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EHS

10
years



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EHS Gymnastics Celebrates

10 years



2006 State Team 6th | Score 163.80

Pioneer Team:

Coach Stacey, Kristina Bauer, Sherilyn Jayne, Kasia Kilijanek, Courtney Herrera, Coach Val, Aspen Schmidt, Megan Crooks, Kerry Burek, Lindsay Bradford, Hannah Lee, and Annie Gabrielski

State Championships

Team – 6th place -- 163.8
Kasia Kilijanek – 6th vault

All Conference

Aspen Schmidt - floor



2007 State Team 4th | Score 169.125

State Championships

Team – 4th place
Alex Hermanson – 3rd floor
Kasia Kilijanek – 4th bars, 6th vault

All Conference

Katie Cordova – all around
Alex Hermanson – all around
Kasia Kilijanek – all around

Kristina Bauer SR
Kasia Kilijanek SR

Megan Crooks
Hannah Lee
Kerry Burek
Courtney Herrera
Sherilyn Jayne
Aspen Schmidt
Lindsay Bradford
Annie Gabrielski

Alex Hermanson
Emily Solem
Katie Cordova



2008 State Team 3rd | Score 176.25

State Championships

Team – THIRD PLACE

Katie Cordova – 2nd bars, 4th floor, 5th vault, 5th all around
 Amy Button – 4th all around
 Aspen Schmidt – 6th floor
 Megan Crooks – 6th beam

All Conference

Amy Button – all around
 Katie Cordova – all around
 Shayna Beshore – all around
 Aspen Schmidt – floor

Coach Val
 Sherilyn Jayne SR
 Kerry Burek SR
 Courtney Herrera SR
 Rachel Lee
 Hannah Lee
 Coach Stacey

Megan Crooks
 Emily Solem
 Eryn Vendetti
 Annie Gabrielski SR
 Aspen Schmidt SR

Shayna Besore
 Amy Button,
 Lindsay Bradford
 Katie Cordova

Rachel Lee SR
 Emily Reynolds
 Alissa Poland
 Danae Goldsberry
 Coach Stacey
 Coach Val
 Katie Cordova SR
 Amy Button

Emily Solem SR
 Reyna Rodriguez
 Kimmy Peterson
 Hailey Breikss
 Payton Poalillo
 Shayna Beshore



State Champions | Score 179.025 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

State Championships

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 – 5th all around, 3rd floor
 Kimmy Peterson - 6th bars, 2nd floor

10 years



2009 State Champions | Score 179.475

State Championships

Team – FIRST PLACE!

Katie Cordova – 1st bars, 2nd beam, 2nd floor, 1st all around
 Danae Goldsberry – 3rd vault, 2nd bars, 1st floor, 2nd all around
 Shayna Beshore – 4th vault, 3rd beam, 4th all around
 Amy Button – 1st beam, 5th floor, 6th all around
 Lindsay Bradford – 5th vault
 Megan Crooks – 6th beam

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

Hannah Lee SR
 Amy Button
 Kaite Cordova
 Rachel Lee

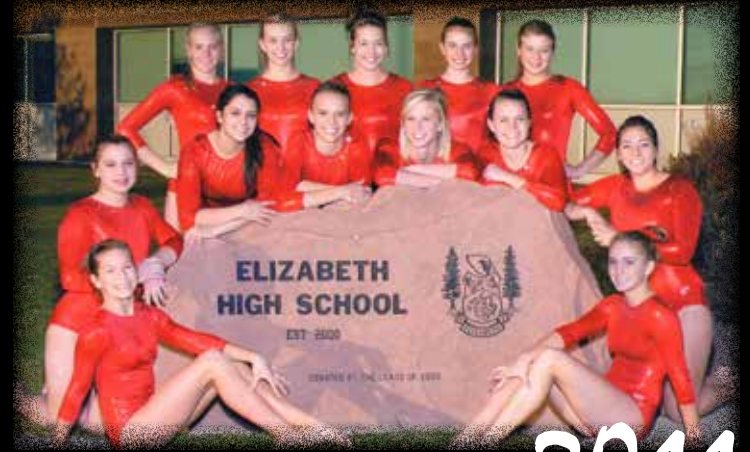
Ali Greenlee
 Lindsay Bradford SR
 Emily Solem
 Shayna Besore
 Izzy Sexton

Danae Goldsberry
 Ashlyn Day
 Megan Crooks SR

Alissa Poland
 Emily Reynolds
 Amy Buton SR
 Hayden Stout
 Kimmy Peterson

Hailey Breikss
 Payton Poalillo
 Danae Goldsberry
 Shayna Beshore SR
 Taylor Thompson
 Reyna Rodriguez

Jessie Gerczynski
 Caden Wilson



State Team 2nd | Score 180.875 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

State Championships

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



2012 State Champions | Score 179.425
Regionals - 181.275

State Championships

Team - FIRST PLACE!!!

Danae Goldsberry - 2nd all around, 1st floor & beam, 2nd bars & 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 Gerczynski- 6th Bars

Shelby Morgan - 6th Vault

Erika Freisner
Hailey Breikss
Carmen Finken SR
Evelyn Anderson
Payton Poalillo
Megan Reynolds

Danae Goldsberry SR
Alissa Poland
Emily Reynolds
Kimmy Peterson
Shelby Morgan
Rachel Hennager

Caden Wilson
Jessie Gerczynski

Coach Val
Jessie Gerczynski SR
Erika Fresiner
Shelby Morgan
Rachel Hennager
Megan Reynolds
Hayden Stout SR
Coach Stacey

Dillon Lind
Brienne Miller
Phoebe Teter
Sierra Schwegel

Emily Poland
Brooke Burton
Amanda Taylor



State Team 2nd | Score 178.35
Regionals - 175.70 **2014**

State Championships

Team - SECOND PLACE

Jessie Gerczynski - 8th all around

Hayden Stout - 7th floor

Shelby Morgan - 6th vault, 8th floor

Brooke Burton - 5th all around, 4th beam, 6th bars

Amanda Taylor - 4th vault, 6th floor

2nd Team All Conference

Jessie Gerczynski - all around

Hayden Stout - floor

Sierra Schwegel - vault

Amanda Taylor - floor & vault

Brooke Burton - all around

10
years



2013 State Team 2nd | Score 178.25
Regionals - 173.075

State Championships

Team - SECOND PLACE

Emily Reynolds - 2nd All Around, 3rd Floor & Beam, 4th Vault

Hailey Breikss - 5th All Around, 4th Bars

Alissa Poland - 5th Floor & Vault

Jessie Gerczynski- 5th Beam, & Bars

Emily Reynolds SR
Hayden Stout
Alissa Poland SR
Caden Wilson
Rachel Hennager
Megan Reynolds
Shelby Morgan

Sierra Schwegel
Erika Freisner
Brooke Ford
Hailey Breikss SR
Jessie Gerczynski
Payton Poalillo SR

Dillon Lind
Phoebe Teter

COACH Stacey Folmar

Former USGF and YMCA competitive gymnast

Has coached developmental and competitive gymnastics for 22 years while working at gyms in Pennsylvania, Louisiana and, for the last 12 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 9th season with over 100 competitive gymnasts on the team.

Serves as Co-Chairman of the Colorado Association of Recreational Gymnastics League in Colorado

Chairman of CHSAA Gymnastics Committee.



Coaches

COACH Val Koppinger

Former competitive gymnast in both CARA and USAG gymnastics leagues.

Has coached both developmental and competitive gymnastics for over 15 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 9 years.

Completed CHSAA judges training in 2010.

FHS *meet the* 2015 *team*



SENIORS

Erika Freisner

What are you looking forward to about this season on the gymnastics team?

I'm looking forward to having such a huge team this year. We usually don't have a team as big as it is this year so it will be fun to get to know all of the different personalities and watch them grow.

What is your favorite event and why?

My favorite event is beam even though it stresses me out the most because there is nothing better than hitting a routine at the meet.

What are your goals for this season?

My goals for this season are to make the most of every moment with the team since it's my senior year, to work hard through the entire season, and to stick to beam routines.

How has gymnastics had an impact on your life?

I have been doing gymnastics for about 12 years and it's the people I have met that have changed my life; some of the girls I have competed with since I was 7 years old. My friends on my team have made my experience so much more memorable and they inspire me to work harder and to not give up at practice. Every day, I get to create new memories with people that I know will be lifelong friends with.



Rachel Hennager

What are you looking forward to about this season on the gymnastics team?

I am looking forward to spending my last year of high school gymnastics with my best friends and a great team!

What is your favorite event and why?

My favorite event is beam because it's challenging and thrilling at the same time.

What are your goals for this season?

My goal for this season is to get the new tricks I have been working on and make my routines the best I can.

How has gymnastics had an impact on your life?

Gymnastics has impacted my life greatly. In my 9 years of doing gymnastics, it has taught me leadership, confidence, and that even when you fall, you can always get back up and try again. I will never forget the qualities that I have acquired from doing this great sport.



Shelby Morgan

What are you looking forward to about this season on the gymnastics team?

I am looking forward to bonding with all the freshmen and watching them improve throughout the year.

What is your favorite event and why?

Vault is my all-time favorite event and always has been. I can take all of my power and energy out on an amazing trick and wow people.

What are your goals for this season?

My goal for this season is standing up all my vaults at the meets. Also, I want to add a clear hip handstand to my bar routine.

How has gymnastics had an impact on your life?

Gymnastics has allowed me to meet new people. It has also tested my confidence and endurance levels. With the 12 years of doing gymnastics, I have learned so much. I don't regret any of it.



Megan Reynolds

What are you looking forward to about this season on the gymnastics team?

This year, I am looking forward to making even more memories with such a great group of girls. It's exciting to be able to lead the team as a senior and bond with the new freshmen and watch everyone grow individually, but also come together as a team.

What is your favorite event and why?

My favorite event is beam. Even though it is also my most stressful event, I like the little bit of pressure it puts on me, especially because it is a huge relief to stick a routine and it also gives me the biggest sense of accomplishment.

What are your goals for this season?

As my last year in gymnastics, I want to get all of the new tricks I have been working on in practice and also enjoy every moment with my teammates and coaches and make memories that will last a lifetime.

How has gymnastics had an impact on your life?

Gymnastics has been a huge part of my life for as long as I can remember. I joined the sport about 11 years ago and I can't imagine how different my life would be without it. I have not only learned lessons about myself and my capabilities through the years, but I have met some amazing people that I will never forget. My teammates and coaches have become a part of my family and I am so thankful for the impact they have had on my life.





Dillon Lind JUNIORS

What are you looking forward to about this season on the gymnastics team?

I can't wait to get to know and grow with such an incredible group of girls who inspire me daily.

What is your favorite event and why?

My favorite event is floor because each gymnast does their own thing and that's super cool to experience. Also, flipping in the air and doing funky dance is pretty awesome.

What are your goals for this season?

I have one goal for this season, and that is just to give everything I've got!



Brianna Miller

What are you looking forward to about this season on the gymnastics team?

I'm looking forward to the meets, because with every meet that we compete in, we are able to see how much we have improved.

What is your favorite event and why?

My favorite event is floor, because it makes me feel like I'm flying.

What are your goals for this season?

My goal for the season is just to improve and get stronger.



Sierra Schwegel

What are you looking forward to about this season on the gymnastics team?

I'm definitely looking forward to really getting to know all the freshmen this year, making new friendships, and just having a very fulfilling and fun season.

What is your favorite event and why?

Yikes, well I guess my answer to this question would vary depending on the day. But usually vault is my favorite because on all other events you kind of have to keep your adrenaline under control, but when you're vaulting, you can let it go.

What are your goals for this season?

My goal for this season is to develop deeper relationships with all the girls on the team and just work really hard throughout the season.



Phoebe Teter

What are you looking forward to about this season on the gymnastics team?

I'm looking forward to being on the team for the hilarious times together such as the bus rides, which are a riot. Then there are bonding activities we do that are a blast, and the gossip at practice is fun.

What is your favorite event and why?

My favorite event is floor because I love tumbling and trying to get better because it's not scary to me. Also, I love my routines and performing well enough to have people think, "she has a pretty routine."

What are your goals for this season?

My goals for the season are not to get any more injuries and also to get, or at least close to, a 10.0 on vault. Also I would like to stop falling off the beam so much!



SOPHOMORES

Brooke Burton

What are you looking forward to about this season on the gymnastics team?

This year I'm looking forward to getting closer with all my teammates and having an overall fun year.

What is your favorite event and why?

My favorite event is beam because it's the most challenging, but in my opinion, the most impressive to watch.

Emily Poland

What are you looking forward to about this season on the gymnastics team?

I'm looking forward to all the bonding time and jokes we'll make.

What is your favorite event and why?

My favorite event is floor because I can be me and not regret it.

Amanda Taylor

What are you looking forward to about this season on the gymnastics team?

I am looking forward to this season on the gymnastics team because you get to spend a lot of time with your friends who all share a common interest. Being able to represent your school while doing what you love makes it even better!

What is your favorite event and why?

My favorite event is floor exercise because it is the most individualized event. I'd say it's also the most appealing event to watch.





THANK YOU!

Special Thanks to...

Sunny Schmidt for getting the team started,
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FRESHMEN

“What are you looking forward to about being on the high school gymnastics team?”

Karissa Groves

This year I am looking forward to bonding with my teammates and making the most of my first season on the EHS gymnastics team!

Sydnee Eurich

I'm looking forward to the meets because they're fun and it's awesome to see the amount of spirit the team has.

Ericka Parkhill

I'm looking forward to getting to know the team better while competing with them this season.

Kelsey Eddy

I am looking forward to learning and trying new skills. Also, I am not familiar with the requirements for high school gymnastics so it will be quite a challenge to learn them.

Lexye Wood

What I am looking forward most about being on the high school gymnastics team is getting to bond with my coaches and teammates. I am also excited to be involved and doing a fall sport for the school.

Kayleigh Smith

I'm looking forward to competing and just being with all of my friends.

Madison Sanford

I am looking forward to the support of my team and having my teammates there for me and also making lasting friendships.

Kaitlyn Dees

What I am looking forward to this year, being on the high school gymnastics team, is getting to know all my teammates and seeing everyone improve throughout the season.

Kendall Gonzales

I am looking forward to bonding with the team and being around all of my teammates.

Evan Baker

This season I'm looking forward to growing individually as well as a team. I am excited to bond and learn things about all of my teammates. I'm so thankful to be a part of this team.

Claire Townsend

This season, I am looking forward to being a part of the gymnastics team, as well as learning more about my teammates, coaches, and learning more about the sport. I am ready to improve my skills individually, as well as together as a team, and I am excited and grateful to be part of such a positive and supportive program.

Lauren Hennager

I am most excited about getting to go to meets, getting to meet new people, and having more than one friend to hang out with.

Maddie Davies

I am really looking forward to becoming a team who pushes and encourages each other to become better gymnasts. I am also excited for the relationships that will be built along the way. Most of all, I am excited to find my place, set and meet my personal goals, and contribute those things to the team.

Madison Sanford: *I am looking forward to the support of my team and having my teammates there for me and also making lasting friendships.*

Emily Schaefer

What I am looking forward to during season are all of the team memories and all of the fans who come out and support us! I can't wait for all of the bus rides and team activities to come. Good luck ladies!

Jordan Feist

I am looking forward to winning meets as a team and also having fun on the bus rides.

Tracy Stewart

I'm looking forward to being on this year's gymnastics team and making new memories together. I'm also excited for meets, bus rides, practices, and other team gatherings, and just to grow as a team!

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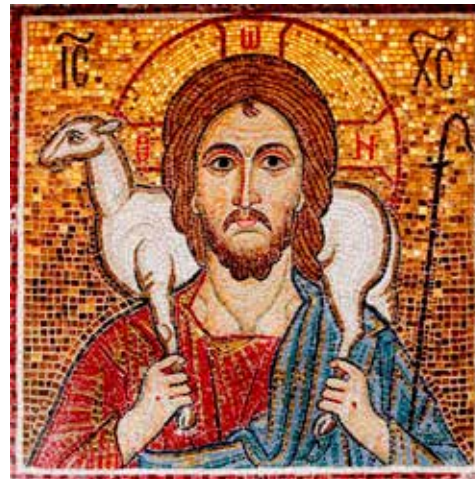


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— John 1:39



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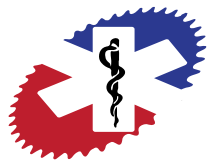


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