

# TEAM EAGLE NEWS

2023-2024 Competitive Season

December 2023

## HAPPY BIRTHDAY

December 1<sup>st</sup>  
AMELIA DILLEY

December 2<sup>nd</sup>  
AIDEN HANSEN

December 3<sup>rd</sup>  
PHIA HONEYCUTT

December 4<sup>th</sup>  
BLAKELI MAIALE

December 6<sup>th</sup>  
Ben Plinario

December 8<sup>th</sup>  
ISABELLA HUGGINS

December 9<sup>th</sup>  
ELIAS ANDERSON

December 22<sup>nd</sup>  
CATE DEVLIN

December 28<sup>th</sup>  
OLIVER CHAMNESS

December 29<sup>th</sup>  
AVERY ULFERTS

December 30<sup>th</sup>  
GRAYSON NIEHUS

Thank you to our sponsors:



## Team Holiday Party December 15<sup>th</sup> 6:30pm-8pm



**Please RSVP if you can attend or not.**

**\*\*Reminder -- This party is for team athletes only.  
No siblings.\*\***

The sign up genius for our party has been sent.  
Details on how to sign up are included on the link.  
When signing up, please remember that we are a peanut  
free facility.

**Parents:** We will also need a few volunteers to supervise  
the party room.

Don't forget to have your child bring an age-appropriate  
gift (under \$10) for our gift exchange!

Eagle Gymnastics Academy  
**TAKE 10% OFF ANY  
PRO SHOP ITEM**  
stock leotards, shorts,  
t-shirt or sweatshirts  
This coupon may not be used  
for any team uniform items.  
**Expires 12/21/2023**

**Still looking for a few  
stocking stuffers?!**

Come in & check out our  
leotard & apparel collection!  
Use the coupon above to  
help you check some items  
off your Holiday list.

## Holiday Clearance

## LOST & FOUND

Have you lost any items in  
our building?  
Water bottles, shoes,  
clothes...

Please check the lost and  
found ASAP. On December  
21, 2023 all items still left in  
the lost in found will be  
donated to Frisco Family  
Services.

## POLAR EXPRESS WEEK VOLUNTEERS NEEDED!

During this week, we offer **HOT  
CHOCOLATE** to all our Eagle Families and  
will need Volunteers in the evenings to help  
hand it out.

### Who can volunteer?

\* **Parents or Family Members of an Athlete**

\* **Athletes ages 13 & older**

(great idea if you need volunteer hours for school)

\* **Athletes under 12 accompanied by a Parent.**

**You're welcome to dress in your PJ's or  
holiday attire to get in the spirit too!!**

The sign up genius for our party has been sent.  
Details on how to sign up are included on the link.

## CALENDAR OF EVENTS

Friday, December 1<sup>st</sup>  
**TUITION DUE**

Saturday, December 2<sup>nd</sup>  
**OPTIONAL EVALUATION**  
GTM LV 6-10

December 9<sup>th</sup>  
**SAGINAW INVITATIONAL**  
BTM 3-10  
Saginaw, TX

**DECEMBER 11-16TH**  
**POLAR EXPRESS WEEK**

Friday, December 15<sup>th</sup>  
**TEAM HOLIDAY PARTY**  
GTM, BTM, TTM  
**AT THE GYM**

December 22<sup>nd</sup>-January 2<sup>nd</sup>  
**WINTER BREAK**  
**GYM CLOSED**  
See individual calendars for  
holiday training times

Wednesday, January 3<sup>rd</sup>  
**RESUME REGULAR PRACTICE**  
**SCHEDULE**

January 12<sup>th</sup> - 14<sup>th</sup>  
**FRIENDS OF ACHIEVERS**  
**INVITATIONAL**  
BTM 3 & 4  
Denton Convention Center

**WINTER BEACH BLAST**  
BTM 6-10  
Galveston, TX

January 19<sup>th</sup> - 21<sup>st</sup>  
**TEXAS PRIME**  
GTM 3-10  
Irving, TX

**WINTER BEACH BLAST**  
BTM 6-10  
Galveston, TX

January 26<sup>th</sup> - 28<sup>th</sup>  
**ATLANTIC CENTENNIAL CLASSIC**  
GTM 3-10  
Atlanta, GA

**TEXAS TOUGH**  
TTM 3-Elite  
Arlington, TX

**CHECK MONTHLY**  
**CALENDARS FOR ANY**  
**SCHEDULING CHANGES**

## ATHLETE OF THE MONTH

**HAZEL JOHNSON (T)** has been working really hard for her upcoming season. In the gym, she has been pushing past her fears and has been motivated to work higher level skills!

**ELLA HOLDER (G)** has been consistently improving her skills throughout her Level 4 season. She is achieving her goals that she has set for herself and has a wonderful positive attitude which spills over to her teammates. Way to go!

**GAVIN KURTZ (B)** has not been on our boys team very long but has made tremendous improvements in such a short amount of time. He remains focused on his work and is making progress as he gears up for his competitive season!

## HOLIDAY TRAINING SCHEDULE

### GIRLS TEAM

### BOYS TEAM

### TUMBLE TEAM

Dec 22<sup>nd</sup> - Dec 26<sup>th</sup>  
**NO WORKOUTS**

Wednesday, Dec 27<sup>th</sup>  
LEVEL 6-10 7am -11:30  
LEVEL 3-4 12pm -3:30

Thursday, Dec 28<sup>th</sup>  
LEVEL 6-10 7am -11:30

Friday, Dec 29<sup>th</sup>  
LEVEL 6-10 7am -11:30  
LEVEL 3-4 12pm -3:30

Saturday, Dec 30<sup>th</sup>  
**NO WORKOUTS**

Monday, Jan 1<sup>st</sup>  
**NO WORKOUTS**

Tuesday, Jan 2<sup>nd</sup>  
LEVEL 6-10 7am -11:30  
LEVEL 3-4 12pm -3:30

*January 3<sup>rd</sup> start  
regular schedule*

Friday, Dec 22<sup>nd</sup>  
LEVEL 3-7 9-12 pm  
LEVEL 8+ 12-3pm

Dec 23<sup>rd</sup> - Dec 26<sup>th</sup>  
**NO WORKOUTS**

Wednesday, Dec 27<sup>th</sup>  
LEVEL 3-7 9-12pm  
LEVEL 8+ 12 -3pm

Thursday, Dec 28<sup>th</sup>  
LEVEL 3-7 9-12pm  
LEVEL 8+ 12 -3pm

Friday, Dec 29<sup>th</sup>  
LEVEL 3-7 9-12pm  
LEVEL 8+ 12 -3pm

Saturday, Dec 30<sup>th</sup>  
**NO WORKOUTS**

Monday, Jan 1<sup>st</sup>  
**NO WORKOUTS**

Tuesday, Jan 2<sup>nd</sup>  
LEVEL 3-7 9-12pm  
LEVEL 8+ 12 -3pm

*January 3<sup>rd</sup> start  
regular schedule*

For the Holiday  
Training  
schedule,  
please refer to  
the individual  
calendars that  
were sent out  
via email.

Wednesday, Jan 3<sup>rd</sup> return to regular schedule. See January calendars.

## Women's Team Report



# CHAMPIONSHIPS ROAD

## State Championships

**LEVEL 4P:** Our Level 4 team rocked it in Lubbock the weekend of November 18th bringing home multiple STATE titles.

Emilie Sawyer, Ryleigh Clark, and Sofia Garifo started off the weekend competing in the Senior Division. Emilie (Sr A1) earned 2nd on bars and had a top 5 finish on beam and the all-around. Ryleigh (Sr A3) earned 3rd on bars and had a top 5 finish on beam and the all-around. Rounding out the senior divisions was Sofia (Sr A4). She earned top 4 finishes on bars the all-around and is **STATE CHAMPION** on Beam and Floor.

Anastasia Grundler and Ella Holder kicked off the competition early Sunday morning. Anastasia (Jr C3) earned 3rd on vault and earned the title of **STATE CHAMPION** on bars, beam, floor and the all-around. Ella (Jr C4), earned top 5 finishes on vault, floor and the all-around.

Finishing off the competition also in our Junior Division was Coco Hughes and Piper Quinn. Coco (Jr A2) earned 2nd on bars, beam a floor and is **STATE CHAMPION** on vault and the all - around. Piper (Jr A5) earned a top 5 finish on vault, 2nd on bars and the all-around and is **STATE CHAMPION** on floor.

Congratulations to our Level 4s on a great season and to all of our STATE CHAMPIONS!

## Men's Team Report

### Saginaw 2023 Invitational Final Schedule

**Location:** Saginaw High School

800 Blue Mound Rd. Saginaw TX

Gym located in the back of the school

Session 1 All Level 3's	8am General Stretch	8:20am Competition
Session 2 All Level 4's	12pm General Stretch	12:20pm Competition
Session 3 Levels 5-6-7	3:00pm General Stretch	3:20pm Competition
Session 4 Levels 8-9-10	6:00pm General Stretch	6:20pm Competition

**Admission:** CASH OR CHECK ONLY... No ATM on campus or card reader.

*Meet schedules for January meets will be sent out as soon as we receive them.  
Please do not contact meet directors for information. The most current details regarding schedule,  
host hotels and admission information s available on each meet's website.*



# 2023 World Trampoline & Tumbling Championships

November was a busy month for our trampoline and tumbling team. We had two athletes (Hope Bravo and Isaac Rowley) attend the world championships held in Birmingham, England, November 8-12, and three athletes (Kate Arakawa, Skyelar Hawk, and Grace Encalade) attend the world age-group competition also held in Birmingham, England November 16-19.

On November 1st, Hope and Isaac traveled with the rest of the USA trampoline and tumbling world championships team to Rennes, France, where they had a four-day preparation camp. During this camp, they trained twice daily and had team bonding activities in preparation for the world championships. They left France and arrived in Birmingham, England, on November 6th, where they had two more days of training on the competition equipment.



Isaac competed in one of the first groups on Thursday, November 9th, in individual trampoline, where he completed his routine. Still, unfortunately, it wasn't one of his best, and it placed him 36th out of 99 competitors (The top 24 move on to the next qualification round). After all male athletes competed in the first qualification round, the USA men found themselves qualifying for the team final in 4th place, where the top 5 teams advanced into the team final. In the trampoline team final competition, Isaac and his teammates competed alongside a mighty field of competitors and finished in 5th place.

Hope competed about an hour later in the Women's tumbling event, where she had two stellar routines, placing her in 13th out of 46 and moving her on to the next qualification round. The Women's tumbling team qualified into the tumbling team final in 3rd place where they would compete for a team medal. Following and exciting team final. The Team USA girls brought home the bronze medal. In the second qualification round of individual tumbling, Hope completed her tumbling run, which gave her a score that placed her in 15th.



Isaac competed in the synchronized trampoline event on Friday with his synchro partner Cody Gesuelli. Isaac and Cody hit a strong routine, giving them a score to qualify them into the second qualification round as the top USA pair. In the second round of synchronized trampoline qualifications, Isaac's partner did not complete the routine, putting them in 15th place. Isaac and Cody were selected to compete in the all-around team final on the last day. With exceptional routines across all events, Team USA triumphed as the world champions in team all-around, earning a well-deserved gold medal.



# 2023 World Age Group Championships

Kate, Skye, and Grace arrived in Birmingham, England, on November 13<sup>th</sup>. They had a tour of the Cadbury Chocolate Factory and a rest day upon arrival, then trained twice a day on Tuesday and Wednesday, then started the competition on Thursday. Kate and Skye competed on the first day of the competition, Kate on the individual trampoline and Skye on tumbling. It was Kate's first world age-group competition, and her nerves got the best of her, and she did not complete her first routine. She shook the nerves off after the fall and succeeded in completing her second routine, putting her in 55<sup>th</sup> place in the 15-16 age group.

Skye was competing in her third-world age-group competition and was returning from a broken foot that happened at the beginning of August. After being cleared by the doctor to train, she only had five practices at home before leaving for England. Even with only having those five practices, Skye's international competition experience allowed her to

compete for a new pass. With the limitations of her training, she didn't have her correct starting mark and landed back on the rod floor, causing her to rebound and touch her hands on the ground. Skye finished in 17<sup>th</sup> place in the 15-16 age group.

The day after, Grace participated in the individual trampoline event, which marked her debut in international competitions and her first ever world age-group competition. Unfortunately, her nerves got the best of her and she bounced off onto the end trampoline mats, leading to a premature end to her second routine. As a result, she finished in the 55<sup>th</sup> position in the 13-14 age group.

Kate and Grace participated in the synchronized trampoline event, where they teamed up with fellow American athletes. Due to limited practice sessions with their partners, the duo faced a tough time during the competition. Kate and her partner secured the 25<sup>th</sup> spot in the 15-16 age group, while Grace and her partner finished 26<sup>th</sup> in the 13-14 age group.

Overall, the world championships and world age-group competition were successful in their ways. It was an excellent experience for everyone; each athlete made memories and friendships that will last a lifetime. Our coaches and everyone at Eagle Gymnastics Academy are super proud of these five athletes and are excited to see what comes next in their athletic careers.

Best of luck to our team as they start their competition season at the Dallas Cup the weekend of January 18-21.

