

**USTA 2020  
PRESIDENTIAL  
AWARD  
COACH OF THE YEAR  
NOMINEES**



**Nomination for Coach of the Year**

**MATT ALEX**

**Gymnastic Academy of Rockford**

**I would like to nominate Matt Alex from GAR as coach of the year. He is a knowledgeable and caring coach. He is able to get the best from each of his athletes**

**Matt is always willing to help other coaches and share coaching tips and the drills that he uses.**



**Thank you  
Gail White**

## Cassia Cantelmo

### Infinity and Beyond Academy



Cassia Cantelmo is a walking institution and is synonymous with Tumbling in the Chicago and greater western suburb community. 2 generations of children have come into programs she's led and have been touched by her family (team).

Coach Cassia got her start as a gymnast in Brazil where she learned the foundation of the sport and flourished on competition teams for 15 years. Later in life she emigrated to the United States and began working with young children immediately as a coach, passing on core skills, team building, and passion for the sport! Coach Cassia works with children and families from all walks of life and backgrounds. Whether there is a need to create a job, make up a class payment, provide a boot camp, a hug to get you through tough times outside the gym, or host a fundraiser we can always count on her to go the extra mile.

Many of her coaches are "boomerangs" who were inspired to come back to the team to give back, in the same way Coach Cassia did for them during pivotal years. Students have children and find their way back to her as well because they know their child will be in loving hands and will at the very least experience physical conditioning and hard fulfilling work while building friendships.

Coach Cassia has coached gymnasts and tumblers for over 30 years now, while being a USTA member for 20 years. In 2004 she was recognized as coach of the year and her teams have earned USTA Sportsmanship team awards. Her hard work and love for tumbling will continue to be exhibited through the youth she coaches and cares for, for years to come.

## **PRESIDENTIAL AWARD - COACH OF THE YEAR NOMINEE**

**CARA HARWOOD**

**Indianola Tumbling Center**

My name is Cara Harwood and I am the owner and head coach at the Indianola Tumbling Center. I have owned INTC for 5 years now, but I have been part of USTA for going on 25 years. I was very involved in T&T growing up and it has always been my passion.

I started as a junior coach at the age of 15 and my passion grew from my own victories and defeats to now my athletes. There are a few different types of coaches and I pride myself on encouraging my athletes by telling them they may not always be the best, but they must always try their best. Hard work and determination will always beat talent. They must be willing to put in the time and have a good work ethic.

I am truly amazed that I have been nominated since there are so many deserving coaches in the USTA family!

Thank you again for the nomination and for considering me as 2020 National Coach of the Year.





It is with great pleasure that I nominate Dr. Jonathan Lackland for consideration for the 2020 U.S.T.A. Presidential Award. Jonathan demonstrates an extraordinary commitment to Extreme Air Gymnastics Academy, the USTA organization as well as supporting other teams that compete within the organization.

Dr. Jonathan Lackland has been a member of the United States Tumbling and Trampoline Association for 15 years initially assisting injured athletes and coaching for L&M and Kids. Currently, he continues his tenure in the sport serving as the co-owner of Extreme Air Gymnastics Academy located in Springfield, IL as well as sits on the Safety Committee for U.S.T.A.

His work as a coach has afforded him the unique opportunity to assist young people and families in recognizing their potential in the sport. He has been privileged to see many athletes become National Champions, Junior Olympic Gold Medalists and High Point Award recipients. He has coached members on the AAU Stars of Tomorrow, AAU National Team and USTA Elite National Teams.

Dr. Lackland has earned a Doctorate in Integrative Medicine, Doctorate in Natural Medicine and a Doctorate in Alternative Medicine from Quantum University; additionally, he holds Board Certification from the Board of Natural Medicine Doctors and Practitioners; is a registered Osteomyologist through the Association of Osteomyologists. With his degrees Dr. Lackland has assisted injured athletes, coaches, judges and Executive Board members at invitational meets throughout the State of Illinois as well as different clinics. He has used his skills supporting athlete's siblings and family members with different injuries and helps with local sporting clubs within Central Illinois and has become the local sports injury consultant.



## Holly Logsdon

### Spark Athletics

Holly fell in love with gymnastics at the age of 5 when her mom took her to a local gym to try a class. Instantly addicted, she competed for 10 years in artistic gymnastics and 10 years in cheerleading! Once in college, she needed a job and found she had a talent for sharing her love of all things flipping! And that's where she discovered the sport of Trampoline & Tumbling.

Fast forward 30 years later and Holly is still coaching. Although her background after college had her working in corporate America in marketing for 15 years...she always coached on the side! In 2005, she opened her first gym and has run her own program or gym ever since.

Holly's coached countless national champions, national team members, all-star members, cheerleaders to state titles, and even judged! But her favorite part is not the victories, it's the journey. Holly tells everyone that joins team that she is not a 'win at all cost' coach! To her it's more about the life skills the athletes are learning: how to pick yourself up when you fall, how to overcome fear, how to set goals, how to lose with your head held high, how to win with humility, etc. She frequently reminds everyone that's the goal...the trophies are just icing on the cake! Her energy is infectious and she has a family bond with her athletes...so much so that many of her athletes wind up coaching with her when there old enough because they now share her passion of teaching life skills through the exciting sport of Trampoline & Tumbling!



**LeRoy McDaniels  
L&M Gym and Kids**

**Nominee for the U.S.T.A. Presidential Award 2020**



**LeRoy McDaniels has been the head coach of L&M Gym and Kids since 1975 (that is 45 years)! LeRoy has provided not only his professional expertise in developing young athletes but has helped these athletes maximize their potential in the gym and in life. Generations of families have had the fortune to have LeRoy as a coach and mentor. His philosophy has always been to promote healthy minds and bodies while developing future leaders through individual and team spirit. He has accomplished much in his career, including honors locally, regionally and internationally. He is truly the epitome of the USTA Presidential Award.**

# NTJC 2020 JUDGE OF THE YEAR NOMINEES





## Jeanette Diller – Judge of the Year Nominee

Thank you for the honor of being nominated as Judge of the Year. I never dreamed I would be nominated for this honor. Since I started judging I have looked to the previous honorees as the role models of the sport. Their dedication to the athletes and looking for ways to improve our judging has been an inspiration to me.

The USTA became a part of my life in February 2000 when my daughter, Karissa, was asked to join the Gymnastics Etc. T&T team. Who knew where this new adventure would lead us? From that time forward I have been involved with the USTA in different ways. Early on I volunteered at Nationals as a way to learn more about the sport and the organization. During Karissa's time on the National Team I volunteered to chaperone the team trips. After many years of competing with the USTA, my daughter and I decided to give judging a shot. She was in her senior year of high school and knew her time as a competitor was coming to an end. At first, I was apprehensive, so I decided to only judge double mini. After several years of persuasion by the other judges, I decided to give trampoline a try. I am in my 10<sup>th</sup> year judging double mini, 3<sup>rd</sup> year for trampoline, and 2020 will be my 5<sup>th</sup> year judging at the USTA National competition. Throughout my years of judging I've enjoyed seeing the athletes grow from beginners in diapers to intermediate and sub-advanced athletes. Some of my best travel memories are from my times traveling to meets as a parent and judge. The friends I have made through the USTA will always remain near and dear to me.

Outside of the USTA I enjoy spending time with my family. My husband, Bill, and I have been married 33 years and have three children. This past winter we were blessed to adopt our youngest daughter, Aubree. When not busy with my job in Adult Education at Heartland Community College I enjoy reading, spending time with friends, and traveling.





Hello, my name is Maggie McGee and I am from Ames, Iowa. I competed for X-Treme Tumbling and Trampoline when I was younger and when I heard about judging I thought it was a great way to stay in this wonderful organization! I have been a judge for 6 years. I love giving my weekends to judging, spending time with some of my favorite people who are like family to me and seeing the athletes succeed! When I am not judging I am working at my full time job, studying for school, or hanging out with my friends and cute dog Sophie! I have a Bachelors of Science in Child, Adult, and Family Services from Iowa State (Go Cyclones!) and am currently working towards becoming a nurse!

# Amanda Saylor

## U.S.T.A. Judge

I am honored to be nominated for the 2020 U.S.T.A. Judge of the Year. I have been a judge in the U.S.T.A. for 20 years and was an athlete many years before that. I reside in Winchester, Kentucky with my husband, Adam, and daughters Audrey (11), Emma (8), and Hadley (8). When not spending time with my family, I am a Speech-Language Pathologist in Kentucky schools.



There is no greater joy than watching the progression of athletes during a season or over many years of competition. I try to greet each athlete with a smile and encouragement to do their best. I have had the privilege to develop many friendships and extended family in the USTA and wish the best for each coach, athlete, volunteer, and fan. I appreciate the nomination for the 2020 U.S.T.A. Judge of the Year.

# USTA 2020 ATHLETE NOMINEES



## BRANDON ANDERSON

### SPARK ATHLETICS

Brandon is very new to the sport of trampoline and tumbling, but has already proven himself a true competitor in just 3 short seasons! This year he achieved elite status on all three events and made the USTA ELITE NATIONAL TEAM! There are so many wonderful qualities about Brandon! He studies our sport like it's his job and he's always looking for ways to improve. He takes corrections, works extremely hard, stays focused on his goals and is a fantastic teammate. And if that's not enough, one of his best qualities is his kind heart! But there's more! Brandon also maintains straight a 3.6 grade point average at one of the toughest schools in our city! He's also an accomplished diver for his High School taking 5<sup>th</sup> at State Championships this past season and named an All-American! Brandon's favorite event is Double-Mini and his goals are to compete Internationally for TEAM USA some day! I have no doubt he'll reach this goal as he's one of the most dedicated athletes in our program.



I'm truly proud to be Brandon's coach! He is one of the kindest, hardworking and humble kid I've ever met! I'm thankful to have him on our team and I can't wait to watch him achieve his next goal!

### USTA Personal Bio

My name is Livia Binder and I am fifteen years old. I have been tumbling since I was three. I have been in this great sport with The Movement Center for ten years and competing with the USTA for eight years. I have been an elite level athlete in tumbling for three years and advanced level in trampoline and double-mini for four years. I am a two time National Champion in trampoline and I have been a state champion multiple times. I made the Elite All-Star Team in 2018 after failing to make the Elite National Team by only one point. I was also interviewed by WAND-TV this year and was named their athlete of the week on January 24th.

I am currently attending ninth grade at Maroa-Forsyth High School. I have a 5.0 GPA. In High School, I am a cheerleader and I participate in track and field. I received the Best Jumper award for cheer. I currently hold four school records in track and field including - 4x100 relay, and girls high vault for 7th grade, 8th grade, and high school. I placed 3rd at AA State last year in pole vaulting.

Outside of the gym, I enjoy spending time with my family and friends. I also enjoy traveling, going to the beach and trying other new adventures. I work hard to achieve my goals and I like helping others achieve their goals, especially the other girls at our gym. I have been a junior coach for two years. I strive every day to be better than I was yesterday and to keep pushing my limits. Inside the gym, I am very competitive and I want to be my best for all my friends and teammates. One of my favorite things about the USTA is making new friends at meets and cheering others on.





# Caitlyn Bowman

Club: Spark Athletics

Age: 16



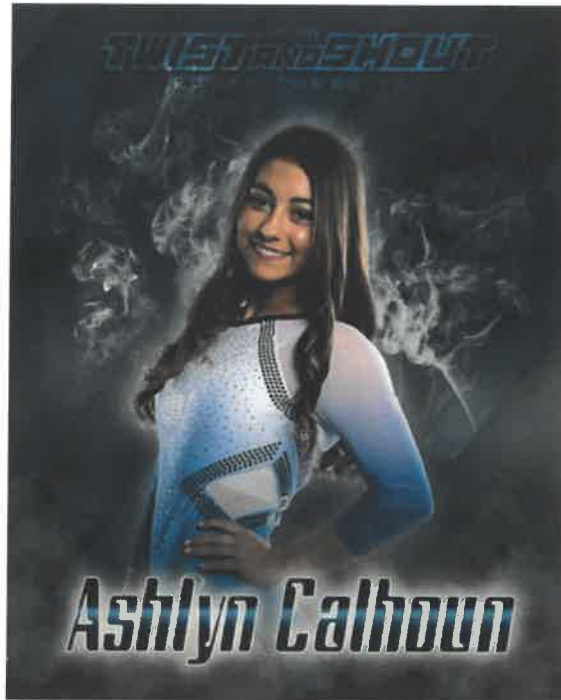
**DEDICATION** - Caitlyn wasn't one of the kids that walked in the gym at 4 year olds and shined because of natural talent. Don't get me wrong, this young lady is talented, but it didn't come easy...she worked hard for it! She put in time, blood, sweat and tears to work her way up from beginner to ELITE throughout her 9 years in T&T. During most of these years, she also competed for her school in cheerleading and track and field. And although she participates in many competitive sports, she always finds time to practice T&T and attend all the competitions!

**DETERMINATION** - As I stated, T&T wasn't easy for Caitlyn. We spent many years at the lower levels and I don't think her first several years of competition she ever made it to the top 3! But then as an intermediate athlete, after attending a camp and connecting with a clinician, something clicked for her! That year she won Intermediate Trampoline (in a stacked division) and also made the USTA All-Star Team! Most kids would have given up after several years of not getting that first place, but not Caitlyn! Caitlyn kept working to achieve her goals!

**DESIRE** - I've been coaching for almost 30 years, and I don't know many kids that just keep plugging away like Caitlyn. I remember when she learned her round-off back-handspring and she competed the Sub-Novice level with barely, and I mean barely, one back-handspring. Her mom thought I was crazy at one point encouraging her because she didn't look like she would ever get the skill. Today she is ELITE level in skills. But it's not because of me, it's because of Caitlyn's desire to improve!

**DRIVE** - Caitlyn never thought it was realistic to be advanced or elite and compete doubles a couple of years ago. And in just 3 short years, she sky-rocketed from intermediate to advance on double-mini and trampoline and now has multiple doubles in her routines. Caitlyn is driven to not let the boys in our program leave her behind! I recall at a recent practice a contest, and all the boys banded together, but Caitlyn refused to give up even though the odds were stacked against her, she completed 7 new doubles on double-mini in a row to win the contest and left the boys sitting there in astonishment! That's Caitlyn!

# Amber Delancey Memorial Character Award



*"Good Vibes Only"- Ashlyn Calhoun*

Ashlyn has been a member of USTA for 4 years. She began as a Sub-Advanced athlete and has worked her way to her second year of Elite. In 2018, Ashlyn was the Advanced Tumbling representative on the USTA ALL STAR TEAM.

A natural born leader, she takes the on the role of a team leader with a positive demeanor and high expectations of her teammates. She leads by example- always working hard, always guiding younger athletes in their day to day training. Her teammates have watched her struggle, watched her fall countless times, and then witness success from pushing through the toughest of skills. She is a true inspiration, in and out of the gym.

Along with power tumbling, Ashlyn is a Varsity cheerleader at Deer Creek High School. She began a power tumbling pre-team within our program at Twist and Shout and has dipped her toe into the coaching realm. These babies LOVE her!

It's my honor as her coach to nominate Ashlyn Calhoun from Twist and Shout for the Amber Delancey Memorial Award!

## Autobiography

Hello! My name is Caitlyn Carrier and I was born on the 20th of September, 2002 in Boyle County, Kentucky. My parents are Dana and Micheal Carrier. I grew up in a small town of Lancaster which has around 3,000 people, we never really had much, but what we have is a blessing, we worked hard for and are proud of it! Growing up in a small town gave me access to the great outdoors which led to one of my goals in life. I have always dreamed of being able to help animals in my life from being a veterinarian to a game warden, I eventually hope to pursue a job in wildlife!

Throughout my years I have wanted to play many different sports including, Soccer, Basketball, Softball and Cheerleading. I went to Paint Lick Elementary where it all started, I was a very shy little girl... a very awkward one at that. When I was in elementary school we would always go outside for recess, being a shy little kid, I would always sit there and watch the other kids do cartwheels and handstands. I started to think that maybe I could do that one day!

I chose to try out cheerleading when I was in 6th grade, unfortunately I did not make the team. But I wasn't gonna let that stop me from doing what I came to do, so I decided to start taking a gymnastics class to help with some of my tumbling! Another year had passed and it was time for tryouts again, finally I made the team, but it did not stop there... I cheered for 4 years until I was told I have potential to go so much farther.

Then began my journey with USTA (United States Tumbling and Trampoline Association)! It was like I was starting all over again... I was at the bottom again, I saw all the other boys and girls doing these amazing flips and tricks that I could never even imagine doing. But I didn't let that put me down, it pushed me to be better! Being a gymnast at Tumble Shine Gymnastics was an honor to begin with, never mind being able to go compete against many other amazing athletes. When I started this sport, I never saw myself being able to do any of those "Double flips" as I would call them. Now being an elite athlete I have realized that you can truly do anything you put your mind to!

These past 3 years have been such an incredible experience with USTA, from meeting so many amazingly talented athletes, to learning life lessons, and even being able to help others overcome their fears and become the athlete they want to be! I just want to thank everyone who has helped me along this journey, from my parents to my coaches and everyone involved in USTA. Thank you for sharing such an amazing experience and hopefully many more experiences with me. If it wasn't for all of this amazing help I would not have been able to make my dream come true!



# Caleb Cypher

Grand Rapids Trampoline Center



Most athletes are passionate, work hard, and are dedicated, they wouldn't survive gymnastics if they weren't. What separates Caleb is how he intertwines those attributes with his genuine thoughtfulness and overwhelming kindness. At the beginning of the season Caleb dislocated his elbow in a manner so traumatizing it would have ended many careers, but Caleb's love of the sport had him back in the gym the next day stretching and encouraging his teammates. He is always ready and willing to help out around the gym, pitch a mat for a fellow teammate, and he continually strives to improve as an athlete.

**NISSEN-GRISWOLD CUP NOMINEE**

**BRANDON DEVER**

**Gymnastic Academy of Rockford**

**My name is Brandon Dever, I'm from Roscoe Illinois and I'm 26 years old. I started tumbling when I was 4 years old at the Gymnastic Academy of Rockford and have competed for them for a total of 13 years now.**

**I've loved this sport ever since I could walk. My favorite part about this sport is the sense of freedom, and limitless possibilities of making myself better in this sport and in life. Tumbling has taught me how to be disciplined and quick thinking. This sport has brought me so many amazing friendships, and everlasting memories of fun, compassion and healthy competition. My plans for the future are to compete til I cannot and then coach for life.**



**On my free time when I am not at the gym I like to go spend time with my father who had a heart transplant in 2017. For a brief time I was not training because of this, he ended up losing his right leg from the knee down due to complications from the heart transplant but thankfully through this rough time, he was able to fight and overcome his obstacles. He is now healthy and doing amazing things every day. Another fun fact about me is that when I'm bored I do handstands.**

**I thank the USTA organization for allowing me to compete and beyond joyed the consideration for nomination for the Nissen-Grisewold Cup Athlete of the Year award. It would be an incredible honor to receive this award.**



**SCHOLARSHIP NOMINEE**

# Reagan Dolan

**MOSER  
SCHOOL  
OF DANCE AND  
GYMNASTICS**



Gymnastics taught me to stay motivated.

One reminder I will always remember is from the tough days at practice when I struggle, my coaches always tell me, "Every day is a different day." This is not only something that applies to gymnastics, but something I will carry on throughout my life.

I have always worked hard to be a good leader and role model for others.

A USTA Scholarship would be greatly appreciated and very helpful with college fees. I will work hard to achieve my goals and make my family, friends, school, community, and the USTA proud.



# McKenna Dorty

## Pierce Athletics



**DEDICATION** – McKenna has been dedicated to the sport of tumbling for many years. With physical ailments and hurdles of mental blocks to get over, her commitment to train and develop her skills has never wavered. McKenna is very athletic and with her involvement in school sports, she has had several opportunities to leave the sport of tumbling behind. However, she has never lost her passion for the sport. We are so proud of her and are so grateful for the continued opportunity to watch her grow as a person and an athlete.

**DETERMINATION** – McKenna started competing with Pierce Athletics three years ago. She had huge talent but struggled with her confidence and felt our coaching style gave her the support that she needed to succeed. In her 1<sup>st</sup> season, she accomplished her goal of completing her passes without a coach on the mat with her. She attended Nationals for the 1<sup>st</sup> time and she placed top 10! Last season, she was selected for the USTA All-Star National Team as the 1<sup>st</sup> place athlete in Advanced tumbling. What proud coaching moments to see all her hard work and determination pay off.

**DESIRE** – McKenna chooses to be at the gym to tumble instead of giving up when things are tough. She has a strong desire to continue to grow and develop new skills. It's not just skill retention that she desires. She is working very hard to increase her difficulty and consistency so that she can compete next season as an Elite athlete. That goal is attainable due to her desire to never give up and always keep moving forward.

**DRIVE** – Some athletes have heart but not drive to get to where they want to go. McKenna definitely has both. She needs support and guidance when she gets stuck, but once you guide her in the direction you want her to go, she takes off. She is very driven to keep on trying. She doesn't expect it to be easy and is fully ready to put in the work and fight to reach her goals and make her dreams come true.

McKenna is a 15-year-old tumbling athlete that has competed in the U.S.T.A. for 3 years. She began in Sub-Advanced and is currently an Advanced level athlete.

# **Elizabeth Eden ('Ellie')**

Pierce Athletics



Ellie has been dedicated to the sport of competitive tumbling for the past 10 years. She began in Advanced-Beginner and is currently an Intermediate level athlete. With multiple hurdles of mental blocks to get over, her commitment to train and develop her skills has never wavered. She has never lost her passion for the sport. Ellie chooses to be at the gym to tumble instead of giving up when things are tough. She has a strong desire to continue to grow and develop new skills. She doesn't expect it to be easy and is fully ready to have to put up a fight to get to where she's trying to go. I have never coached an athlete that has her level of refusal to quit. She is very inspiring!

# Alexa Eisenhower

Pierce Athletics



Alexa has competed at U.S.T.A. events for 9 years. She is a tumbler that has competed Sub-Novice thru Advanced. Alexa is vocal about her passion for tumbling. She never left the sport regardless of her peers or other opportunities. Her commitment to pursuing tumbling is admirable. She is competitive, a perfectionist and motivated to be the best competitor she can be. In past seasons, her body has resisted the demands of competitive tumbling, but she still continued to safely remain competitive in the sport that she loves. Her dedication is a testament to the loyal character that she possesses.

# **Delilah Folk**

## **Acrocheer Fliptwisters**

Delilah Folk embodies what it means to be a true athlete. She is a very dedicated athlete, and it shows in her accomplishments. She has been a member of our team for 11 years, but a member at our gym for 12. She has competed in over 90 gymnastics meets, and won a countless number of first places and high point awards. She has won around 30 state championships, and over 18 national championships throughout her career. At nationals in 2018, she was the Age Elite Double Mini high point award winner, and got the opportunity to show her routines during the Parade of Champions. Delilah is currently a member of the USTA National Elite Team, and has been on the team for the past four years. Delilah is a more than exceptional athlete. She is driven, has perseverance, and never backs down from a challenge.



Delilah's love and passion for this sport is incomparable. She calls our gym her second home, and all of not only her team, but the members of USTA her family. She makes it her priority to take care of everyone in any way she can. She pushes herself and her teammates to do better. She leads them in their stretching and conditioning, and takes time to help all of her teammates with routines and new skills. She loves being able to help others excel in the sport, not just herself. She has a big impact on all members of our team. At every practice and competition, she has a smile on her face. Her positivity and kindness brings out the best in everyone, and she makes all of them want to be better athletes and people.

Along with being an elite athlete, Delilah is a member of the Turpin High School varsity cheer squad and is an All-American cheerleader, a member of National Honor Society, Honor Choir, she is the president of the Sports Medicine Club, and she is on the Honor Roll for her academic achievements. Delilah gives her one hundred percent in everything she does. One of her goals is to one day compete in a world-wide competition. But a goal that is much more important to her is sharing love and kindness with everyone she possibly can.

## JENNA FUGATE



Jenna Fugate is a twelfth-grade student at Williamsville High School and is a proud member of the SAVE (*Students Against Violence Everywhere*) Promise Club, and Coach/Athlete at Extreme Air Gymnastics Academy. She will be attending Lincoln Land Community College where she will be majoring in Sports Medicine and Therapy.

Gymnastics has been an integral part of Jenna's life for 13 years and her dedication to the sport has resulted in her being a competitive Advanced Tumbler, Advanced Double-Mini and Advanced Trampolinist. Jenna is a generous and caring athlete whose attitude and good will toward others serves as a positive influence for many athletes and coaches. She prides herself in exhibiting strong leadership skills and maintaining a passion for supporting fellow competitors and teammates. Jenna is a true leader whose love of encouragement for others, especially fellow athletes, has been realized because of the powerful impact gymnastics has had on her life. This continues to fuel her desire to serve as the sport's ambassador of sportsmanship.

As team captain, Jenna has spent endless hours perfecting her skills, training new team members each season as well as mentoring the recreational athletes so that they are able to excel in becoming future competitive team members. Her dedication to gymnastics has afforded her the opportunities to earn numerous State and National championships. Jenna also volunteers at the local Animal Protective League walking dogs, playing with the kittens and cleaning kennels.

## Giavanna Gast

### MAT Tumbling and Trampoline



This year is my eighth, and sadly, my final year with the USTA. I am currently 17 years old and a senior at Ankeny High School. Next year, I am planning to attend a major STEM university, and take the skills I have learned from tumbling with me. Throughout the years, I have overcome mental blocks, which has taught me the ability to persevere through challenges, accept imperfection, and control fear. This growth was aided by the support of the USTA tumbling community. This support is what sets USTA apart from other organizations; teammates and competitors cheer for each other and hope that every athlete competed their best. For all of these reasons and more, I will forever look back on my years tumbling and fondly remember the friendships I have made with my coaches, teammates, and competitors.

Outside of tumbling, I participate in band, equestrian, student council, national honor society, foreign exchange, and strive for academic excellence. I am an honors student at my high school with a weighted grade point average (GPA) of 4.35. This year, I am taking six college and AP courses, with my favorite being physics. Also in my school, I have cofounded CORE, a club that addresses problems of racial inequity. Additionally, I am deeply interested in music and have been playing the saxophone for eight years. I participate in concert, jazz, marching, and all-state band, and a saxophone quartet that was selected to play at the Iowa Bandmasters Association last year.



ATHLETE OF THE YEAR NOMINEE

# Annie Gulick

**MOSER SCHOOL  
OF DANCE AND  
GYMNASTICS**



Throughout my 13 years in the gym I have been sculpted to be the persevering and passionate athlete I am today.

My coaches have taught me what it really means to be “united by one passion.” Each coach and student are driven by the passion to always do their best and to always be improving.

My teammates have shown me how to bring out the best in every practice and performance. Without trying my best, I will never grow and make improvements. Without failing and getting up, I will never persevere. And without passion, we will never be united.

**Olivia Harrison**  
**Willpower Tumbling**  
**Gallipolis, Ohio**  
**Age: 18**  
**Competed for 11 years**



I have been a proud member of the Willpower Tumbling Team for 11 years. My most cherished tumbling achievements have been earning High-Point awards, serving on the Ohio All-State Team, and receiving Top Ten trophies at Nationals. I have enjoyed sharing once-in-a-lifetime experiences with my teammates and other tumbling friends. Outside of the gym, I participate in FFA, National Honor Society, Student Council, BETA Club, 4-H, varsity cheerleading, and track. Academically, I have maintained a 4.0 GPA. I have been accepted to Marshall University where I will study to become a Pediatric Nurse Practitioner. Helping children is my passion.

Coached by: Debbie Barber, Josh McCoy, Jeremy Kroll, and Tyler Kroll

Peyton Hilpipre  
X-Treme Tumbling and Trampoline

My name is Peyton Hilpipre and I am 18 years old and I live in Webster City Iowa. I'm currently a full-time student at Webster City High School and am in 12th grade. Alongside my high school classes I am taking college class at Iowa Central and an online class through Eastern Iowa Community College. All of my early bird classes at the college level are to prepare me for my next step which is the nursing program at Ellsworth Community College. I chose this college because I would love to stay close to home as well as my gym.

I am an athlete as well as a coach at Xtreme Tumbling and Trampoline where I have been for 9 years. I have been doing competitions since I was 8 years old, starting at my first gym in Webster City which was Boone River Tumbling. Throughout my tumbling years I have received a few awards, one being the Sportsmanship Award in the 2014-2015 season for showing great sportsmanship at my gym and at meets. I have also received the Advanced Athlete award 4 times through 2016 to 2020. Along with those awards I have also placed top 10 in the nation 4 times for (syncro, floor, and tramp).

When I turned fourteen, I made one of the best choices ever which was getting my coaching certificate. I chose to become a coach because I love this sport so much that I wanted to change other people's lives just the same as my coaches have done for me. I want to be able to help people push themselves and strive to be a better tumbler.

After I am done competing, I will definitely stay coaching for as long as possible. I want to stay with this sport forever because this sport changed a lot about me for the better. It has taught me a ton about sportsmanship and determination, but most of all it taught me that family is not only blood. The relationships I have made during my time competing I will never leave behind. This sport isn't just a sport to me, this is my life and I don't know where I would be without this it, or the people I met in this sport.

If receiving these scholarships, I would be able to continue my education going into the nursing program at Ellsworth Community College. It would allow me to pay for books along with the tuition and any other expenses that might come up. I feel I deserve this scholarship because of my hard work as an athlete but also my dedication to helping others. I chose to help other athletes and will continue to do so for as long as I can.





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March 28th, 2020

Subject: Caitlin Johnson - Athlete Bio - Dennis Harget Memorial Scholarship Fund

Caitlin is a new member to the Gymnastics Central team and I would like to nominate her for the Dennis Harget Memorial Scholarship Fund. The four Ds can all be used to easily describe Caitlin. She has been competing for several years having grown up in and dedicated to the USTA association. When starting out she competed all the events but as she progressed she, like so many others, started to specialize. Year after year she improved her skills and performance. Now she competes as an elite on Trampoline and DMT. She relocated last summer to Cincinnati with big goals to accomplish and began training full time with our team.

If you have ever seen Caitlin compete you will know that she is not only very determined but also a good role model connecting with all the competitors especially the younger kids. She is a good sport and a great role model. Day after day in the gym Caitlin sets the example of hard work, leadership, goal setting, and dedication. The results speak for themselves.

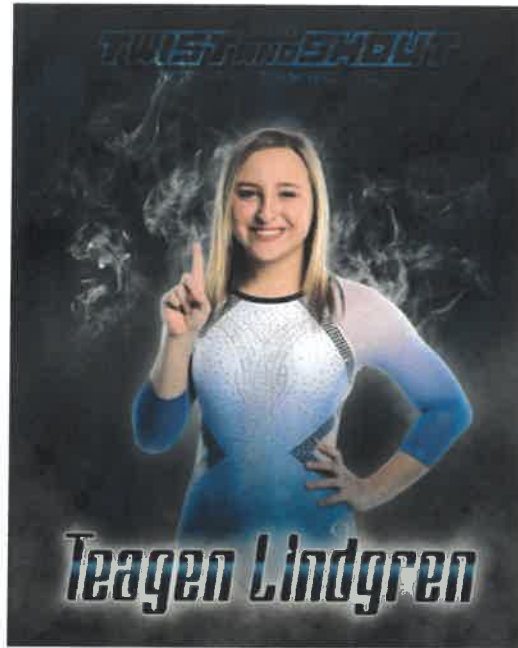


When Caitlin approached me about joining my team, we discussed her goals and the list is long. Moving to another city and another team shows her desire and dedication to accomplish her goals. During this season she has already checked off a few big goals of hers including qualifying for the USTA National team and has already accomplished a lot towards her elite goals. She is currently training full time while working in the education field. In addition to full time training (4 to 5 times a week) she also gives back to the sport by coaching.

Thank you

Sincerely,  
Richard Mousir  
Gymnastics Central

# USTA Griswold-Nissan Cup Award



*The Lord is my light and my salvation; Whom shall I fear? The Lord is the Strength of my life; Of whom shall I be afraid? Psalm 27:1*

Teagen Lindgren is an Advanced Tumbling athlete at Twist and Shout. In 2019, she was the Sub Advanced Oklahoma State and USTA National Champion!

Along with power tumbling, she coaches gymnastics, is an active member in CrossFit, and an Athletic Trainer for all sports at Deer Creek High School.

Teagen, a US Air Force brat, has lived all over the world, finally settling here in Oklahoma. This lifestyle has helped form her gracious personality. Her ability to be involved in so many different activities forces good time management. She NEVER misses practice, and sometimes asks for more. A complete joy to coach and the reason so many of us want members like Teagen on our teams!

It's my honor, as her coach, to nominate Teagen Lindgren from Twist and Shout for the USTA Griswold-Nissan Cup Award!



**Griswold-Nissen Cup Award 2020**  
**Ella Marting**  
**MAT Tumbling and Trampoline**



Hello, my name is Ella Marting and I tumble for MAT. I started tumbling for USTA when I was three-years old. My three sisters are just as involved with tumbling as I am. It is something that my family bonds over, we all come together on meet days and support each other. I have had some hard times as a teenager and at times, I lost myself and my motivation for tumbling. Without my coach, Ron, and my family pushing me in the gym daily, I wouldn't be where I am now. USTA has taught me how to stay focused and keep working for my goals, even when times get hard. Tumbling for USTA isn't just a hobby for me, it's the thing that has kept me happy, when I had no other reason to be.



**Griswold-Nissen Cup Award 2020**  
**Emma Marting**  
**MAT Tumbling and Trampoline**



My name is Emma Marting and I am 16 years old. I have been competing in tumbling for a total of 13 years. I have three sisters that all have competed with the USTA and, one of them is my twin sister! Competing against my twin sister can be very challenging because we are both very competitive. She pushes me to be better in every competition. Outside of tumbling I am involved in coaching kids the sport as well! I love being able to teach kids a sport that I have such a passion for. The USTA has brought so many amazing friends, coaches, and families closer to me and I wouldn't want to be a part of any other sport.



## **HUNTER MORAVEC**

Elite Sports Complex

**I would like to nominate Hunter Moravec for the Griswold-Nissen Cup Award for his Passion, dedication and pursuit of excellence in the sport of Tumbling, Trampoline and Double Mini. Hunter's been involved in the sport since a beginner, to see him continuing to grow and develop his skills at the Elite level, producing some of the highest D.D. in competition, is truly humbling and exciting to see for his future in the USTA and the sport as a whole. For these reasons, I feel Hunter Moravec would make a stand out nominee and recipient of this prestigious award .**

# Avy Nichols

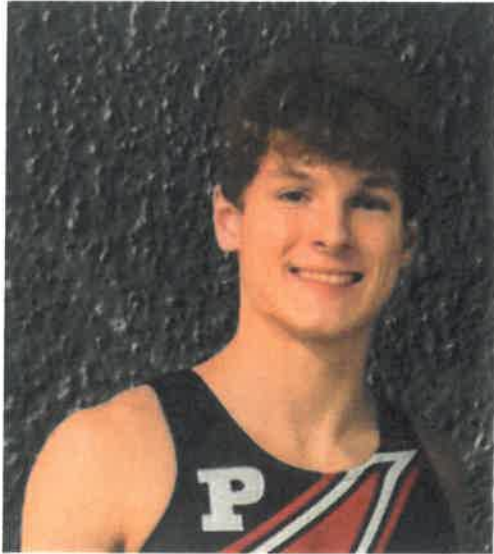
## DAS★zle Dance & Tumble

Avy is an intelligent, compassionate, dedicated individual. During high school, she has participated in multiple sports, clubs, associations and community events, but still excelled academically, resulting in four years of high honor roll, in the top three students of her class and being recognized as an Illinois State Scholar. Fifteen years of tumbling/trampoline, ten years in the USTA, and three years of instructing in the gym has inspired her future coaching role to encourage and care for others as a physical therapy assistant while simultaneously earning a Bachelor's Degree in exercise science at Southern Illinois University in Carbondale.



# **Bayley Pierce**

Pierce Athletics



Bayley has competed in the U.S.T.A. for 12 years. He is a tumbler that began in Sub-Beginner and is currently a 5<sup>th</sup> year Elite athlete that was recently selected for the USTA Elite National Team for the 1<sup>st</sup> time. Bayley's work ethic, determination, humility and high character have been keys to his success. He continues to push himself, progress his skills, and trust the process. His perseverance and his integrity are strong and admirable. We have watched him grow even more as an athlete as a 2<sup>nd</sup> year assistant coach in our program. He is an excellent role model for his athletes.

My name is Abigail Reiche, I am 15 years old, and I am an athlete at Kids in Action Gymnastics Academy. I have been in the sport of trampoline and tumbling since I was one and a half, and I have been competing since I was six years old.

I became an elite athlete at the age of ten and was added to the USTA Elite National Team for the second time this year. Although trampoline and tumbling is a main factor in my life, school and my grades are also very important to me. I am often challenged trying to balance practice every day and keeping up with my schoolwork.

I am also involved in track during the springtime, as well as Key Club and Club Med at my school. I plan to continue competing throughout high school, and then going off to college to pursue a career in the medical field.

I have been a perfectionist for most of my life. That mentality has not always served me well. In fact, it crippled me mentally for several years, especially in this sport. I believed that if things did not go exactly the way that I planned, then it was a failure. It has taken me a lot of soul searching and re-focusing to get out of my own head. I now realize that being perfect is out of reach so being better is what I strive for. Setting realistic goals and making a plan to reach them has helped me move past a lot of the mental blocks that I held on to for so long. With the encouragement of my family, coaches and teammates, I have a new motivation and am thriving again in the sport that I have loved since day one.

I like to think that I am a good role model to the younger kids in this sport. I try to coach and encourage them to the best of my ability. Through all the ups and downs, I know that I would not be the person that I am today without the sport of tumbling and trampoline. I have made so many good friends and memories that I will cherish for the rest of my life.





Isabelle Seipts  
Wight Tumble Academy  
Age 16

At the age of sixteen, I am in my thirteenth year of competition in the USTA. I have been an elite athlete for nine years and on the Elite National Team for four. My goal is to continue tumbling throughout college as I study to become a bereavement counselor. I have held a 3.5+ GPA throughout high school, along with competing in basketball. I also have been coaching for almost two years and hope to inspire other athletes to continue developing their skills and cherish tumbling as I do.



## Maddie Shelton

### MAT Tumbling and Trampoline

My name is Maddie Shelton, and I am a senior at Ames High School. This will be my fifth year competing in power tumbling. In the past 5 years I have made some inspirational growth as a tumbler and as an individual. I started power tumbling in 2015 as an Advanced Beginner and have made it all the way to competing at the Advanced level this year. I have been a State Champion twice, a National Champion once and I have placed in the top 5 at Nationals 3 out of the 5 years I have been competing. I was a member of the USTA All Star Team from 2016-2017. Last year I received the Team Leader Award at our year end picnic. Like many other Senior athletes, I am bummed I don't get to participate in the Iowa State Championships to compete for a State Title my Senior year. I am thankful that I will be attending college near my gym so I can continue training with my team next year.



I have always been described as “a natural leader”, but being a tumbling athlete has helped me grow into a more successful leader. Starting in grade school I have always been the group member who takes charge during projects or the one who rushes to solve classroom issues without the teacher asking. I also work to be a leader inside my gym. Even during the summer when I was injured and couldn't practice, I showed up every single day just so I could cheer on my team. I encourage, motivate, and listen to all my teammates, both young and old. I also help quite a few of my teammates who struggle with the mental aspect of this sport. I try to give these athletes who are scared of their skills and connections the extra encouragement and confidence that they are lacking. I put all my effort into building relationships with my teammates to create a close and successful team. Along with leadership, some other characteristics I pride myself in the most are my sportsmanship and trustworthiness. While I am in the gym I am constantly cheering on and encouraging my teammates (even those who I strive to beat). During meets, I say hello and give good luck wishes to as many teammates as I can before they compete, but I also cheer for them when they are competing. I make a great effort to watch as many of my teammates as I can, and then congratulate them after they compete. While my goal is to beat all of my competitors, I still make it a priority to tell them all good luck and good job. I am an extremely competitive person and I do not enjoy losing. This competitiveness drives me to put in 110% all the time. That being said, I put a lot of pressure on myself during practice and meets to succeed, which can make competing a bit nerve-racking at times. Recently, I have been working to change my attitude towards competition from nervousness and pressure to enjoyment and happiness. I am in the process of focusing on what matters to me the most, having fun and enjoying the sport I fell in love with.

I am looking forward to furthering my education at Iowa State University next year, to work towards a degree in Elementary Education. I have already completed 21 credits; I started taking college courses my sophomore year of High School. I am taking 3 college classes this semester (12 credits). I am working hard to be ahead of the game next year, which is how I like to lead my life, constantly working hard to achieve the best results possible. Currently I am also tutoring two children of a medical clinic worker and my younger sister, so they aren't behind when the schools reopen.

I am hopeful to be chosen for a scholarship, so I do not have to start of my life in debt from college like my parents did. Each of my parents paid their own way through college, and I will be expected to do the same, as they are still paying off their tuition. I am applying for as many scholarships as possible to have the least amount of debt possible when I graduate. I would be very grateful to receive any scholarship.

# **Griswold-Nissen Cup Award 2020**

**Kyah Siegert**

**MAT Tumbling and Trampoline**

My name is Kyah Siegert and I am sixteen years old. I am an advanced tumbler, trampolinist, and double-mini trampolinist from MAT Tumbling and Trampoline. I have been in this sport for eight years.

Daily, I continue to work towards getting new skills and increasing my difficulty in all three events. To do this, I go to as many practices and clinics as I can. All of my time in the gym has given me a second family to continue to grow with. Power Tumbling has made me who I am today and I can't imagine my life without it.



# LEIGHTON SNYDER

## SPARK ATHLETICS

Leighton has taken off like a rocket since starting our sport just 5 years ago! After trying many different sports, he has found his true passion and calling with Trampoline & Tumbling. Now 15, Leighton has won several USTA National Titles, made the USTA All-Star team and is now an elite athlete on all events! His dad tells us he used to have to drag him to basketball/football/any other sport he tried...but T&T is the other way around, he drags his dad to make sure he attends all the practices! 😊 He knows all about the athletes competing and frequently shows his Teammates videos of all his discoveries as he works on improving.



Leighton keeps an A/B average at Christian Academy in Louisville and when he's not at practice or a trampoline park (which is seldom), he enjoys figuring out the melodies of current pop tunes on the piano that he plays by ear. He is energetic, dedicated and quiet the comedian in practices. Everyone likes Leighton! He's a bright light on our team and his natural ability is just phenomenal! I truly enjoy coaching Leighton as he just makes our practices so much fun...and did I mention he's talented!

# CARVER STENNETT

## Kids In Action Gymnastics Academy



Hi, I'm Carver Stennett and I have been nominated for the Nissen-Griswold Cup-Athlete of the year award. I am a Junior at Barrington High School and have been involved in numerous activities. Such as, football, diving, and gymnastics but none have compared to TNT and the organization of USTA. I have been involved with USTA for about 9 years. I have been on the National Team 2 times and have had a lot of great experience. This sport has something different than every other sport. The USTA organization is just more than an organization to me. It is a family, a place where I can just be myself, and have made life long friendships. I have had amazing experiences with friends and coaches in the USTA.

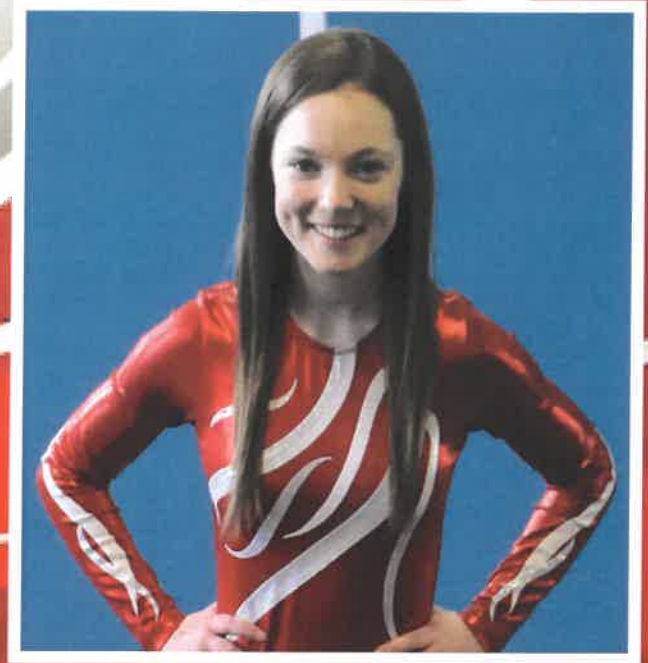
I also hope I have been more than just an athlete in the USTA. I hope I have been an inspiration and role model to the next generation that will carry on our sport. The USTA is my family and I say that with pride.



Scholarship Nominee

Olivia  
Thier

MOSER  
SCHOOL OF  
DANCE  
AND GYMNASTICS



My coaches taught me that by having a positive attitude and good work ethic, I can achieve my goals. It's not about winning, but the experiences that I will long remember.

I would not be the person I am today without my amazing coaches and their dedication to help me be the best I can be.

I am thankful for all the opportunities USTA has brought me. This organization helped me do what I love, and helped shape me into the person I am today.

I am grateful for the opportunity to apply for this amazing scholarship!



## USTA Athlete of the Year Nominee

### DeShara Turner

DeShara is a member of Infinity and Beyond Academy. She is 13 years old and has been tumbling since the age of 6. It was very evident that she possessed a special talent and she was asked to join the competition team at the age of 7. DeShara attends Rowe Middle School and will graduate 8<sup>th</sup> grade in June. She is an Honor Roll student and is loved by all those around her.



DeShara competes advanced on floor and double mini. She is very competitive, dedicated, and works very hard during practices. She is a great leader, very optimistic, and is always willing to take constructive criticism. DeShara shows great appreciation for all of her coaches and is a joy to teach. She is a team player and always encourages her teammates to do their best. DeShara has qualified for Nationals for the last 6 years.

In her free time DeShara also enjoys ballet, tap, and jazz dance. She loves hanging out with her friends and family as well. Even with a full schedule, DeShara maintains a 3.97 GPA. DeShara will be attending Lane Tech College Prep Highschool in the Fall of 2020.

# JADEN VALES

## SPARK ATHLETICS

Jaden started tumbling classes at 6 years old and instantly fell in love with flipping. He's now 16 and has won several National Titles and recently was named to the USTA Elite National Team. Although he loves many sports, particularly basketball, he has dedicated most of his time exclusively to training for Trampoline & Tumbling Competitions. Jaden is extremely hard working, dedicated and a leader on our team program. His natural ability and passion for this sport has taken him to new levels the past couple of years and now he has



Ambitions of competing Internationally for TEAM USA one day!

Jaden is currently a straight A student in high school and has hopes of competing for years ahead and owning his own gym some day! He is sincerely more than just a great athlete...he's a great person! He is always encouraging his teammates, finding ways to push himself to achieve his goals and always sets a great example of hard work in our practices. I'm fortunate to get to coach Jaden as he's always willing to take on the challenges I give him! He's one of the most coachable athletes I've ever had on a team.



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March 31st, 2020

Subject: McKenna Warvel - Athlete Bio

Many of you know McKenna. She has been competing in USTA for several years now. McKenna is a hard working dedicated student who will be a graduating senior this year. As an athlete, I've always known McKenna to be a smart, strong, and independent. She has always had a love for trampoline and tumbling. For McKenna, the gym is her happy place. She has her own style and works towards her goals steadily and surely. Over the years I've watched McKenna become a great athlete and grow into a strong, smart, and responsible young adult.

Not only is McKenna a great athlete, but she is one of our team leaders. She is always quick to help out with our younger team and preteam members. She is often heard saying "you can do it" when her team mates are attempting their challenges. In addition to school and training, McKenna also gives back to our sport by doing some coaching.



This year McKenna is a senior and is planning on attending college at UC locally. I am very proud of McKenna's athletic and academic accomplishments. She is the kind of person you want in your program and working in your business.

Thank you.

Sincerely,  
Richard Mousir  
Gymnastics Central