

**UPCOMING**  
**GYMNASTS**



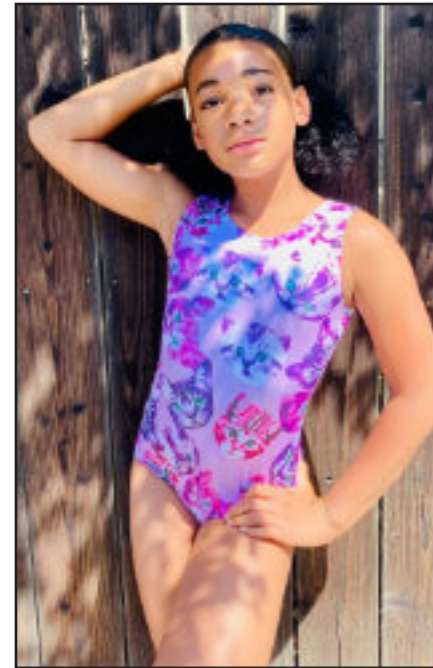
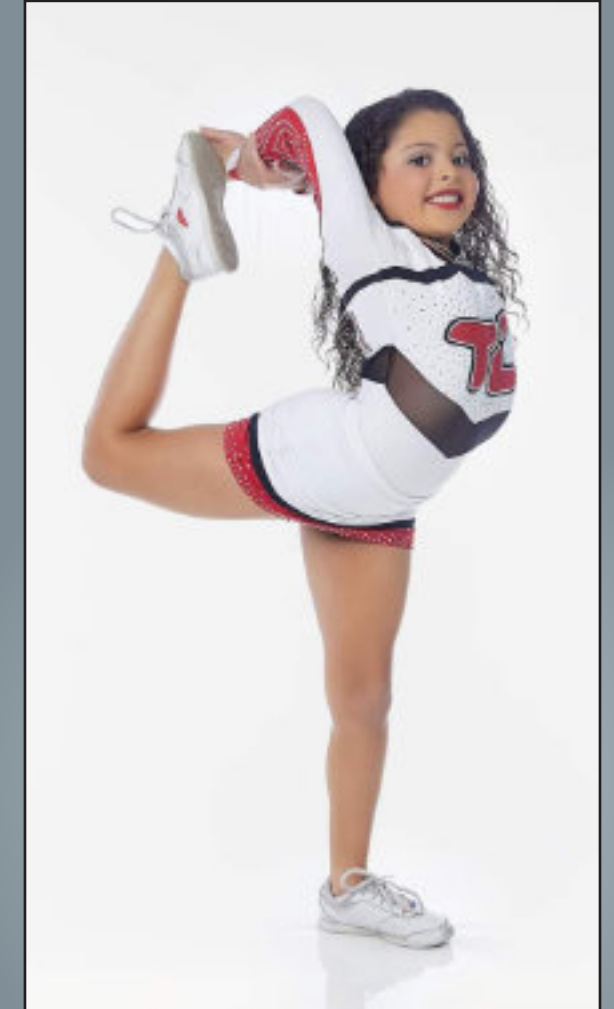
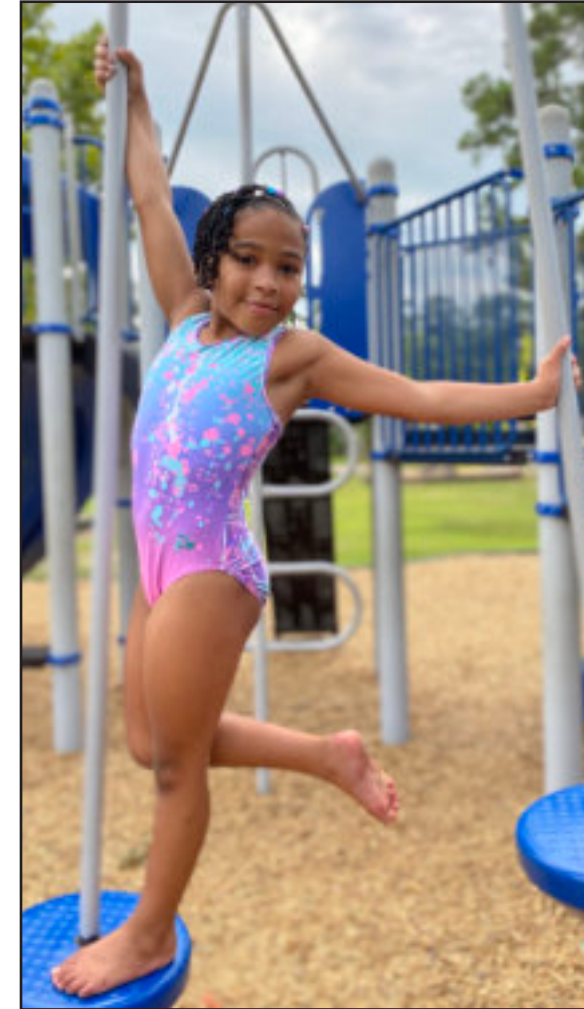
**Jamila  
Douglas**

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# Featured Gymnasts



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Aaliyah is a gymnast, model, social influencer, and a partner in Forever Cousins.Com. Aaliyah takes pride in her academics and is a honor roll student.

When Aaliyah is not in the gym or dancing in the studio she is enjoying her family.







Alani is 3 yrs old and loves gymnastics. Alani is a rising star and welcomes a challenge. She is currently on pre-team where she is learning new

skills and gaining a lot of muscles! Alani loves being a new big sister! Her favorite thing to do is swim and spend time with her family







# Angelica Kimble



My name is Angelica Kimble. I live in Oklahoma. I am a gymnast, dancer, and cheer leader. Cheerleading is my main sport. I am nine years old.

## Dreams:

I have many many dreams, but I will name a few here. I dream of being a level six all-star cheerleader and becoming an NCA champion. I dream of being a good dancer and winning awards for my ability. I dream of opening a facility for all the animals that people buy and then decide later they no longer want and just drop off in a field or on the side of the road. Both domestic and exotic animals. I love all animals.

## Goals:

Currently, my goals are centered around cheer, dance, and school. My goals for cheer are to improve my jumps and tumbling. For dance, it is to expand my knowledge and skills and correct my technique to be the best dancer I can be. For school, my goal is to improve my reading scores, be top of my class in math and to speak fluent Spanish.

## Challenges:

My current challenges are learning my spots and motions in my new cheer routine, getting my jumps high enough, remembering my tumbling sequence and what I am supposed to do. At school, my current challenge is to be able to read well in both English and Spanish, reading and writing in dual languages can be challenging.

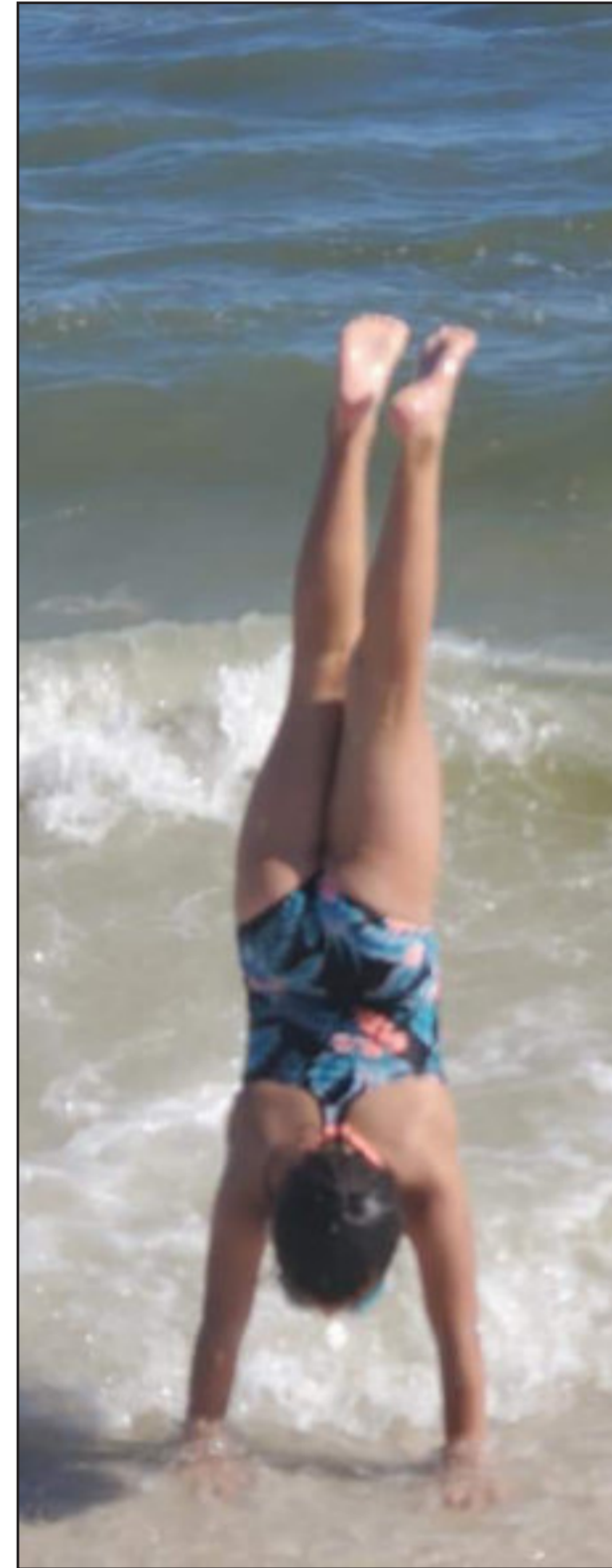
## Achievements:

At the end of the last school year, I was top of my class in speaking and translating in my focus language, Spanish. I attend an immersion school. I had a successful first season as an all-star cheer athlete; my team had four first place wins and we traveled to several places, with our last competition being at the beach. My biggest accomplishment was the friendships I made and the memories we created!

Photos Credits :: Brooke Leigh Photography and Mom





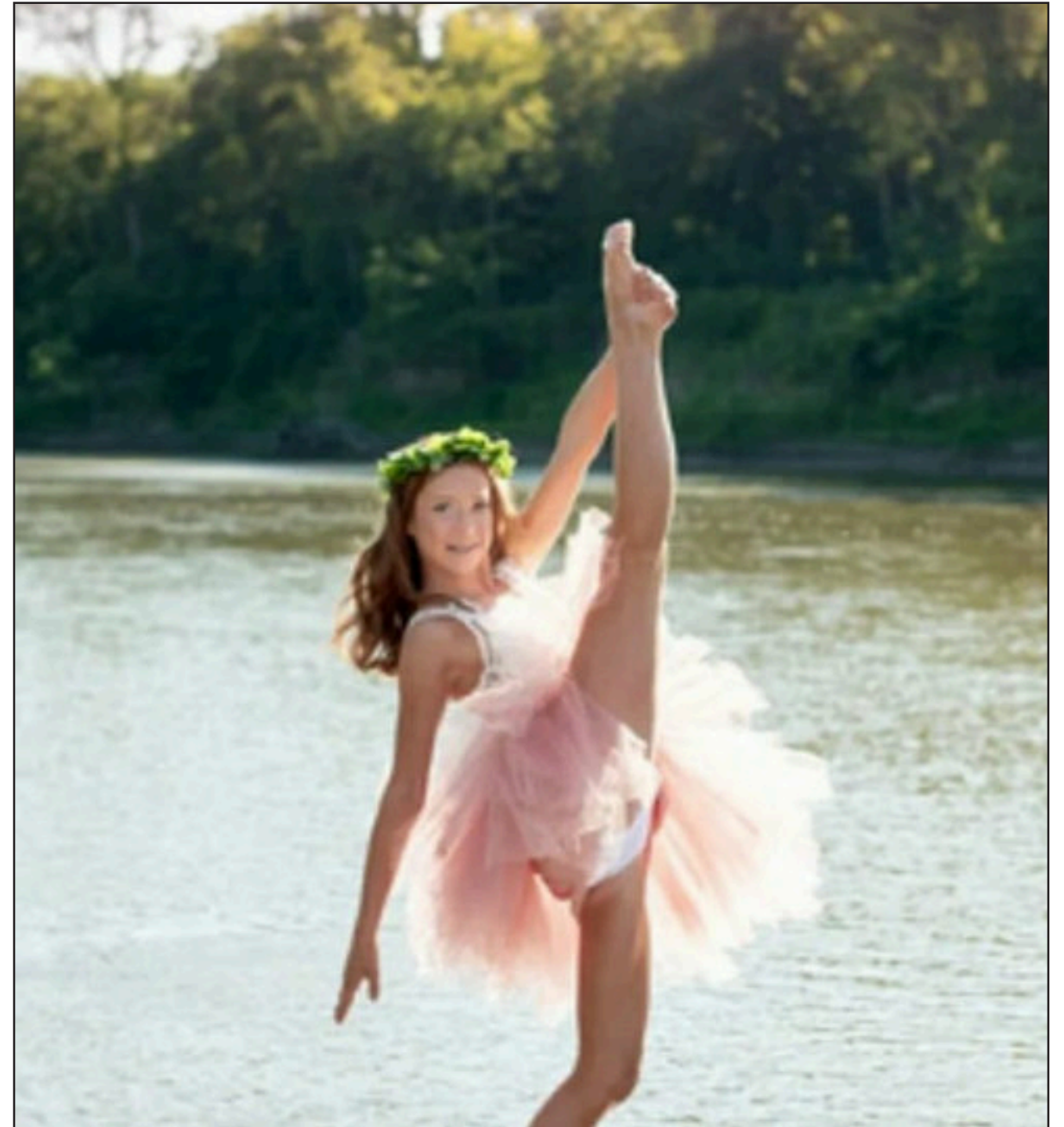


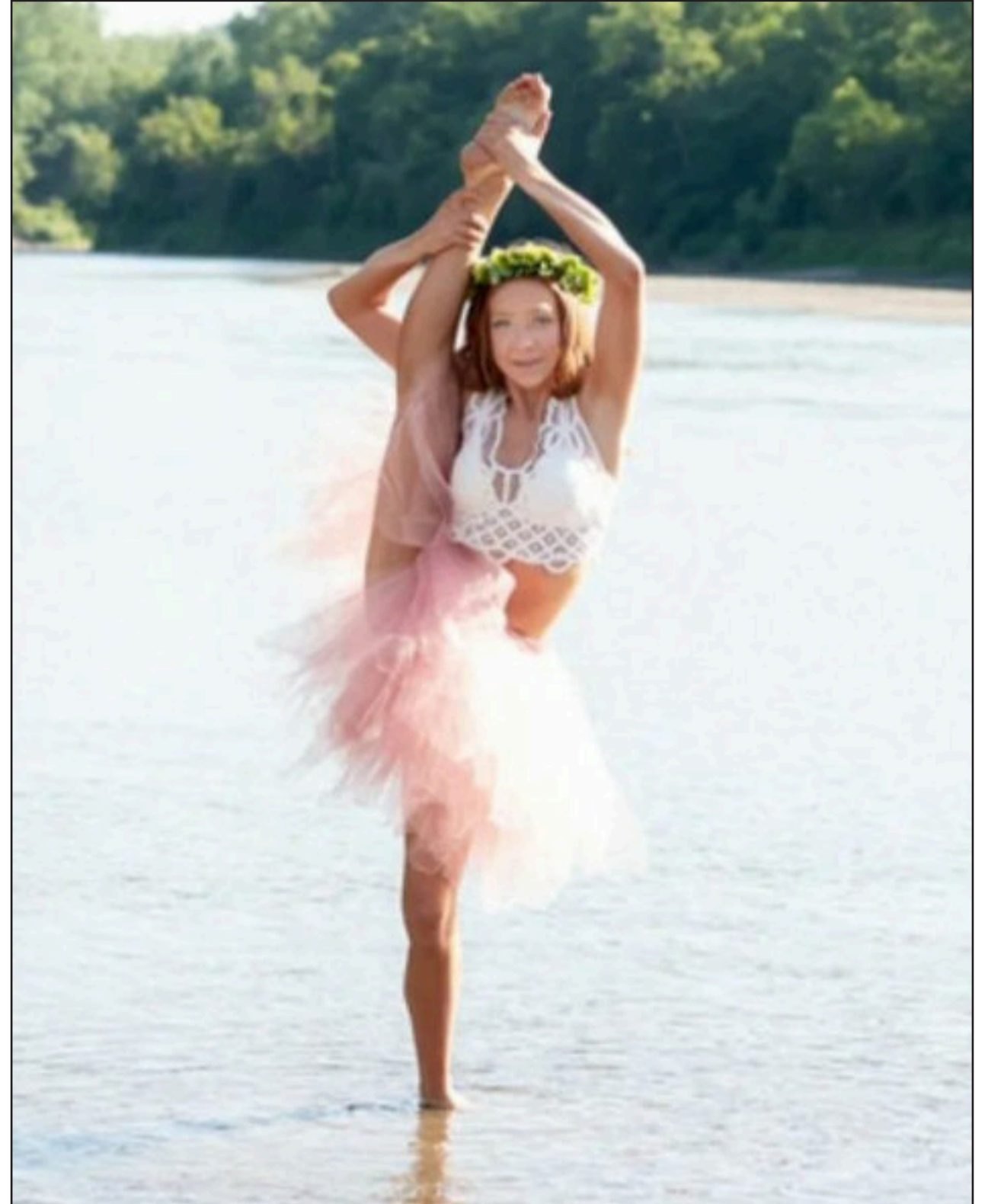
# Aria Alstad

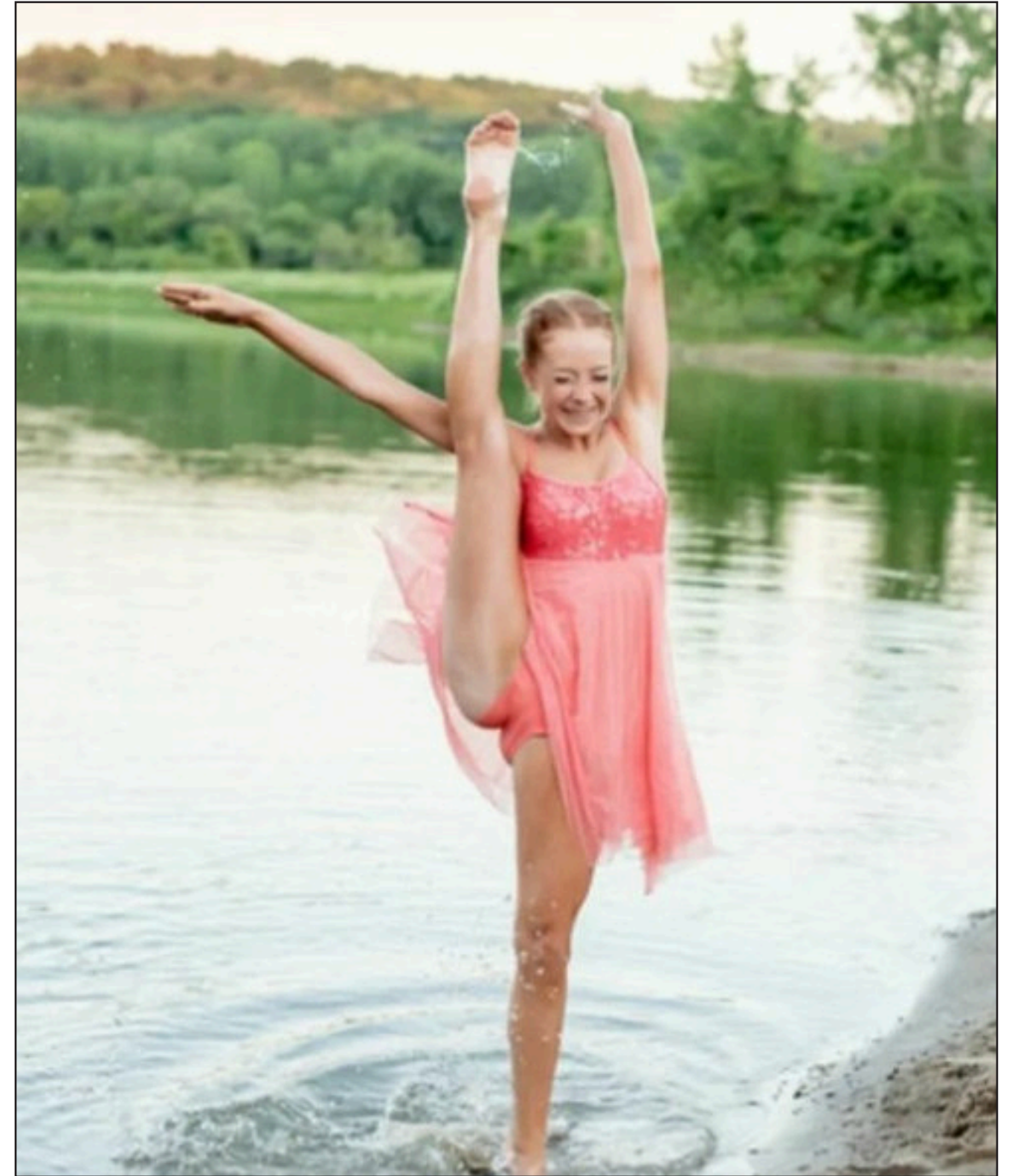


My name is Aria Alstad. I am a nine year old gymnast from South Carolina, USA. I am interested in gymnastics since I visited a gym couple of years ago. Two years have passed with gymnastics so

quickly. I want to represent my state in near future in the nationals. Though, it's too early to decide but I want to be a professional gymnast.









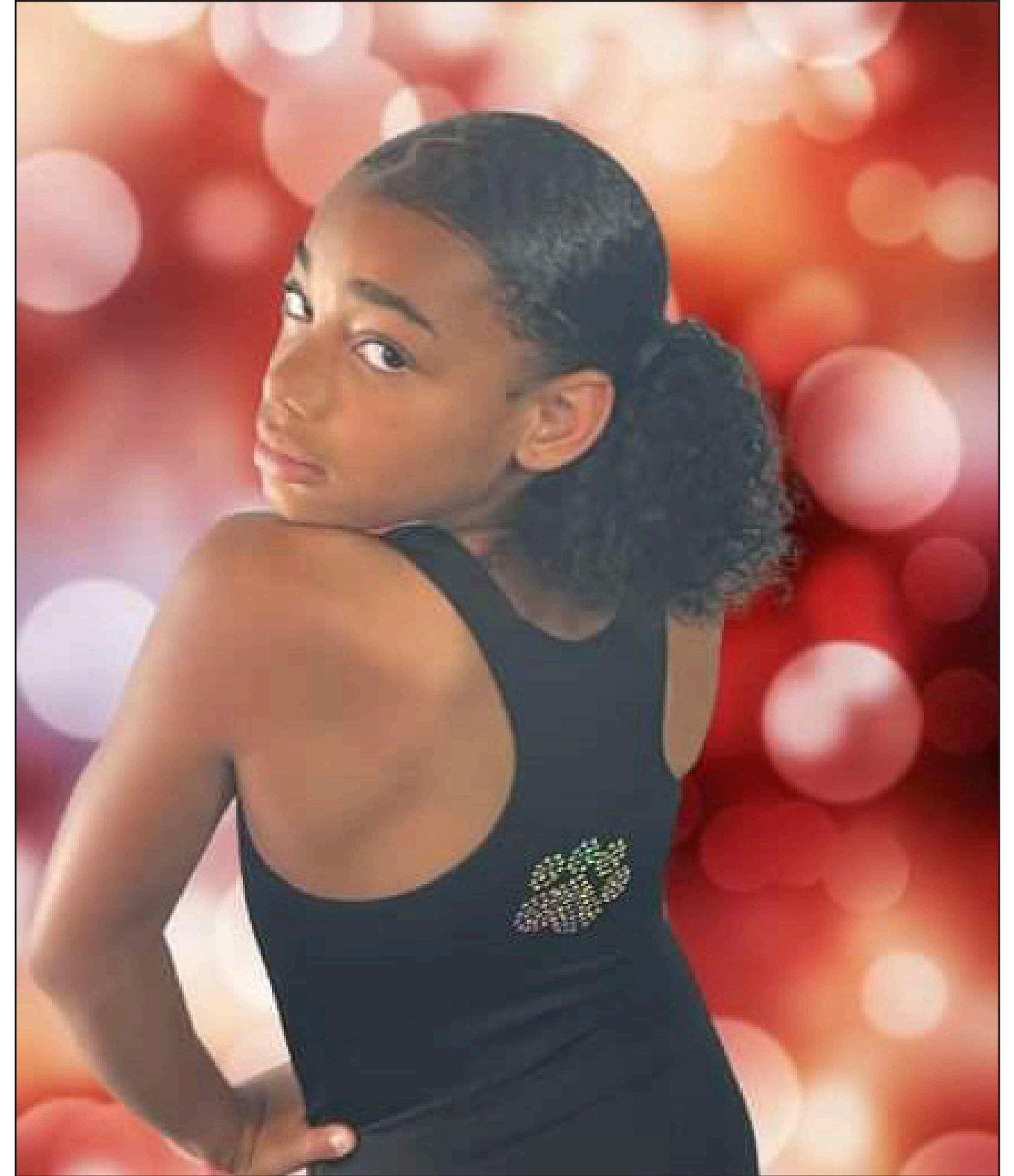
Arielle is 10 yr old college student, gymnast and model! Arielle works hard in the class room and in the gym. When she grows up she wants to be a

chef. She enjoys cooking and reading. Arielle has a very caring heart and is a loving person.







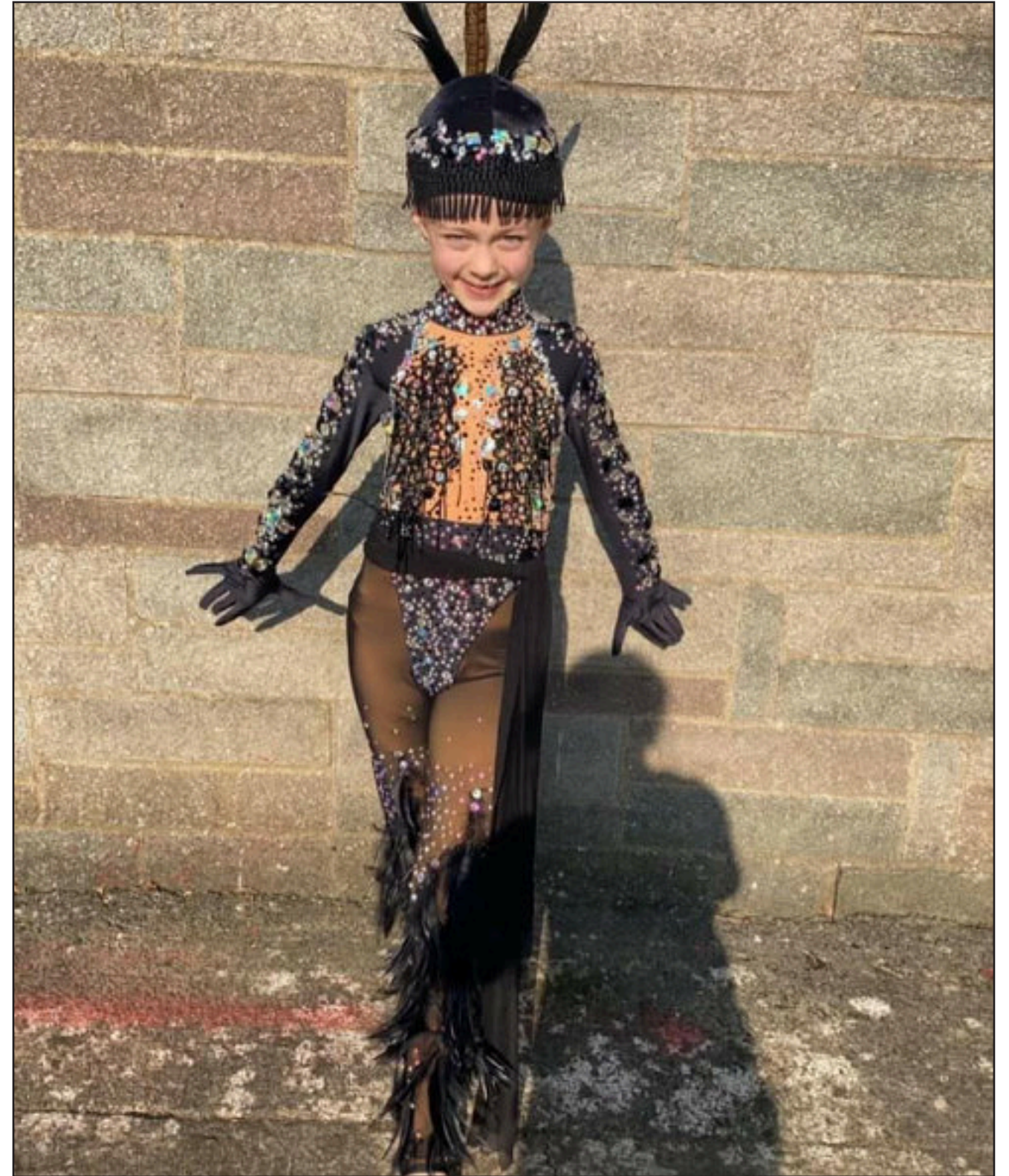




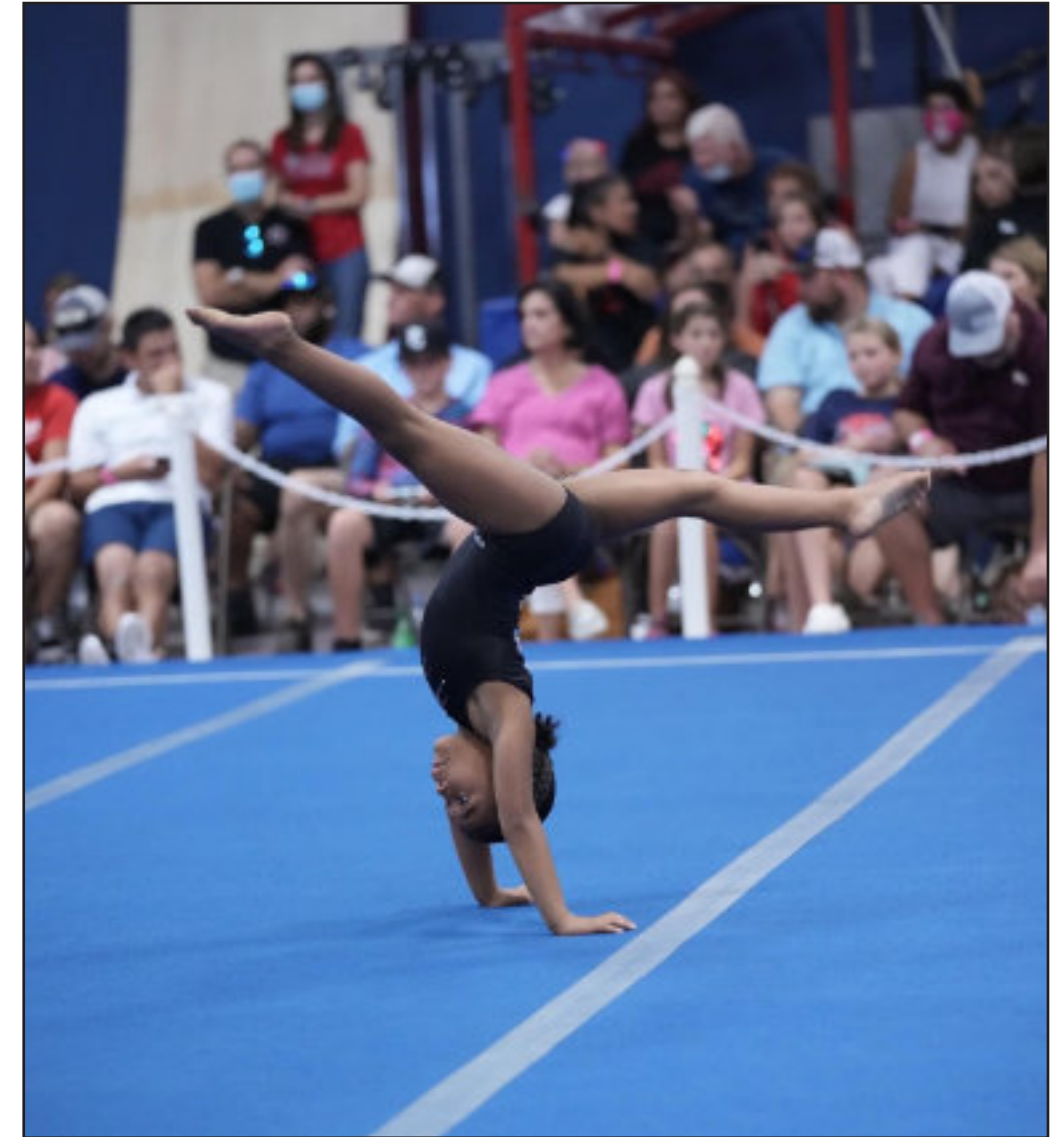
My name is Darcie mccormack I'm a freestyle dancer from Ireland I'm currently dancing fast and slow at intermediate level. I do acro as well and really love gymnastics . I also train in ballet .

My dream is to get to the highest level in freestyle

dancing which in to be a premier champ . I'd love to teach dancing but would also love to be a school teacher .. I'd love to dance and perform in shows when I'm older . I love everything about dancing I train 6-7 days a week and when I'm not in dancing I'm out my back on the trampoline or on my air tracks practising



# Jamila Douglas

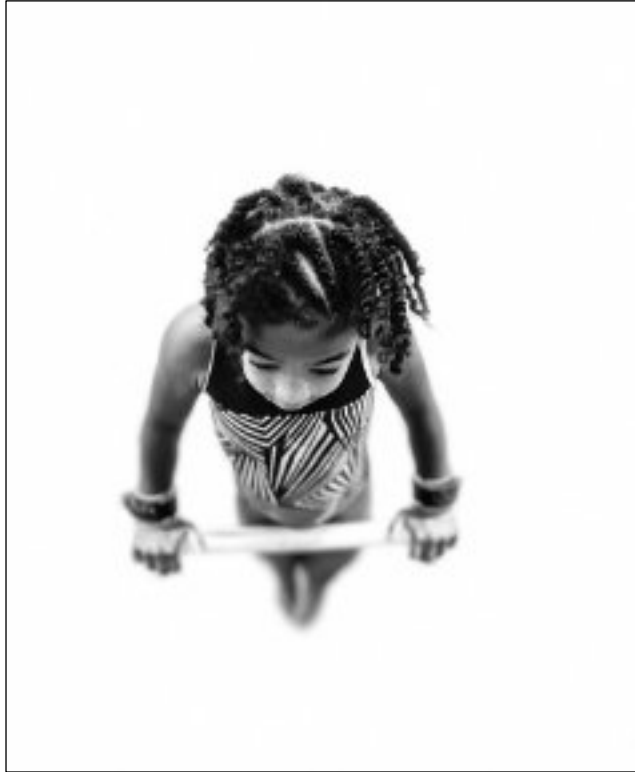


My name is Jamila and my number one goal is to work hard and be able to compete with LSU in gymnastics. One day I want to be able to be good enough to be considered for the Olympic team. I train at Rowland Ballard Kingwood. I train four days a week but I am always there. Doing all I can to work hard and get ahead and wouldn't have it any other way. I am currently a level three gymnast working towards completing my season skipping level 4 and testing out of level 5 so I can be an optional

gymnast. My biggest challenge is my shoulder flexibility and limited range of motion due to this certain things are hard for me but I won't let that stop me so I'm always doing extra stretching before and after class. My favorite part of gymnastics is tumbling. I have tumbling skills beyond that of a level 3 gymnast my favorite pass is a round of backhand spring back tuck.

Photos Credits :: Jetan DOUGLAS. Champion images





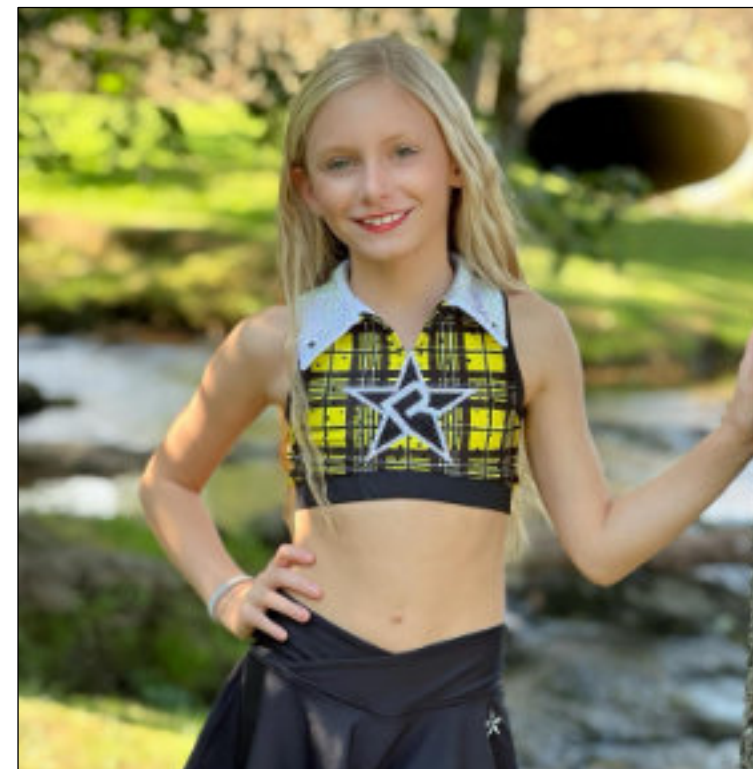
# Journey Bumgarner



My name is Journey Bumgarner and I am 8 years old. Most people would say that you don't know what you want at 8 years old but I'm not your average kid. My "journey" started with JAWS. They were Premier Athletics Level 6 Senior Team. The first time I saw them I was taking a gymnastics class working on cartwheels and round offs. The minute I saw them I knew that I was meant to be an All Star

Cheerleader. I just had to convince my parents. I told my Mom right after my class was over that I no longer wanted to be on the team she coached. I wanted to move up from youth sideline to All Star. I wanted to cheer like those girls and I pointed over to JAWS! I didn't realize at the time that they were all 13 and older and I had a long way to go to catch up to them, but from that day on I knew what I was

working for. My Mom and I even have a running joke. She will say, "What are you working for Journey?" Then I'll just look at her and say, "JAWS." I had asked Mom first because if she said yes then it is happening. She can always convince Dad. She said, "Well, if you want to do it we will let you, but All Star Cheer is a year long commitment and if you're going to do it then you have to do it right. That's a whole year of your life that will only be dedicated to the team they place you on." She said, "A year is a long time Journey. That means you can't do any other sport. You will miss sleepovers and birthday parties because you will have competitions and your commitment to that team will have to come first." I was ok with that though. She asked if I was sure because I wouldn't be able to quit until the season was over. She reminded me that we are Bumgarner's and Bumgarner's don't quit. We don't give up. I still wanted to do it knowing all that I was losing because I just knew this was what I was meant to do. Mom made me start out on a half year team and Covid took most of that year from me. Our gym closed right after our first competition and they didn't open back up for a long time. By the time they did the season was over and a new season was about to start. My parents agreed to let me do Full Year. When I started I had a cartwheel, round off, and an ok back walkover. I expected to learn quick because most things come naturally for me. I worked that year but didn't do a lot of extra things aside from my practice and required tumble class and by the end of the season I was just getting my back handspring. I talked to my Mom and Dad about how everyone was getting skills faster than me and my Mom said, "If you want to be great at something you have to choose what that is going to be. You can be good at a lot of things but you can only be great at one or maybe two things. If you want to be better then work harder and make sure you're putting your whole heart into it." That made a lot of sense. So I choose to be A Great All Star Cheerleader. By then my second year was starting and I had made the team I was really hoping for,



# Journey Bumgarner

Reef Sharks! I started to set goals for myself. I would give myself time limits. I would say you're going to have your round off back handspring tuck in the next month. I focused on just that skill and I got it. Then I would immediately set another goal for myself. The hardest goal that I set was about 2 months before I turned 8. I had every skill through to a layout and at that point had surpassed a lot of my teammates when it came to tumbling skills but I still didn't have my standing tuck. My goal was to have my standing tuck before I turned 8. My Mom tells people she spent thousand on my standing tuck. I was in the gym 5-6 days a week and had 4-5 privates a week in addition to my cheer practice and normal tumbling classes. I struggled so much when it came to that standing tuck. My privates would end and my coaches would walk away to the next one while I stayed and continued to work on nothing but that one skill. So many times I would leave hiding tears from my Mom because I knew she has spent so much of my private crying herself because like she said, "This was something she couldn't do for me or fix for me and that made her feel helpless." I wouldn't give up though. I was determined to have this thing before I was 8. The day before I turned 8 my Mom was driving me to my private and she talked to me about how proud her and my Dad were of me. She said, "You may not get this thing while you're 7. You may get it when you're 8 and that's ok. I'll be just as proud of you then." I worked the hour with Coach Whitney and not once did we work on standing tucks. With 2 minutes left in my private I asked her if I could try. All I could think of is "I am a Bumgarner and I am going to land this because I don't quit and I want to do this before I turned 8. I have to do this before I turn 8. I'm 8 tomorrow so I'm just going to go for it." So I went for it and I landed it. When I did Coach Whitney and Mom both ran and hugged me. I think they cried a little too. Whitney said, "First time is an accident can you do it again?" I tried and did! I had reached my goal. I got my standing tuck while I was still 7. I was proud of myself but then I wanted to do more. I started working on my full the next day and landed it for the first time within 2 weeks.



From then my Coaches just started to work on all kind of trick passes with me. By the time our season ended I was one of the strongest tumblers on my team and people were starting to notice my hard work ethic and determination. This year when tryouts came I asked my Mom if I could do 2 teams. She of course had that same talk with me about a year being a long time commitment and then said yes if the gym needed me to. I worked and perfected my level 4 skills for weeks leading up to try outs. My goal was to make a level 3 team and I thought if I tried out with all level 4 skills then I would at least make level 3. When Team Rebel came I was put on 2 teams. One of those teams is a new level 3 junior team that my gym has formed this year as a tribute to last years JAWS Senior Level 6 team. They call us Junior JAWS! I told my Mom I knew I was working for JAWS but I just never knew it was going to be a Junior JAWS! So far things are looking good and I think we are going to have a winning season. I mean we do have a name to live up to! The most important thing is I have a great team and they all work as hard as I do and that just means a lot. Not all teams work together and want what's best for each other. We also just happen to have the best Coach in the gym. Coach Sitz always pushes us to be our best. She not only expects it she demands it. In the middle of all of this I started to have love for a company called Rebel Athletics. They have made a movement. Rebel Against Bullying. I knew that I could definitely get behind that cause and I joined and made my pledge to the movement. I applied to be a Rebel Talent and Ambassador and was chosen! Now I get to show my love for the brand and also get to bring awareness to other kids like me the importance of standing up for those who can't stand up for themselves because they are to scared of their bullies. It makes me feel like I'm changing the world. My goals for this year are to be able to land my full on the black floor at my gym and to help my team make it as far as we can go at Summit and to win US Finals with my second team. This will be my first year that I am eligible to go to Summit and I am very excited. My 10 year goal is to make the USA Cheer Team like Coach Sitz did. I will be eligible when I am 18 and I want to make it that year. My goals for college are to still be doing All Star Cheer but I also want to cheer for the college that I go to. At this point in my life my first choice is The University of Tennessee. Coach Chelsey has



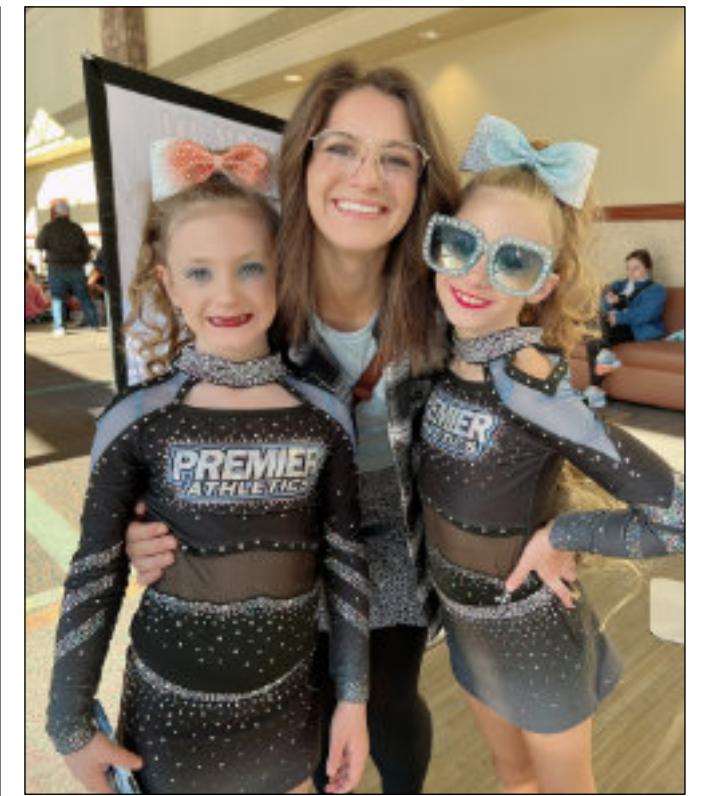
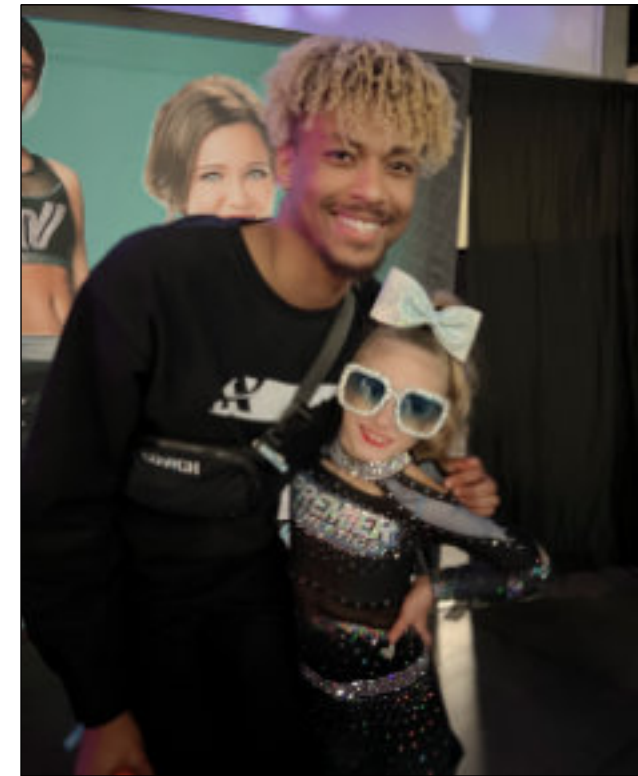


# Journey Bumgarner

been my Coach for 2 years now and she is also the Coach of The UT Cheerleaders so we always have those Athletes in our gym because they practice there a lot. Those guys and girls are so good. I want to be that good one day. I want to get a degree so that I can be a PE Teacher at my school and I want

to be a Coach at my gym, Premier Athletics Knoxville West. We are the Sharks and no matter where I go in life I will always want to come home and be a Shark again. I just love My PA Family!

Photos Credits :: Wendy Bumgarner





My name is Karleigh! This is my second year in competitive cheer. I tried out for a bigger gym this season and made one of their teams. When I started cheer last year I could only do a cartwheel but, with determination and lots of practice I now have many tumbling skills. I also auditioned to be a Rebel Athletic Ambassador and got picked for

22-23. My goal for this season is to get my back tuck. My dream is to one day cheer in college and then become a coach.

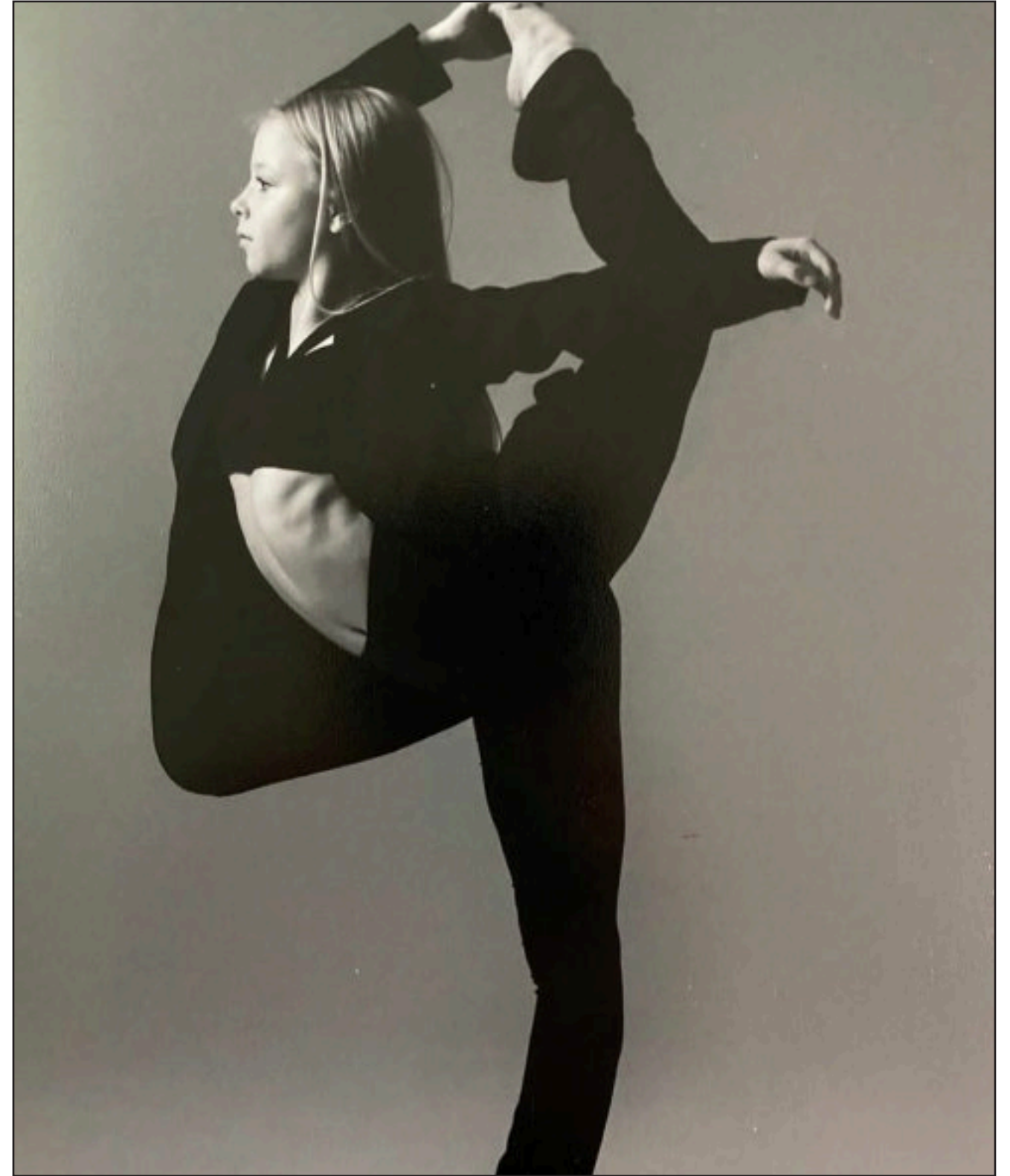
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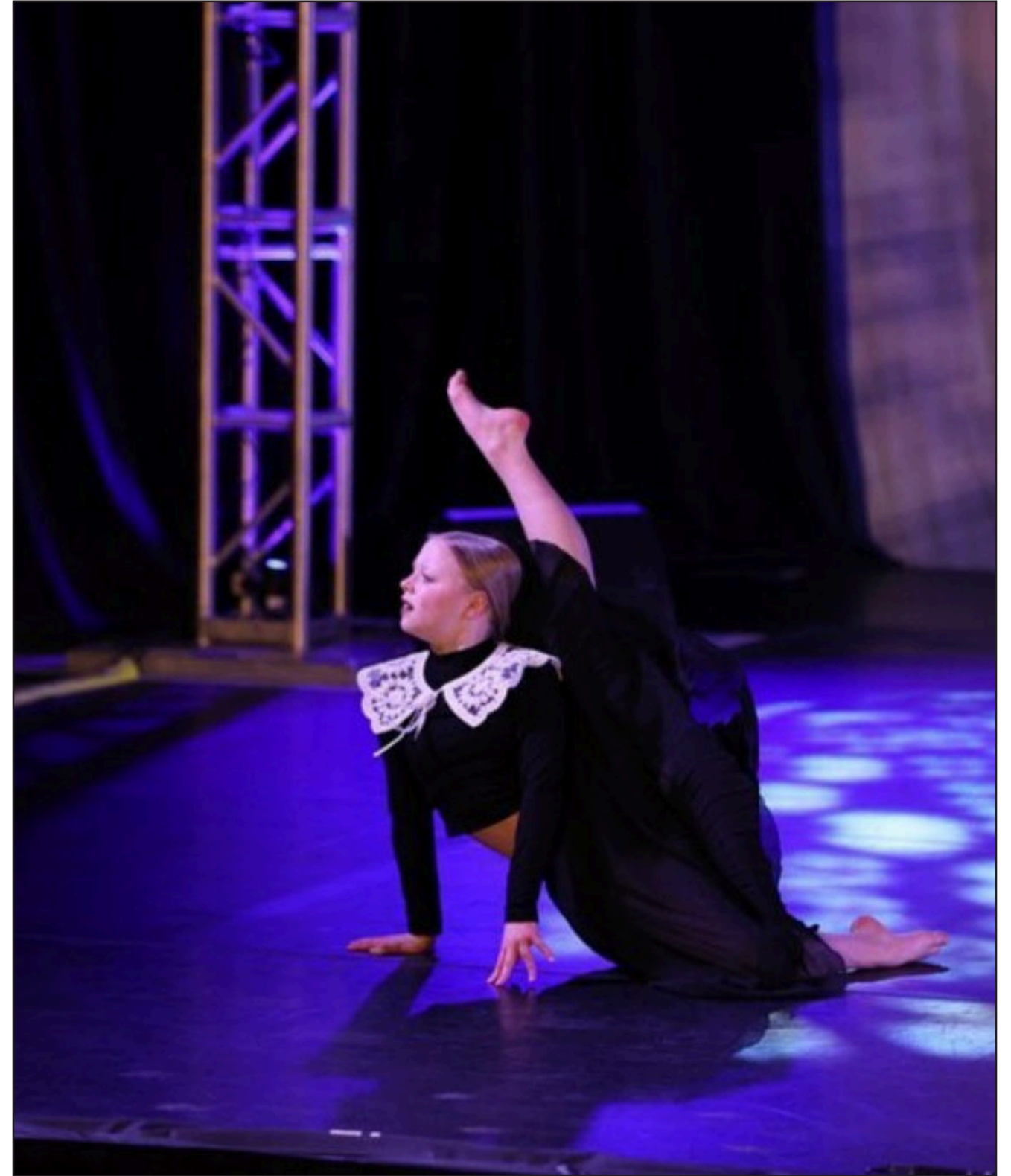




# Madelyn Duncan

My name is Madelyn Duncan. I am from Orlando, Florida, USA. I believe that if one can dream it, once can do it. I work hard and never intend to be perfect but just genuine to what I do. Till now, my gymnastics experience has been amazing, hope for a beautiful future as well. As I mentioned I believe in working hard and get things done.





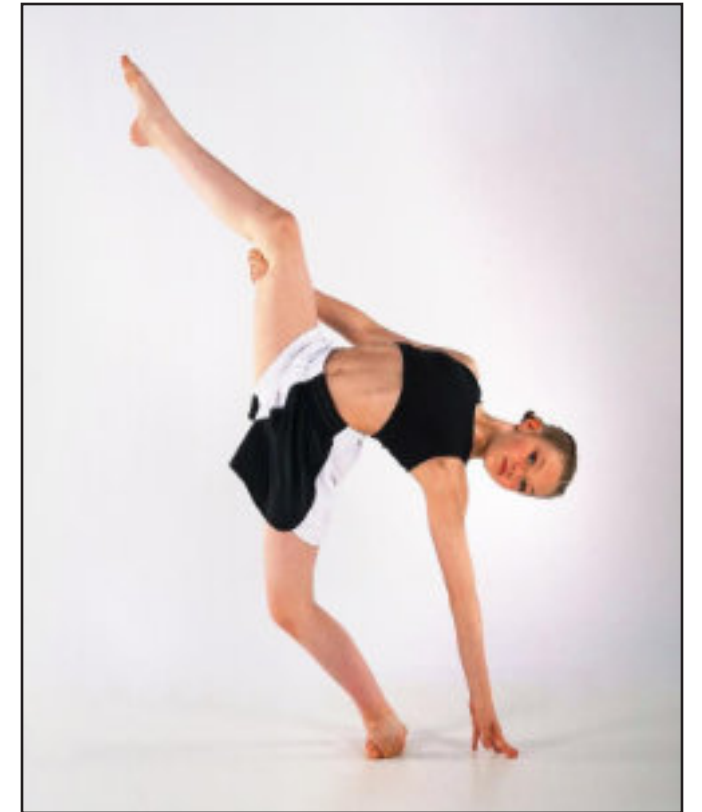




My name is summer My dream has always been to become a professional Cirque du Soleil dancer It has been my dream for a while I've always admired those people and how beautiful their dancing is I mean artwork they put into it it just makes it so interesting and it makes me happy It's been a challenge for me trying to get all of my skills back down but I've been doing pretty great at it some of my calls are to be an ambassador for brand and get scouted

Photos Credits :: It's been a challenge for me trying to get all of my skills back down but I've been doing pretty great at it some of my calls are to be an ambassador for brand and get scouted







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