



# EAGLE GYMNASTICS ACADEMY - MARCH TEAM NEWS - 2024

## THANKS FOR YOUR SUPPORT!

We would like to thank our Eagle families for your hospitality donations and all of your hard work you invested in our *DARE TO SOAR* competition on February 25th – 26th. The team raised a little over **\$18,000** which will help our team program tremendously this year. Thanks to our amazing parent and athlete volunteers, the meet ran successfully and all of the teams who attended told us they are looking forward to next year!



## SUMMER:

### TRAINING, CAMPS & VACATIONS

Please let coaches know of any vacations or gymnastics camps you are planning to attend over the summer as it will help us create summer training schedules. Send vacation plans to your athlete's head coach.

The gym will be closed for our summer  
**Monday, July 1 to Sunday, July 7**

Please note some teams may have workout or competitions due to meet schedule. Girls team coaches encourage their compulsory athletes to take the bulk of their vacation during the summer break as your season begins in August.

BTM - [stephen@eaglegymnastics.com](mailto:stephen@eaglegymnastics.com)

TTM - [jaredolsen81@gmail.com](mailto:jaredolsen81@gmail.com)

GTM - [velvet@eaglegymnastics.com](mailto:velvet@eaglegymnastics.com)

## ANNUAL TEAM AWARDS BANQUET

SAVE THE DATE

**FRIDAY, MAY 31st**

Plano Marriott

If your child won a District, State or Regional title in the 2023-24 season, please send a picture and athlete information to  
[tina@eaglegymnastics.com](mailto:tina@eaglegymnastics.com)

## THANK YOU TO OUR SPONSORS

THE RIEGEL CENTER

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MOORE INSURANCE GROUP

Thank you to the following restaurants for helping to feed our coaches and judges all weekend!

Jason's Deli

Jet's Pizza - Little Elm  
Raising Canes

## THANK YOU!

To all of the parents who helped us load up foam from Dude Perfect HQ and bring it to the gym, our athletes Thank You!!

You filled the pit to make training better!

# 2024 COMPETITIVE SEASON

## CALENDAR OF EVENTS

Monday, March 1<sup>st</sup>

TUITION/MEET FEES DUE

March 8-10<sup>th</sup>

STATE CHAMPIONSHIPS

GTM LV 9-10

Spring, TX

♦♦♦

WINTER CLASSIC

TNT LV 8-Elite

Oklahoma City, OK

March 17<sup>th</sup>

St Patricks Day

March 15-18<sup>th</sup>

STATE CHAMPIONSHIPS

GTM 7

Metroplex Gym, Allen, TX

♦♦♦

STATE CHAMPIONSHIPS

BTM 7-10

Belton, TX

NATIONAL TEAM CAMP

Mountain Lakes NJ

TMT TR, TU, DMT INVITATION ONLY

March 22-24<sup>th</sup>

STATE CHAMPIONSHIPS

GTM 8

Lubbock, TX

♦♦♦

NORTH STATE CHAMPIONSHIPS

BTM 3-6

FEW Center, Bedford, TX

CHAMPIONS CLASSIC

TNT Lv 3-Elite

Austin, TX

WORLD CUP - ISAAC

COTTBUS, GERMANY

Sunday, March 31<sup>st</sup>

HAPPY EASTER



CHECK MONTHLY  
CALENDARS FOR ANY  
SCHEDULING CHANGES

## Choosing the right Summer Camp for your athlete

### Which Camp is Right for your Gymnast:

**7th & 8th Grade:** Go with friends and have fun near your home

**9th grade:** Get on College Campus's for Exposure

**10th & 11th grade:** Focus on camps (colleges) that are contacting you or that you need to attract the college coach to you and your skills. (Be sure your skills scores and SV match theirs)

### Time goes by very quickly

Have a plan because college camps are becoming the way to get recruited especially if you have been injured or had a rough season or are a later bloomer.

Unfortunately most parents and gymnasts pick the wrong camps and spend lots of time and money on college camps that may not be an option.



### HAPPY BIRTHDAY!

March 1<sup>st</sup>

ATLAS HADSELL

March 2<sup>nd</sup>

CHARLOTTE HOLDER

March 7<sup>th</sup>

DESTINY LEYO

SIMON POCHINKA

March 11<sup>th</sup>

EISE MUELLER

March 13<sup>th</sup>

LEXI IGLESIAS

March 27<sup>th</sup>

SCARLETT RADER

March 28<sup>th</sup>

KATE ARAKAWA

### ATHLETE OF THE MONTH

**Cassie Thomas (T)** always has a positive attitude when she walks into the gym. She is a hard worker but thoroughly enjoys coming to practice.

**Yuva Bala (M)** had a really big jump from level 5 to level 8 this season. He comes into the gym ready to work, and his determination lead him to compete High Bar for the first time at his past competition!

**Allie Heller (W)** has been improving daily since joining our team program. She is a great listener, works well and has been working really hard to overcome her fears!

# The Balanced Gymnast®

## Competition Nutrition SOS Guide

### STEP 1: The Night Before Competition



Moderate Intensity Plate



High Intensity Plate

- Use a moderate to high intensity performance plate (go with high intensity especially if struggles to eat the next day due to nerves)
- Nothing spicy, super greasy, or "new" to minimize any potential GI distress
- Stay on a consistent meal/snack schedule, even with travel

### STEP 2: The Morning of the Competition



High Intensity Plate



- Focus on the high intensity plate
- If nervous
  - Try to get the carb/protein items down
  - If unable, try to make some of the meal liquid (smoothie, chocolate milk, etc)
    - Practice! The gut is "trainable", so practicing at every competition with small nutrition changes, working towards a full meal

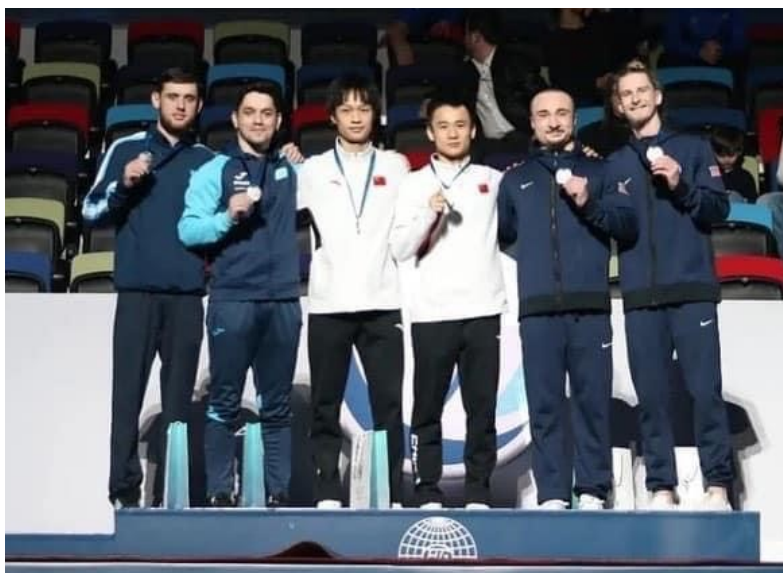
### STEP 3: During the Competition



- Utilize performance nutrition to level up performance, focus, and energy during the competition
- Use quick carbs (simple sugars or low fiber complex carbs like fruit gummies, sports drink, apple sauce packets, etc after the 2nd event or as needed)

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~gymnast  
nutritionist



## CONGRATULATIONS ISAAC!

Isaac represented Team USA at the Baku World Cup February 22-25 and placed 12th in the Individual Competition - a personal best against the World's top competitors.

In the Synchro Competition, Isaac, and his synchro partner, Ryan Maccagnan, earned the

**BRONZE medal!**



## Women's Team Report

# WOGA CLASSIC

The weekend of February 9-10 our girls competed at the WOGA Classic at The Star in Frisco.

Competing solo in their level for Eagle were Ryan, Emilia and Camryn. Level 10, Ryan, earned **1st place** on beam. Level 9 specialist, Emilia earned top 5 on floor while Level 6, Camryn earned 3rd place on beam.

Our level 8 team, Brooklynn, Maliah, Elise, Alena, and Reghan, had a strong meet. Brooklyn, Jr. A, earned a top 5 finish on floor. Elise, Jr. B, earned top 5 finishes on bars, floor and the all-around). Alena, also Jr. B, earned a top 5 finish on floor.

Competing for our level 7 team were Vivian, Anastasia, Coco, Piper, Harper, Emma, and Paige. In Jr. A, Vivian earned **1st on beam and floor**, 2nd in the all-around, and finished in the top 5 on bars. Anastasia, also Jr. A, earned 2nd on bars and floor, 3rd in the all-around and finished in the top 4 on beam. Rounding out our Jr. As, Coco earned a top 5 finish on floor. In the Jr B Division, Harper earned **1st place on floor**. In the Sr. A division, Emma, earned a top 5 finish on floor.

# ZENITH WINTER CLASSIC

The women's optional team had a great competition at the Zenith Winter Classic. All of our level 6-10 team members have now qualified to their respective State Championships.

Level 10, Ryan earned 2nd place on vault, beam, floor and the all-around while level 9 Emilia earned 3rd place on floor.

Our level 8 team, Elise, Brooklyn, Maliah and Alena, brought home 3rd place in the team competition. At this competition all of our level 8 athletes competed in the Jr. A age division. Elise earned 3rd place on beam while Brooklynn earned 2nd on vault, 3rd on bars, and had a top 5 finish in the all-around. Maliah earned 3rd on vault and had top 5 finishes on floor and in the all-around. Rounding out our level 8s, Alena earned **1st on vault and bars**, top 5 on beam, 2nd on floor and 3rd in the all-around.

Our level 7 team earned 2nd place in the team competition with contributions from Piper, Coco, Anastasia, Paige, Vivian, Emma and Harper. In Jr A, Piper earned **1st place on beam** and Anastasia earned 3rd on vault and top 4 on bars and the all-around. Also competing in Jr. A, Vivian earned 3rd on beam and **1st on floor**. In Jr. B, Harper earned top 5 on floor. Competing in the senior divisions were Emma and Paige. Emma (Sr A), learned 2nd on vault, 3rd on beam and top 5 on floor. Paige (Sr B), earned **1st on vault**, 2nd on beam and top 5 on floor.

Congratulations to all of our optional teams on such a strong meet. We look forward to seeing them next at State Championships held throughout the month of March.



# LAS VEGAS MEGA MEET

Team Eagle, the powerhouse trampoline and tumbling team known for its unwavering dedication and exceptional talent, is making headlines once again. With a jam-packed schedule and remarkable achievements, Team Eagle continues to set high standards within the Trampoline and Tumbling community.

From **February 15th to 19th**, Team Eagle descended upon Las Vegas for the highly anticipated **Mega Meet**. Competing against top gymnasts from around the country, our athletes shined as bright as the glittering lights of Viva Las Vegas. When the team wasn't competing, many were able to make it a memorable trip, taking in a Cirque du Soleil show or ziplining down Fremont Street. It was great for coaches, athletes and parents to venture out west to Vegas.



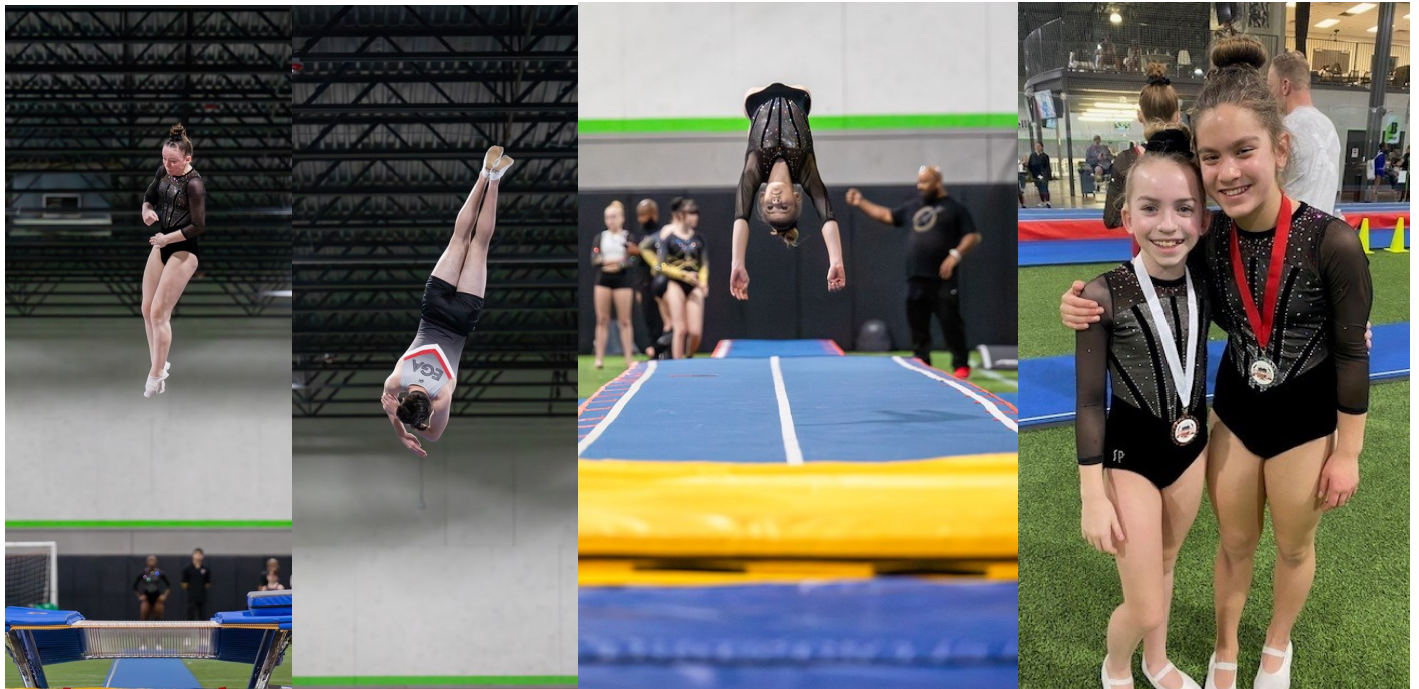
# DARE TO SOAR INVITATIONAL

Back on home turf, Team Eagle hosted its annual **Dare to Soar** competition in **Frisco, TX**. From **February 22nd to 23rd**, gymnasts of all ages and levels gathered to compete, inspire, and celebrate the sport they love. The energy was electric as young talents soared through the air, leaving spectators in awe.

While Dare to Soar was happening, our esteemed coach, **Isaac**, took center stage at the **World Cup** in **Baku, Azerbaijan**. In the **Individual Trampoline** event, Isaac's flawless routine earned him a remarkable **12th place**. But that's not all! Teaming up with his synchro partner, Isaac clinched the **bronze medal** in the **Synchronized Trampoline** competition. His dedication and skill contributed to the **US Olympic qualification**, earning valuable points for our country. Way to go, Isaac! Team Eagle is bursting with pride.

Next on the horizon is the **Winter Classic** in **Oklahoma City**. For Isaac, this marks the first **Olympic Trial** – a pivotal moment in his career. But he's not alone. Our other elite athletes will compete in hopes of qualifying to international competitions later this year. As they prepare to take flight, we wish the entire Team Eagle the best of luck. Their passion, resilience, and teamwork continue to inspire us all.

Stay tuned for more updates as Team Eagle soars higher, flips faster, and defies gravity. Together, we dare to dream, and together, we soar!





## VALERI LIUKIN INVITATIONAL - February 9-11, Frisco

The weekend of Feb 10<sup>th</sup>, the Eagle Gymnastics Boys Optional Team headed to The Star to compete at the Liukin Invitational. Some of the highlights include Andrew Sims' 2<sup>nd</sup> place finish on Floor and 3<sup>rd</sup> place finish on Pommels. John Michael McCune had a great pommel routine which earned him 2<sup>nd</sup> place. Mason Herman earned a gold medal on the Rings. Matthew had a great meet and competed his Endo which earned him the Bronze in the All-Around. Simon got 2<sup>nd</sup> in the All-Around.

The Level 3s have been working towards this meet since the beginning of summer. As their biggest meet so far, these guys kept their cool and showed out for Eagle. Luca got 4<sup>th</sup> in the All-Around, highlighted by a very strong ring routine. Ethan and Atlas had high-flying vaults, Arjan had a solid floor routine, Ben placed 3<sup>rd</sup> on High-bar, and Sam had a clean P-Bar routine.

After the 3's, the 4's were up. They had a very productive meet as Gavin broke out to win first place on Pommels and Vault. Knox competed his full-pirouette on floor for the first time and Ayaan added his spindle to his Pommels. Coach Zach is looking forward to working with these guys to make sure they hit their stride at State and Regionals.

## HORTON INVITATIONAL - February 16-18, Ft. Worth

The last meet of the season before State is a chance for the boys team to add the finishing touches to their routines. The weekend was productive and Coach Piti, Stephen, and Zach are looking forward to see the boys reach their fullest potential during the final meets of the season.

Tyler, Ryland, Zachary H., Nash, and Elias were given the opportunity to compete on the podium. Tyler earned top-2 finishes on the Pommel Horse and Rings and Zachary H. earned the bronze medal on the Floor Exercise. Carter showed out for the level 9s with a 3<sup>rd</sup> place finish on Floor and 2<sup>nd</sup> place finish on Pommel. Simon got a bronze medal in the All-Around, highlighted by a 1<sup>st</sup> place finish on the Still Rings. Mason Herman tied for 2<sup>nd</sup> on the floor and took the gold medal on Rings.

The Level 4's had a productive meet on Sunday morning. Ayaan did his round off back handspring with a spot on floor and Knox competed his full bonus pommel routine for the first time. Gavin performed his flyaway for the first time and stuck it! The Level 3's had a great showing as well, and look even more ready for the big meets at the end of the season. Sam has shown great progress since the beginning of the season. Him and Atlas have really stepped into leadership roles within this level 3 group. Arjan and Ethan had huge vaults to land them 2<sup>nd</sup> place and 4<sup>th</sup> place, respectively. Ben earned 3<sup>rd</sup> on pommel and a shiny ring from his 3<sup>rd</sup> place AA finish. Luca had an amazing routine on the Still Rings to earn 1<sup>st</sup> place.

## BEST OF LUCK AT STATE CHAMPIONSHIPS!

Our athletes will compete to qualify to Regional Championships. Please note all athletes, Levels 4-10 will automatically qualify to Regionals. Level 3 athletes will qualify based on an allotment. Visit [www.region3men.org](http://www.region3men.org) for full information about Regionals.



**Meet Site**  
Cadence Bank Center  
301 W Loop 121  
Belton, TX 76513

Admissions	1 session	all sessions
Adult	\$15	\$20
Child/Senior	\$8	\$15
5yr & Under	free	free
*cash only		

**Host Hotel**  
La Quinta Inn & Suites by Wyndham  
Belton - Temple South  
229 W Loop 121  
Belton, TX 76513  
(254) 939 - 2772

\$129 free wifi/free breakfast  
Walk across parking lot to the meet!

### FINAL SCHEDULE - as of 2/14/2024

**Friday, March 15, 2024**  
Session 1 - Level 9 JE & 10 JE  
Open Stretch 5:00 pm  
March In 5:20 pm  
Competition 5:30 pm

**Saturday, March 16, 2024**  
Session 2 - Level 9 JN  
Open Stretch 8:00 am  
March In 8:20 am  
Competition 8:30 am

Session 3 - Level 10 JN  
Open Stretch 12:15 pm  
March In 12:35 pm  
Competition 12:45 pm

Session 4 - Tech Sequences  
Open Stretch 5:00 pm  
March In 5:20 pm  
Competition 5:30 pm

**Sunday, March 17, 2024**  
Session 5 - Level 7  
Open Stretch 9:00 am  
March In 9:20 am  
Competition 9:30 am

Session 6 - Level 8 JN & JE  
Open Stretch 12:30 pm  
March In 12:50 pm  
Competition 1:00 pm

### 2024 Michael Sims North State Schedule

FEW GYMNASICS CENTER - 1100 RAIDER DR, BEDFORD, TX

#### Saturday, March 23rd

**Session 1 All Level 5 & 6**  
Open Stretch 8:00 AM  
Introductions 8:20 AM  
Competition 8:30 AM  
Awards 11:30 PM

**Session 2 All Level 4 D2**  
**Level 4 D1 Age Groups A & B**  
Open Stretch 12:45 PM  
Introductions 1:05 PM  
Competition 1:15 PM  
Awards 3:45 PM

**Session 3 Level 4 D1 Age Groups C & D**  
Open Stretch 5:00 PM  
Introductions 5:20 PM  
Competition 5:30 PM  
Awards 7:15 PM

#### Sunday, March 24th

**Session 4 All Level 3 D2**  
**Level 3 D1 Age Group A**  
Open Stretch 9:00 AM  
Introductions 9:20 AM  
Competition 9:30 AM  
Awards 11:30 AM

**Session 5 Level 3 D1 Age Group B,C, & D**  
Open Stretch 12:45 PM  
Introductions 1:05 PM  
Competition 1:15 PM  
Awards 3:15 PM



#### Age Group Birthdate Ranges

Level 3 D1	
A	9/27/16 - 12/31/24
B	12/2/15 - 9/26/16
C	2/25/14 - 12/1/15
D	1/1/05 - 2/24/14

Level 4 D1	
A	7/23/15 - 12/31/24
B	9/27/14 - 7/22/15
C	5/20/13 - 9/26/14
D	1/1/05 - 5/19/13