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2017 State Champions



TEAM HISTORY

State Championships

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, floor and 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 - 5th AA, 4th beam, 6th bars
Amanda Taylor - 4th vault, 6th floor

2013

Team - SECOND place 178.25

Emily Reynolds - 2nd AA, 3rd Floor and 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, 1st beam, 2nd bars, 2nd 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, 4th vault, 6th bars, 1st floor, 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, 3rd vault, 3rd beam, 1st floor
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, 2nd floor
Danae Goldsberry - 2nd AA, 1st floor, 3rd vault, 2nd bars
Shayna Beshore - 4th AA, 4th vault, 3rd beam
Amy Button - 6th AA, 1st beam, 5th floor
Lindsay Bradford - 5th vault
Megan Crooks - 6th beam

2008

Team - THIRD place 176.25

Katie Cordova - 5th AA, 2nd bars, 4th floor, 5th vault
Amy Button - 4th AA
Aspen Schmidt - 6th floor
Megan Crooks - 6th beam

All Conference 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

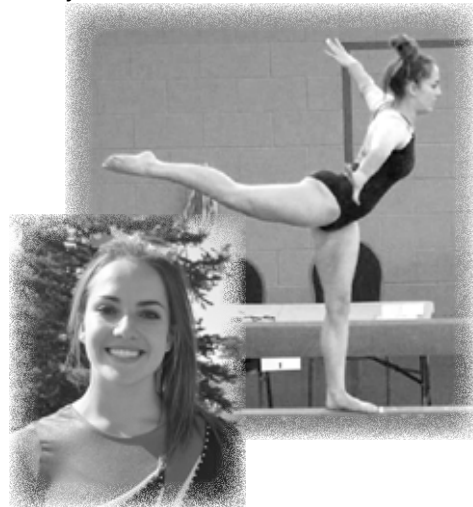


meet the 2019 team SENIORS

1. What is your favorite gymnastics memory?
2. What is your favorite part of being on the highschool team?
3. What will you take away from this experience that will help you later on in life?

Austin Coleman

1. My favorite gymnastics memory was winning state! Feeling our hard work pay off was one of the best feelings. Also, another favorite memory would be when we were playing a running game and Madi Lett, who is a complete beast, was chasing after me and nearly trampled me, so Julia shoved me out of the way and I about fell on my face.
2. My favorite part about being on the high-school team is all the lifelong friendships I have made and watching each other grow not only as a gymnast but as a person. We all continue to have eachothers back not only in gymnastics but in everything else as well.
3. From this whole experience I will take away perseverance. Also the ability to work with others and to always get back up and try again even if you don't succeed the first time.



Julia Folmar

1. My favorite gymnastics memory was when we were all at practice, and I was doing a back walkover on one of the balance beams, and I lost my balance and put my hand through the office window. It was funny, and scary at the same time because the glass cut me, but you also wouldn't expect anything less than me shattering a window because of gymnastics.
2. My favorite part of being on the highschool gymnastics team is the memories we all share together. Being on such a competitive team like gymnastics really can make or break the team atmosphere, and the past four years I've been apart of this team we have always been a family. The crazy memories we make together or going to be unforgettable.
3. Leaving this sport will be a bittersweet feelings this sport has taught me a lot in the past 15 years. I've learned leadership, accountability, and sportsmanship through gymnastics, plus a lot of qualities about myself all that will be useful for me in the future.

Madison Lett

1. My favorite memory would be winning state in 2017, it was such an awesome moment for the whole team. Everyone was crying and cheering because we knew how hard we had worked for that one moment. My second memory would be rolling off the beam sophomore year, that was seriously one of the funniest things to ever happen to me.
2. I love the togetherness that arises from the team, especially as the end of the season approaches. Knowing that everyone has your back if something goes wrong just makes the team aspect an amazing experience.
3. I will take away the ability to work with other people in a team setting, as well as the ability to stay committed to something even when it becomes more difficult to stay motivated.

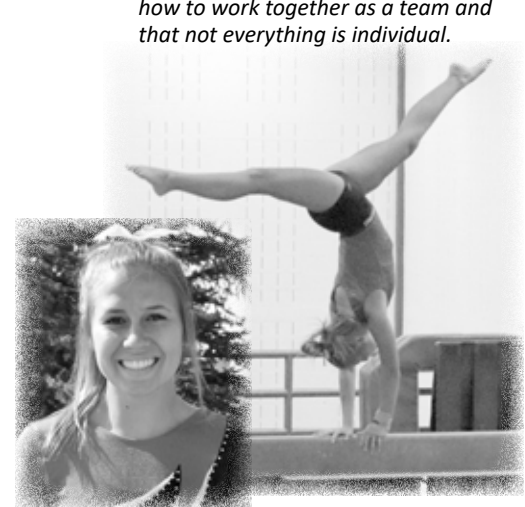


Asara Reid

1. My favorite gymnastics memory was winning state my sophomore year. It was my first year being on the high school team and it was so much fun. Hearing our names called for first place was the best feeling in the world and I will never forget that.
2. My favorite part of being on the high school gymnastics team is really just how close and supportive everyone is. If you are ever struggling or doubting you can always count on your team to be there.
3. Out of everything I have gained the thing I will take away most is teamwork. Gymnastics has really taught me how to work together as a team and that not everything is individual.

Kylee Smith

1. My favorite gymnastics memory was by far winning state. The entire team came together as one, and every heart wanted to win. The adrenaline rushes and being there for everyone competing was truly one of the reasons why I love this sport so much. Hearing our names called for first place, bringing tears to the whole teams eyes, is a feeling I will never forget.
2. My favorite part about being on this team is the team aspect. Knowing that the entire team has my back when I am competing brings so much more confidence to me. Even if I had a bad day I know they will be there and help me.
3. Gymnastics has taught me so much more than just skills. I will take away a better work ethic and leadership. Not to mention I will be stronger as a person mentally and friendships I will have for a lifetime.



JUNIORS

1. What advice would you give the new members of the team?
2. What is the most important part of having a team?

(Listed in image order)



Delaney McCleish

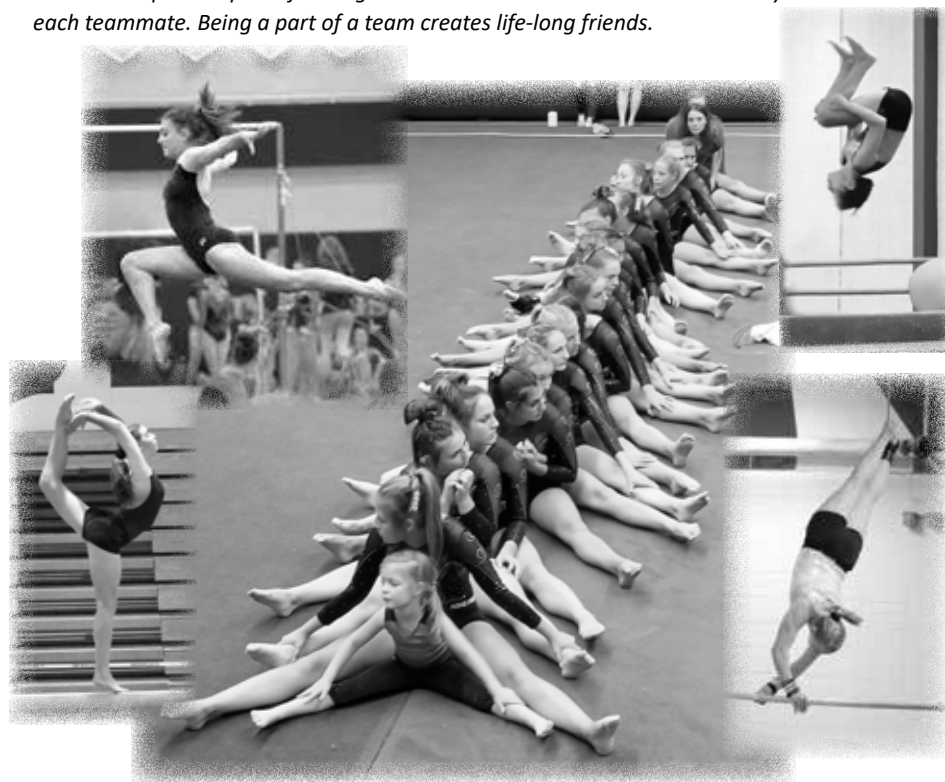
1. Advice I would give to new members of our team is to bond with all the girls on the team and to always strive to achieve new goals. Hard work pays off!
2. Most important part of having a team to me is always knowing they have my back through thick and thin, they always push me to be a better person and gymnast.

Brooke Bauer

1. Advice I would give to the new members of the team is that it's okay to be nervous, just remember that you have the rest of the team to support you.
2. The most important part of having a team to me is the amount of motivation and support that comes with it.

Megan Montoya

1. The advice I would give to the new members of the team is to embrace your four years in gymnastics and in highschool, because it goes by fast and you don't want to regret not doing something.
2. The most important part of having a team to me are the unbreakable bonds you create with each teammate. Being a part of a team creates life-long friends.



SOPHOMORES

1. How do you think this season will compare to last years?
2. Individually, what do you want to accomplish this year?

(Listed in image order)

Elle Mowbray

1. I think this season the team will work together more, and we'll work harder to achieve our goal.
2. This year I would like to get new skills on bars and be more consistent and clean on beam.

Morgan Mortensen

1. I feel like we are still close as a team, so there will be a lot of positivity and unity going around, if not more.
2. I want to achieve all my goals, be able to compete them, do my best for the team and be proud of everything I've done. LEAVE NO REGRETS.

Kaylie Bott

1. I think this year we are stronger and more prepared than last year. I feel like the team is also closer than we were.
2. Individually, last year I didn't really know what to expect, but now I do. I want to accomplish being able to provide the best I can for the team to help us go as far as we can go.

Kesi Reid

1. I think this season will be better than last year because we have many new people and skills coming to the team. I think we really have a good chance of winning state this year.
2. Individually I hope to compete in leagues this year.

Courtney Tauger

1. I feel like we will be more of a team and there won't be as many cliques within the team.
2. I would like to accomplish not as much execution in my routines.

Kaylee Settle

1. I think this season will be different because now we have to win back our trophy which will require us to be more dedicated and step way out of our comfort zones even more.
2. This year I hope to improve my skills on every event and get to know the freshmen that will be my teammates and classmates for the next few years of highschool.

Lily Roncaglia

1. I think that this season will be full of a lot more positivity. We are all doing our part to be more inclusive, which will definitely lead to more success.
2. My main goal is to improve my beam. I'm looking for any places I could improve in execution. Other than that I want to raise the difficulty of my tumbling.



FRESHMAN

1. Write what you are looking forward to the most about this season.
2. What do you want out of this season?

(Listed in image order)

Sydney Kissinger

1. I am looking forward to trying a different style of gymnastics.
2. What I want the most out of this season is for everyone to try their best and do what is asked of them.

Madison Montoya

1. This season I am looking forward to being on a highschool sports team and understanding what it means to be part of a team.
2. Out of this season I would like to letter as a varsity athlete, so I can get a letter jacket.

Mira Wolitsky

1. This season I am looking forward to cheering on my team and watching my teammates improve.
2. My goal is to improve as a gymnast to the point where I am able to contribute to the team at the varsity level.

Bethany Breikss

1. What I'm most looking forward to this season is growing as a person by being on a team that pushes me and my gymnastics.
2. I am looking to have such a fun time and expand my relationships as well as find new ones with the people around me that make me laugh.

Ava Archer

1. What I'm looking forward to this season is the camaraderie. You guys push each other, support one another and praise, and I love that.
2. What I want out of this season is improvement and to have fun. I mainly want to enjoy meets rather than worry and stress about them. I want to have fun but also stay focused.

Samantha Davidson

1. I am mostly looking forward to representing Elizabeth High School and having fun.
2. Something I wish for this season is making my skills cleaner and with less deduction.

Joceyln Jackson

1. I am really looking forward to actually having a team that always has your back, and is always there to cheer you on or make you happy when you are down. I feel everyone likes each other and will get along really well. I've heard high school will be a lot of fun, and I'm excited to have a supportive team. I feel like I am going to have so much fun this year regardless of my skills, because of all the positivity from my teammates.
2. What I want out of this season is just to have and have a good highschool competition experience. I don't want to get stressed out, I want to have fun and get new skills. I feel that with this highschool team I have a whole new opportunity to get more skills.

Emme Dunn

1. I am really looking forward to creating new memories.
2. I hope that this season will help me become more confident in myself, and in my gymnastics.



Stacey Folmar

COACHES

Head Coach

Former USGF and YMCA competitive gymnast. Has coached developmental and competitive gymnastics for 30 years while working at gyms in Pennsylvania, Louisiana and, for the last 16 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 12th 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 18 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 12 years.

Completed CHSAA judges training in 2010.

Dillon Lind

Volunteer Coach

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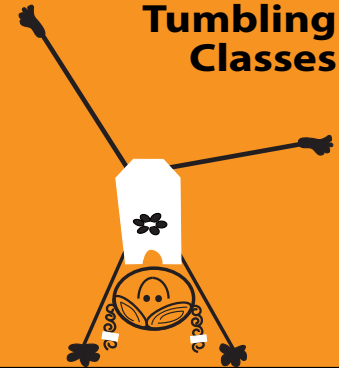
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He saith unto them, "Come and see."

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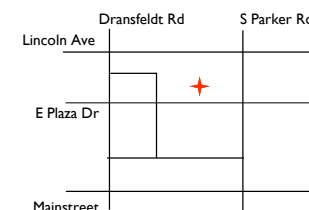
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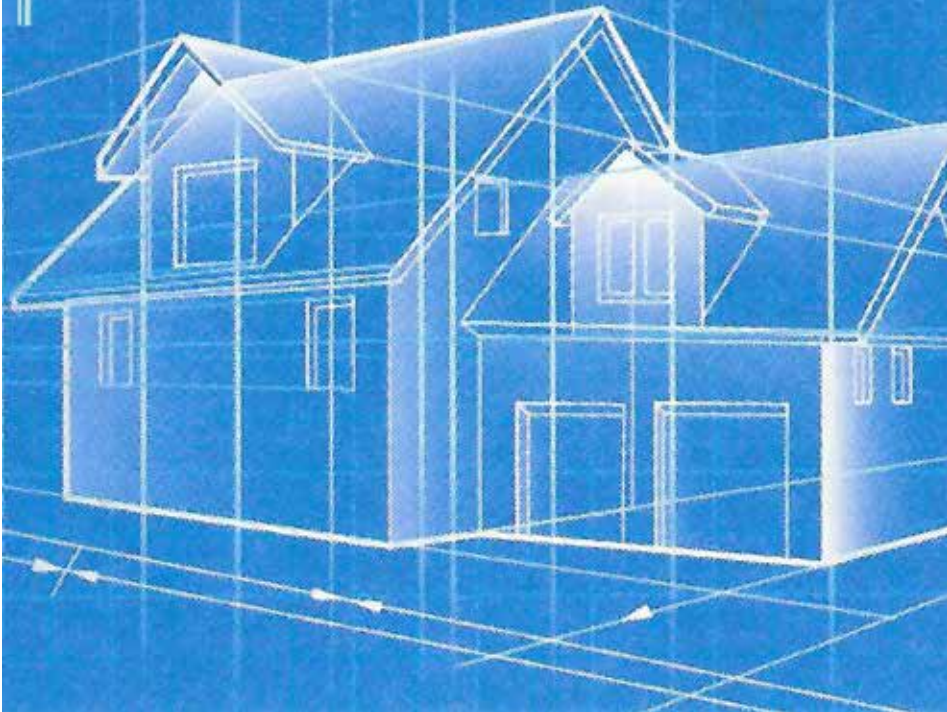
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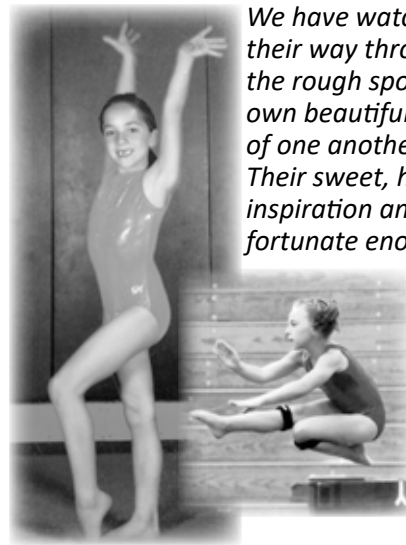
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Julia ...from
Mom, Dad
& Ryenne



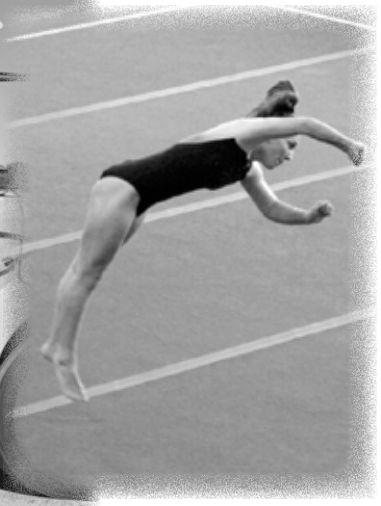
We have watched these two giggle their way through childhood, endure the rough spots, and grow into their own beautiful personalities taking care of one another every step of the way. Their sweet, honest friendship is an inspiration and we each have been fortunate enough to gain another daughter in the process!!
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Love to...
Austin
...from Mom,
Dad & Adam

it's **not** about how bad you *want* it...

it's about how **HARD** you're willing to **WORK** for it





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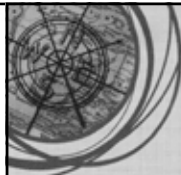
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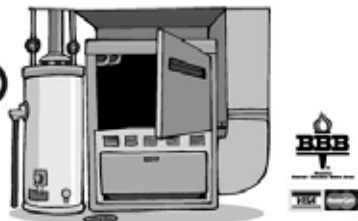
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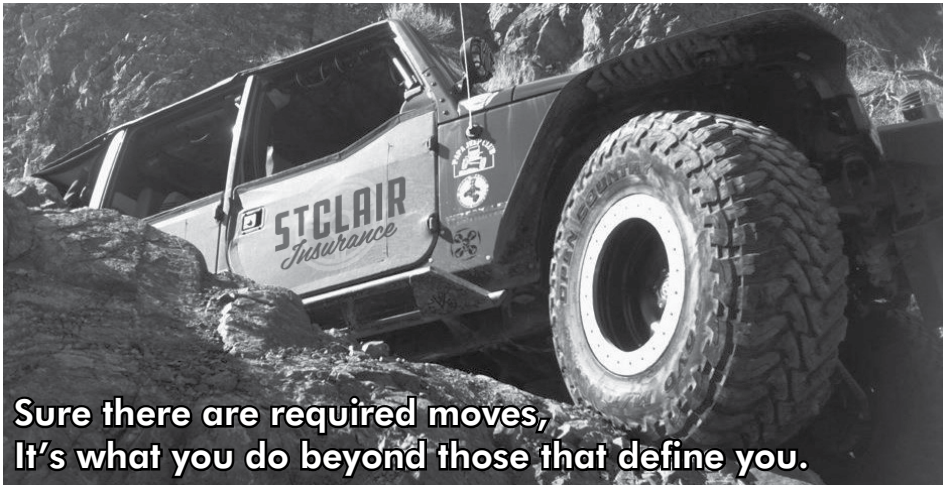
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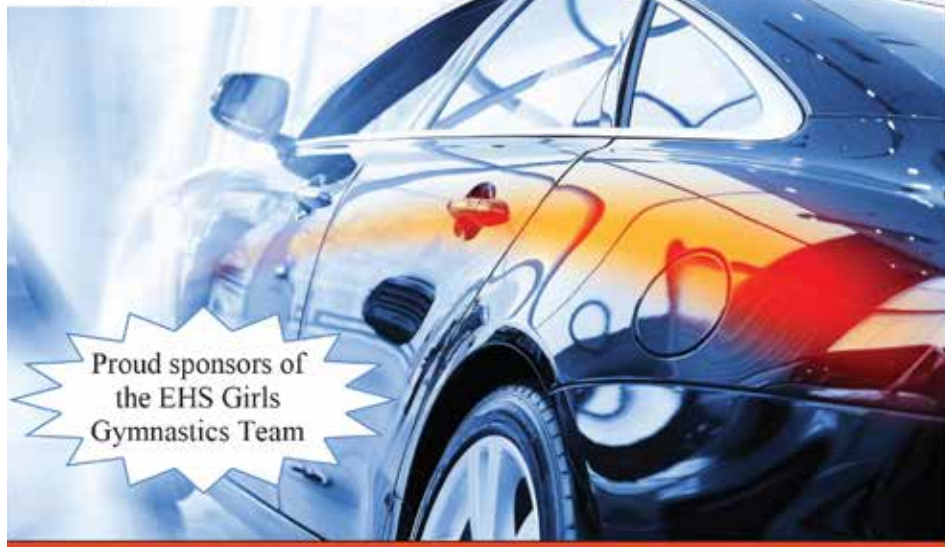
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