika Freisner SOPHOMORE

Years in gymnastics: 8

Favorite event and why: I like beam the best because, even though it is extremely nerve racking, the feeling you get after you hit a routine is the best feeling ever!

Highest score on any event: 8.6 on beam

Favorite/funniest/best gymnastics memory: My favorite memory would have to be last year's high school gymnastics season as a whole. It was a great season from the start. Everyone was so supportive of one another, and winning state was the perfect ending to the season!

From Alissa: Dear Erika, first of all you are beautiful, sweet, funny, incredibly talented, and I love you very much!!! I can't wait for this season and you've been getting better and better every day. This is your year to get out there and show it off! Get ready to kick some butt! Love you girl! -Liss

## Rachel Hennager SOPHOMORE

Years in gymnastics: 6

Favorite event and why: Bars, because it is so much fun and sometimes you feel like you're flying, but you are just doing your stuff.

Highest score on any event: 8.6 on beam

Favorite/funniest/best gymnastics memory: My favorite part of gymnastics would be watching all of us grow and achieve our goals. We all push and cheer on one another. We're a family!

From Payton: Rachel, you are great in every single way. You have come so far and I can't wait to see you improve even more this season. I remember us always competing against each other in every little thing we did when we were younger. I was so mad when you made your cartwheel on beam before me haha! We've always chased each other in gymnastics, and look at us today! You've always been a big part of my gymnastics life and I'm really going to miss you along with all my other teammates that have turned into lifelong friends. Make me proud when I'm gone! Love you! -Payton

## Shelby Morgan SOPHOMORE

Years in gymnastics: 10

Favorite event and why: Vault, because I can take all of my energy and power and put it into a trick just by running. You also get two chances.

Highest score on any event: 9.4 on vault

Favorite/funniest/best gymnastics memory: When I was a level 5, I was vaulting and I did my very first vault and it was one of my best. I was so excited to go again that I fell and hit my knee when I was running back to the start. Everybody laughed, but I didn't think it was funny!

From Sierra: I love you Shelby! You are such a great girl and an awesome gymnast! You are so sweet and you always work so hard. I'm looking forward to a great season with you! -Sierra

## Megan Reynolds SOPHOMORE

Years in gymnastics: 8

Favorite event and why: Floor, because it causes me a lot of stress, but it feels the best when I do well.

Highest score on any event: 9.0 on floor

Favorite/funniest/best gymnastics memory: One of the funniest memories I have is from CARA season this year. We were at our home meet and in my bar routine I completely slipped off the bar on an uprise. I flew off and somehow managed to catch the bar again. All I could do was laugh with the rest of the team!

From Shelby: Megan has been doing gymnastics with me for many years. She has amazing skills so far and many more to come. When she sets her mind to doing something she gets it done. Megan has great sportsmanship and is always there to put a smile on my face. She has many personal goals for herself, and she has reached them in order to help her team. I'm excited to see Megan succeed in her goal of going to state in high school. Megan is a great gymnast and teammate. I can't wait for this year! Love you girly! - Shelby







## Brooke Ford FRESHMAN

### Favorite event and why:

My favorite event is either floor or beam. They are both so fun and when I'm there it feels like I'm home.

Favorite part about gymnastics? My favorite part of gymnastics is having great friends and competing with a nice six pack.

Why do you want to join the team? I want to join the team because I love gymnastics and the girls on the team. I would also love to represent Elizabeth High School.

What are your goals for this season? My goals for this season are to place, helping my team and keep improving my gymnastics.



## Dillon Lind FRESHMAN

Years in gymnastics: 6

Favorite event and why: Floor, because it's my biggest challenge, but it's still fun! The music gets everyone going and it's a blast.

Highest score on any event: 9.2 on floor

Favorite/funniest/best gymnastics memory: In gymnastics you're given an opportunity to make memories you'll cherish forever. My all-time favorite memory would have to be walking into my first meet ever. It put a smile on my face!

From Megan: Dillon! I am so excited that you will be on the team this year! You are such an amazing gymnast and you will be a great addition to the team. You will have so much fun! I can't wait for a great season together! Love you! -Megan



## Sierra Schwegel FRESHMAN

Years in gymnastics: 8

Favorite event and why: Vault, because it has low stress and I love how you get two tries!

Highest score on any event: 9.35 on vault

Favorite/funniest/best gymnastics memory: My favorite memory is getting the best pep talks from Payton and Alissa during CARA season. They definitely helped. I can't wait for an awesome season with them!

From Caden: Sierra! All I can say for you is that I know you will have so much fun being on the team and to live it up because it goes by so fast. You have a bright and funny personality that we all know and love already. You will definitely be a great addition to the family! Love you Sierra! - Caden



## Phoebe Teter FRESHMAN

Years in gymnastics: 7

Favorite event and why: Floor is my favorite because I love dancing to something and I enjoy tumbling. It's fun to flaunt tricks and your 'signature moves.'

Highest score on any event: 9.1 on vault

Favorite/funniest/best gymnastics memory: The first day I came to ChalkBox when I kept messing everyone's names up and falling on everything. That was the day I met so many friends and new people :)

From Emily: Phoebe, I'm so excited to see you on the team this year. You will make a great addition with your clean routines and consistency. The best part about high school gymnastics is the team aspect because we all become a family and you will fit right in. Work hard this season, and most importantly, have fun! -Emily



Seniors Emily, Hailey, Alissa and Payton at the top of Mount Bierstadt

Jessie, Erika, Sierra, Dillon, Shelby, Rachel, Payton, Megan, Alissa, Hailey, Emily and Caden near the camp.



## *Camp out and Hike up Mount Bierstadt*

# THE COACHES



## Coach Stacey Folmar

Former USGF competitive gymnast

Has coached developmental and competitive gymnastics for 20 years while working at gyms in Pennsylvania, Louisiana and, for the last 10 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 and 2012

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 7th season with over 80 competitive gymnasts on the team.

Has served as Secretary of the Colorado Association of Recreational Gymnastics League in Colorado.

4A Gymnastics Representative to CHSAA.

## Coach Val Kent

Former competitive gymnast in both CARA and USAG gymnastics leagues.

Has coached both developmental and competitive gymnastics for over 13 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 and 2012.

Employed as a team coach at ChalkBox Gymnastics for 7 years.

Completed CHSAA judges training in 2010.



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~ from the Polands ~

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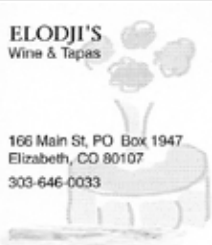
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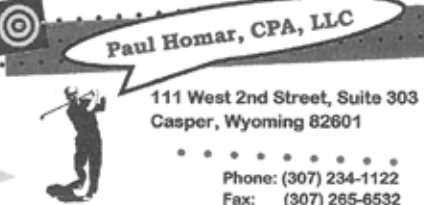
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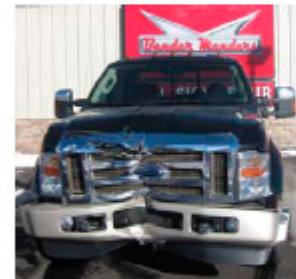
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