

APR 2022

THE EAGLE'S NEST

THANKS FOR YOUR SUPPORT!

We would like to thank our Eagle families for all the hard work you invested in our DARE TO SOAR competition on March 11-13th. **The team raised a little over \$27,000** which will help our team program tremendously this year. Thanks to our amazing parent volunteers, the meet ran successfully and we are looking forward to next year!

SAVE THE DATE.... We are planning our next major fundraiser — the Golf Tournament to be held on **Friday, September 16th**. We have not secured the golf course yet. Be on the lookout for sponsorships opportunities.

THANK YOU TO OUR SPONSORS!

ChiroSport Specialists of Dallas
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HAPPY BIRTHDAY

April 4th
Paige Murphy

April 6th
Coach Ginger

April 8th
Coach Isaac

April 9th
Max Hartfield

April 14th
Camden Gashel

April 15th
Gracelynn Truitt
Edwin Werner

April 20th
Everleigh Hopkins

April 23rd
Landon Bell

April 25th
Caitlyn Cook

April 30th
Ryan Geismar
Zaria Vinson

Thanks to our sponsors:

**EUROPEAN
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CENTER®**



EDITOR: COACH MARITZA

TEAM BANQUET FRIDAY, JULY 29TH, 2022

This annual event is always fun for our Team families as we celebrate all of the achievements from the 2021-22 Season.

If your child won a District, State, Regional or National title, we will need an action photo of them. We also need action photos of Level 8-Elite athletes.

Check your email for our Team Dropbox link!! In the subject line of your email, please put "athlete name, level, event".

ATHLETE OF THE MONTH

MARLIE ANN PALMER (G) has been working really hard to master her level 2 skills. She also has a positive attitude every time she steps in the gym which has pushed her to overcome her fears.

ELLIE CHANDLER (PTM) is always working hard in and out of the gym.

CATE DEVLIN (T) has had some very positive training the past few weeks and seems eager to improve in her overall performance and abilities. She has a few more competitions left in her season and we cannot wait to see what her outcome will be.

MAX HARTFIELD (BTM) is always focused in practice and in competitions and his hard work has paid off with a great season this year.

HAPPY EASTER!

We wish everyone a fun and blessed Easter holiday with family and friends. We will be open for regular practice

SUMMER SCHEDULES

Summer training schedules are in this newsletter.

Summer training begins Tuesday, May 31st. We will be closed on Monday, May 30th for Memorial Day.

CALENDAR OF EVENTS

Monday, April 1st
Tuition & Meet Fees Due

April 1– 3rd
Regionals
Baton Rouge, LA (BTM 7-10)

State Championships
Frisco, TX (GTM 7)

April 8-10th
State Championships
North Richland Hills (TTM)

Regionals
Loveland, CO (GTM 8)
Denton, TX (BTM 3-6)

Sunday, April 17th
HAPPY EASTER

April 21-24th
Elite Challenge
Irving, TX (TTM 10– ELITE)

April 29-May 1st
Regionals
Plano, TX (GTM 7)
Ft. Worth, TX (TTM 1– ELITE)

Western Championships
Reno, NV (BTM 7-9)

CHECK MONTHLY
CALENDARS FOR ANY
SCHEDULING CHANGES

WOMEN'S TEAM REPORT

STATE CHAMPIONSHIPS SERIES



LEVEL 6 >>> Our Level 6's girls team competed in Katy, Texas at their State Championships and final meet of the season.

All four of our girls, Alyssa, Paige, Emmeline, and Carson have grown so much within the season and finished strong with highlights from Alyssa placing with a tie for 6th on Floor with a 9.475. As well as Emmeline who placed 2nd on Vault with a 9.1!

Congratulations ladies and good luck in the off season!

LEVEL 7 >>> The Eagle Gymnastics women's level 7 team competed at State Championships in Friso, TX April 2-3. At the end of the competition, all 3 of our athletes qualified to Level 7 Regionals in Plano, TX from April 29-March 1.

Zaria (Sr C3) kicked off the weekend becoming **STATE CHAMPION** on Floor & the All Around. She also landed top 5 on Vault, Bars & Beam. Next up was Maycie (Sr A1), who narrowly missed the podium in the All Around after a fall on the beam. Nevertheless, she became **STATE CHAMPION** on Bars, while finishing in the top 10 on Beam and Floor. Elise (Jr A2) closed out the weekend on Sunday evening. After an uncharacteristic fall on Bars, she pulled herself together to place top 5 on Beam. Good luck to these 3 young ladies as they prepare for Regionals... *DARE TO SOAR!*

LEVEL 8 >>> The Eagle Gymnastics women's level 8 team competed at State Championships in Lubbock, TX on March 12th. At the end of the competition, three of our athletes qualified to Level 8 Regionals in Estes Park, CO from April 8-10. Though they had a few misses, the girls pulled together an all-around program to set them up for success in the mountains!

Our event specialist Taryn kicked off the weekend becoming **STATE CHAMPION** on beam. She was also able to nab the BRONZE on bars after recovering from an early fall in the routine. Saniyah & Emilia were in the next session. Both athletes earned a BRONZE medal by placing 3rd on vault and floor respectively. Saniyah was also able to finish top 10 on floor & the AA. On Sunday, Amelia rounded out the group taking SILVER on vault & beam. She also finished top 5 in the AA.

Good luck to Saniyah, Emilia & Amelia as they prepare for Regionals... *DARE TO SOAR!*

UNIFORMS: Please note that the front office will be sizing for Competition Uniforms and billing the Uniform Deposit of **\$100** in May. Payment is due by June 1st.

TUMBLE & TRAMPOLINE TEAM REPORT

Congratulations to our athletes for a successful State Championships!



First - STATE CHAMPIONS

Eliette Lowe, Level 2 TU, (7-8)
Ezra Forbess, Level 2 TU & Level 3 TR (9-10)
Thomas Lowe, Level 3 TU & Level 5 TU (9-10)
Ella Hammer, Level 3 DMT (7-8)
Grace Gist, Level 4 TU & Level 3 DMT (9-10)
Madisyn Herman, Level 4 DMT (9-10)
Caitlyn Cook, Level 5 TU (9-10)
Blakeli Maiale, Level 5 DMT & Level 5 TR (9-10)
CJ Uldrich, Level 6 TU, Level 7 DMT & Level 7 TR (15+)
Landon Bell, Level 6 DMT (9-10)
Cam Walton, Level 6 TR (11-12)
Emma Coulter, Level 6 TR (13-14)
Kayla Lynn, Level 7 DMT (11-12)
Tatum Underwood, Level 7 DMT (13-14)
Channing Kim, Level 8 TU & Youth Elite TR (13-14)
Cate Devlin, Level 8 TU (15+)
Grace Encalade, Level 8 DMT (11-12)
Ellie Bridge, Level 8 DMT & Level 8 TR (13-14)
Quinn McCraw, Level 8 TR (11-12)
Maya Goode, Level 9 TU (13-14)
Kate Arakawa, Level 9 DMT (15+) & Jr. Elite Trampoline
Rocki Cook, Level 10 TU & Level 9 DMT (13-14)
Kalyana Dickson, Level 10 TU & Level 10 DMT (15-16)
Skye Hawk, Youth Elite TU (13-14)
Grace Encalade, Youth Elite TR (11-12)
Caroline Walker, Senior Elite DMT & Intermediate Elite TR

Second:

Lexi Iglesias, Level 2 TU (7-8)
Ella Hammer, Level 2 TR (7-8)
Madisyn Herman, Level 3 TU (9-10)
Landon Bell, Level 3 TU & Level 7 TR (9-10)
Cassima Thomas, Level 3 DMT (7-8)
Ezra Forbess, Level 3 DMT (9-10)
Sorina Skirha, Level 5 TU (9-10)
Emma Coulter, Level 7 DMT (13-14)
Quinn McCraw, Level 8 TU & Level 8 DMT (11-12)
Casen Kim, Level 8 DMT & Level 9 TR (11-12)
Cate Devlin, Level 9 DMT (15+)
Kalyana Dickson, Level 10 TR (15-16)
Skye Hawk, Youth Elite DMT
Maya Goode, Youth Elite TR (13-14)

All Around Winners

Quinn McCraw - Level 8

Third:

Gracelyn Truitt, Level 1 TU & Level 1 TR (6U)
Presli Maiale, Level 2 TU (7-8)
Ella Hammer, Level 2 TU (7-8)
Elin Jones, Level 2 TR (7-8)
Jovie Raffaele, Level 3 DMT (9-10)
Thomas Lowe, Level 3 DMT (9-10)
Grace Gist, Level 3 TR (9-10)
Blakeli Maiale, Level 5 TU (9-10)
Ruby Wagoner, Level 6 TR (13-14)
Tatum Underwood, Level 7 TU (13-14)
Kate Arakawa, Level 8 TU (15+)

All Around Winners

Caitlyn Cook

FIRST PLACE TEAM AWARDS

LEVEL 5 DOUBLE MINI
LEVEL 5 TUMBLING
LEVEL 6 TUMBLING
LEVEL 6 TRAMPOLINE
LEVEL 7 DOUBLE MINI
LEVEL 8 TRAMPOLINE

All Around Winners

Blakeli Maiale - Level 5
Kalyana Dickson - Level 10



INTERNATIONAL ASSIGNMENTS FIG WORLD CUP — ITALY



Congratulations to Isaac who will
represent the United States on
Trampoline &

Congratulations to Coach Jared who was
appointed as National Team Coach.

MEN'S TEAM REPORT

NORTH STATE CHAMPIONSHIPS



On March 12th and 13th, our Boys team did an amazing job at the North State Championships in Saginaw. Our boys earned 19 Individual State Titles and the Level 3 and 5 Teams earned 2nd Place Team, Level 4 Team earned 4th Place and the Level 10 team earned 3rd Place overall.

On Saturday March 12th our Level 5 boys started out the competition. In Group A, Camden took **1st place** on **Parallel Bars, High Bar and All-around** with a 58.0. He also earned **Silver** on **Rings**, and took the **Bronze** on **Floor Exercise** and **Pommel Horse**. In group B, Aedan placed 7th in the all-around and silver on Still Rings and teammate, Teagan, placed 14th in the all-around. In group C, Wyatt earned 4th place all-around with a 59.8 and took **Silver** on **Parallel Bars**. John-Michael earned 5th place all-around and won the **State Title** on **Floor Exercise**. Matthew took 8th place all-around and got **Bronze** medals on **Floor Exercise** and **Pommel Horse**. Mason took 16th in the all-around.

On Saturday afternoon, our Level 8 and 9's hit the floor for the 2022 North State Championships. Our 13yr Level 8, Junior Elite, Simon, hit with flying colors winning **Gold** on **Floor, Pommels, Parallel Bars, High Bar and All Around**. He grabbed a **Silver** on **Rings** and 5th on Vault. Teammate, Aiden, received **Bronze** on **High Bar**, 4th on Pommel Horse, 5th on Floor, Parallel Bars and Rings.

Competing Level 9, were brothers Ryland tying for the **Bronze** on **Rings** and Tyler winning **Silver** on **Parallel Bars**, tying **Bronze** on **Vault**, 4th on High Bar, and a 6th in the AA.

Last session on Saturday was time for our Level 10's. In the 16-17yr age group, Kaeden earned 6th on Parallel Bars. Teammate Caleb got **Silver** on **Floor** and 4th on both Pommel Horse and High Bar. In the 18 and up division was Max winning 4th on Rings, Vault and All Around and placed 6th on Parallel Bars and High Bar. John earned a 5th on Rings and Cisco won Bronze on Floor. With some struggles the Level 10 brought the **3rd place team** banner home.

On Sunday, our Level 3 Team took on State Championships with Eagle force! For our Level 3's in group A, Cayson took **3rd Place** in the **All-Around** with a 60.1. He got two **Silver** medals on **Pommel Horse** and **High Bar** and took **Bronze** on **Still Rings**. Jake took 7th place all-around and took the **Gold medal** on **Floor Exercise**. Asher took 16th in the all-around. In group B, Clark took **1st place** in the all-around with a 63.0 and also earned the State Title on Pommel Horse, Still Rings, and Parallel Bars. He took **Silver** on **High Bar**, and he got **Bronze** on **Floor Exercise**. In group C, Edwin took 14th place in the all-around and got a **Bronze medal** on **Vault**.

Competing for our Level 4 Team, in group B, Lucas took 5th place in the all-around and got a **Silver medal** on **Parallel Bars**. Carson took 8th place all-around and got a **Silver medal** on **Vault**. In group C, Yuva took **2nd place** in the **All-Around** and got **Silver** medals on **Floor Exercise, Pommel Horse, Still Rings, Parallel Bars**, and **High Bar**. In group D, Travis took 9th place in the all-around.

Last Session of the meet was time for our Level 7 team to compete and Junior Elite Simon to do his technical sequence routine. 13-14 L7's was Payton tying for **Bronze** on **Rings**, tied 4th AA, and a 6th on Parallel Bars. Zach won **Gold** on **Rings** and a **Silver** on **High Bar**. In the 15 and up was Payton's brother Parker getting **Bronze** on **Floor** and tying **Bronze** on **P-Bars**.

Level 8, Junior Elite Simon competed Technical Sequences on Sunday and earned **Silver** on **Floor, Bronze** on **Vault** and **Gold** on **Pommel Horse, Rings, Parallel Bars, High Bar, and All-Around**.

All levels did an amazing job in their 2022 North State Championships in Saginaw. We all could not be more proud of the showing these young men did. GO EAGLE!!!!

MEN'S TEAM REPORT CONTINUED...

2022 REGION 3 OPTIONAL CHAMPIONSHIPS



On April 1st we started Region 3 Championships with Junior Elite Simon for his day one of two with technical sequence competition. Simon got Silver on High Bar, Bronze Floor, 4th on Rings and All-Around, and a 5th Pommel Horse. Was a very strong start to the weekend.

On Saturday we started the morning off with our level 9's fighting to move on to Western Championships. Tyler had a great meet getting Silver on PB, Bronze on RG and VT, 5th AA, and 6th HB. Brother Ryland got 5th on FL, and 6th RG and VT. Zach who had an amazing comeback after sitting the season out healing and preparing for Regionals. Zach won 4th PH and RG, and 8th HB and the AA. I am so proud to say all three of these did successfully win a spot to compete in Reno, NV on April 28th for the first Western Championships.

Next up on this same day was 16yr old Kaeden and 17yr Caleb. Kaeden had a great meet taking Silver on FL, 4th VT, 5th HB, and 9th AA. And Caleb grabbed Bronze on PH, 5th PB, and 8th AA. Eli, battling a wrist injury still managed to take 6th on FL. In a very competitive field of athletes Caleb and Kaeden did qualify for a spot to compete in the 2022 National Championships.

Now it was time for our 18+ to hit the arena. Francisco grabbed 6th on FL, 7th PH and RG, and 8th AA. Max also got a 6th on PH, 8th VT, and 10th AA. Jack had the most amazing meet of his life! But ended it on the last rotation with an injury. But not before taking Silver on RG, 4th PH, and 5th VT. Sad to say he was unable to compete HB which knocked him out of a chance to move on to Nationals. Jack was well on his way with a 62.4 all around score and 65 moved on. But proud to say that Francisco and Max qualified to move on to Mesa, AZ to compete in the 2022 National Championships.

It is now Sunday and time L8 JN Aiden and day 2 JE Simon. Aiden Grabbed 5th on HB and 8th on FL and a spot to compete in Reno at Western Championships. Simon who was fighting to qualify for a spot at Nationals grabbed Silver on PH and HB Bronze RG, 4th FL and AA and a 5th on PB. Simon seized a spot to compete in Mesa at National Championships and a spot on the Region 3 elite camp. Was an amazing start of the day. Next was our L7 guys to compete and try for a spot at Westerns. Zach took Silver on PB. 4th RG, 5th AA, and 8th FL. Peyton also brought home a Silver on RG, and 6th on FL and VT. Next was Peyton's older brother Parker, with Parker taking a 4th on PB's. I am once again so proud of these three boys for qualifying a spot to compete in Reno at Western Championships.

So much amazing accomplishments were obtained at this 2022 Region 3 Championships. Piti and myself could not be more proud how hard the fight the Eagle young men had in them. It would not be comp if there where not a few disappointments, but not for a lack of effort. In all we qualified 12..13 (John) to move on to the next Championships.



MEN'S TEAM REPORT

REGION 3 COMPULSORY CHAMPIONSHIPS

On April 9th and 10th, the Eagle boy's compulsory team competed at the Regional Championships in Denton Texas. They've worked tirelessly throughout the entire season and all their hard work has paid off! The level 3's took 3rd place team and the level 4's took 4th place team. The Eagle boys came out of the competition with 8 gold medals, 14 silver medals, and 15 bronze medals.



In the level 3 group, Clark took 2nd place in the all-around along with 2 silver medals on parallel bars and high bar. He also got 2 bronze medals on pommel horse and still rings. Cayson took 4th place all-around with a silver medal on high bar and a bronze medal on vault. Jake took 8th place all-around and received 2 bronze medals on floor and parallel bars. Asher took 23rd place all-around.

In the level 4 group, Yuva took 2nd place in the all-around and received 2 gold medals on still rings and parallel bars. Yuva also got 3 bronze medals on floor, vault, and high bar. Carson took 3rd place in the all-around and received 3 silver medals on floor, still rings, and parallel bars. Carson also took the bronze on pommel horse. Lucas took 12th place in the all-around, and Travis took 26th in the all-around.

In the level 5 group, John-Michael took 1st place in the all-around along with 3 more gold medals on pommel horse, parallel bars, and high bar. John-Michael also got 2 bronze medals on floor and still rings. Matthew took 2nd place in the all-around and received 2 silver medals on pommel horse and still rings and a bronze on high bar. Camden took 3rd place in the all-around and received 3 silver medals on still rings, parallel bars, and high bar. Aedan took 4th place in the all-around and received 2 gold medals on still rings and parallel bars and a bronze on high bar. Wyatt took 8th place in the all-around, mason took 17th, and Teagan took 20th place.



BOYS TEAM SUMMER TRAINING SCHEDULE - MAY 31 - AUGUST 6

LEVEL 3 TEAM (Starts June 7) - TUESDAY/THURSDAY/FRIDAY 12:00 - 2:30

LEVEL 4 TEAM - MONDAY/WEDNESDAY/THURSDAY 3:00-6:30

LEVEL 5/6 TEAM - MONDAY, TUESDAY, WEDNESDAY, THURSDAY 3:00-6:30

LEVEL 7-10 - MONDAY, TUESDAY, THURSDAY, FRIDAY 7AM - 11:30 A.M. & WEDNESDAY 8:00 A.M. - 11:00 A.M.

If you have any questions regarding your team schedule, please speak with your coaches.

GIRLS TEAM SUMMER SCHEDULE - MAY 31 - AUGUST 6

PRE TEAM - TUESDAY/THURSDAY 3:30-5:30

LEVEL 2 & 3 GIRLS - MONDAY/WEDNESDAY/FRIDAY 3:00-6:30

LEVEL 4, 5 & 6 GIRLS - MONDAY, TUESDAY, THURSDAY 2:15-6:30; FRIDAY 12:00-4:00

LEVEL 7 - 10 GIRLS - MONDAY, TUESDAY, THURSDAY, FRIDAY 7:30 AM - 12:00 & WED 9-12

COMPULSORY INVITE / TOPS PROGRAM : MON, TUE, THUR, FRI 12:00 - 3:30 & WED 7:30-12

OPTIONALS TOPS / HOPES - 7:30 A.M. - 12:00

If you have any questions regarding your child's schedule, please speak with your coaches.

T & T Team Summer Schedule

Pre Team - Tuesday / Friday 3:30 - 5:00

Level 4 / 5 Group - Monday, Wednesday, Thursday 3:30 - 5:30

Level 6 / 7 Group - Tuesday 5:00-8:00, Thursday 5:00-9:00, Friday 9am-12:00

Level 8 - Elite Group - Monday, Wednesday, Thursday 5:00-9:00, Friday 11:30-3:30

If you have any questions regarding your summer schedule, please speak with your coaches.

SUMMER HOLIDAYS

Please note the gym will be closed July 4-9 for summer break. Refer to your team calendars for any changes to your child's training schedule due to competitions or other conflicts.

If you will be taking any vacations, please inform your coaches so that they can be prepared for training sessions.