

UPCOMING  MAGAZINE
GYMNASTS

**Liza
Kochubey**



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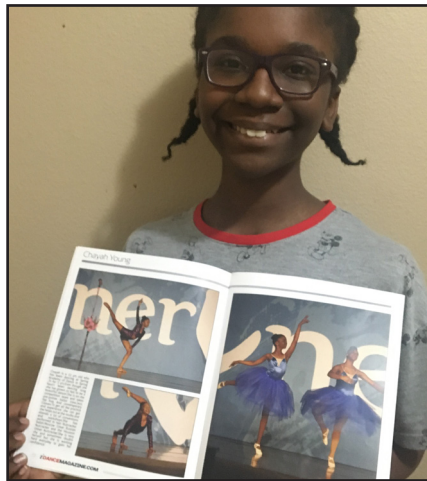
Mission Statement

Our Mission is to Promote Self-Esteem and Recognition to All Talents with Equal Opportunity and without any Discrimination

OUR MISSION STATEMENT

Our Mandate is to treat all Talents of all ages, gender, level of ability and expertise equally

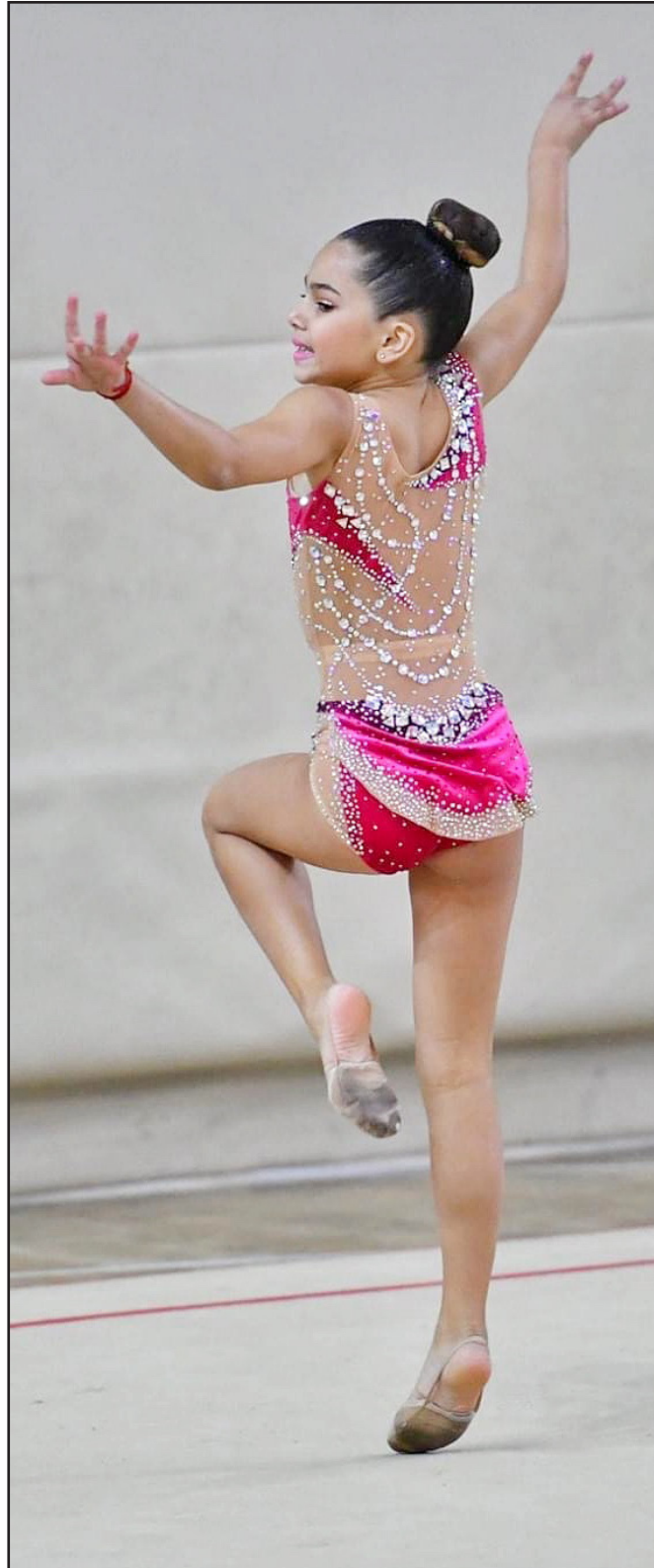
PROMOTING SELF-ESTEEM & RECOGNITION



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Angelina Cohen



I love modeling. Dream to introduce my country in the world miss competition! I love extreme and sport! My sport: after 7 years of rhythmic gymnastics (Absolute champion(level A, year 2010) of year 2020 (3 gold medals). Now doing fencing. Love surfing and skateboarding. Dreaming to compete in Olympic Games in 2034 in fencing. Love dancing, painting, creating small movies.

Photographers Credits: Oksana Cohen Valeria Shapira

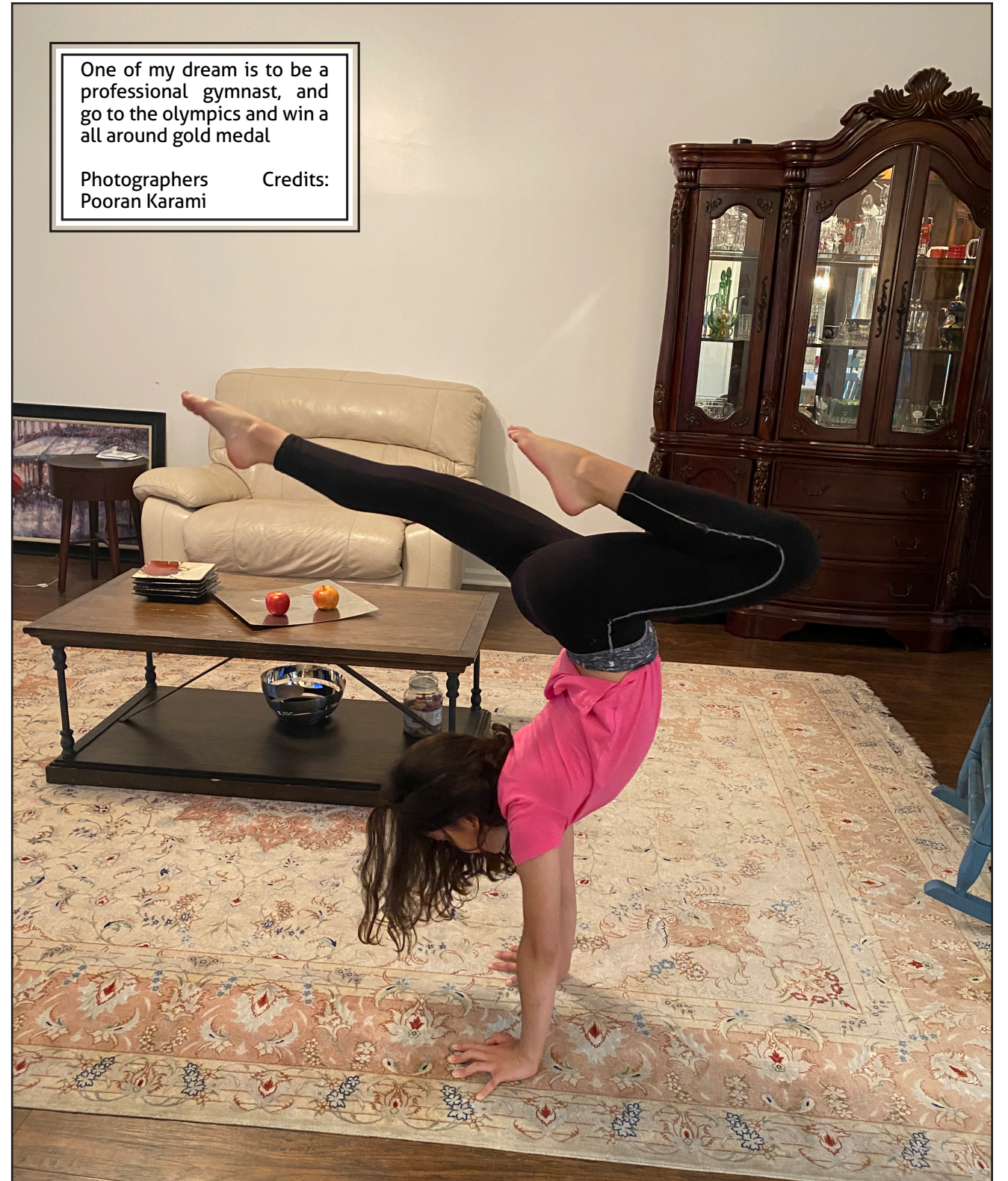






One of my dream is to be a professional gymnast, and go to the olympics and win a all around gold medal

Photographers Credits:
Pooran Karami













Jada Marino, Level 5, age 10

What do I like about Gymnastics? - I love doing the routines and competing

What is my favorite event or skill and why? - My favorite event is bars and my favorite skill is cast to handstand because it flows so easily and it's fun

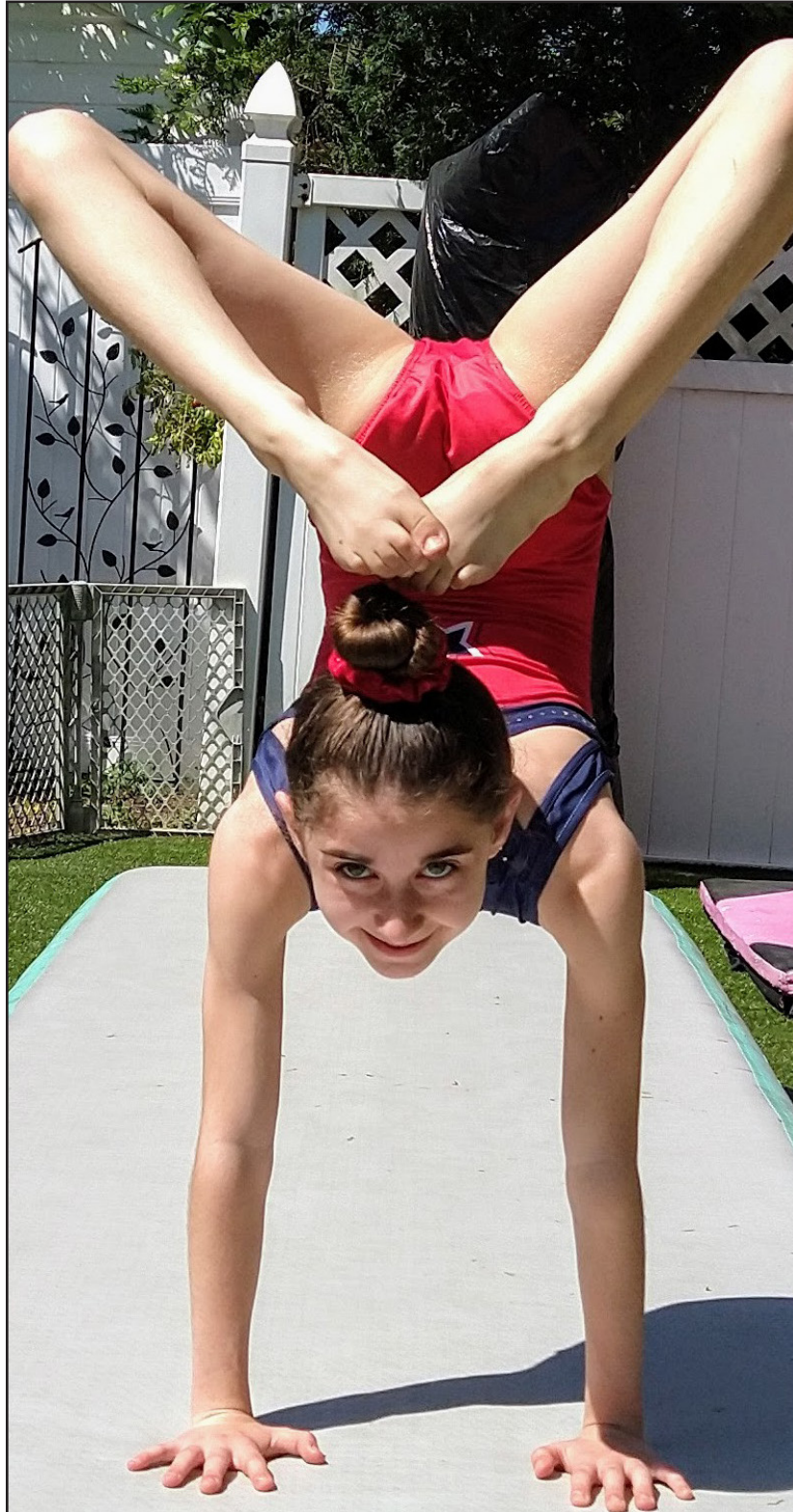
Accomplishments/Achievements - Getting giants on bars

Getting first place all around in a competition in level 4
Getting second all around at States for level 4

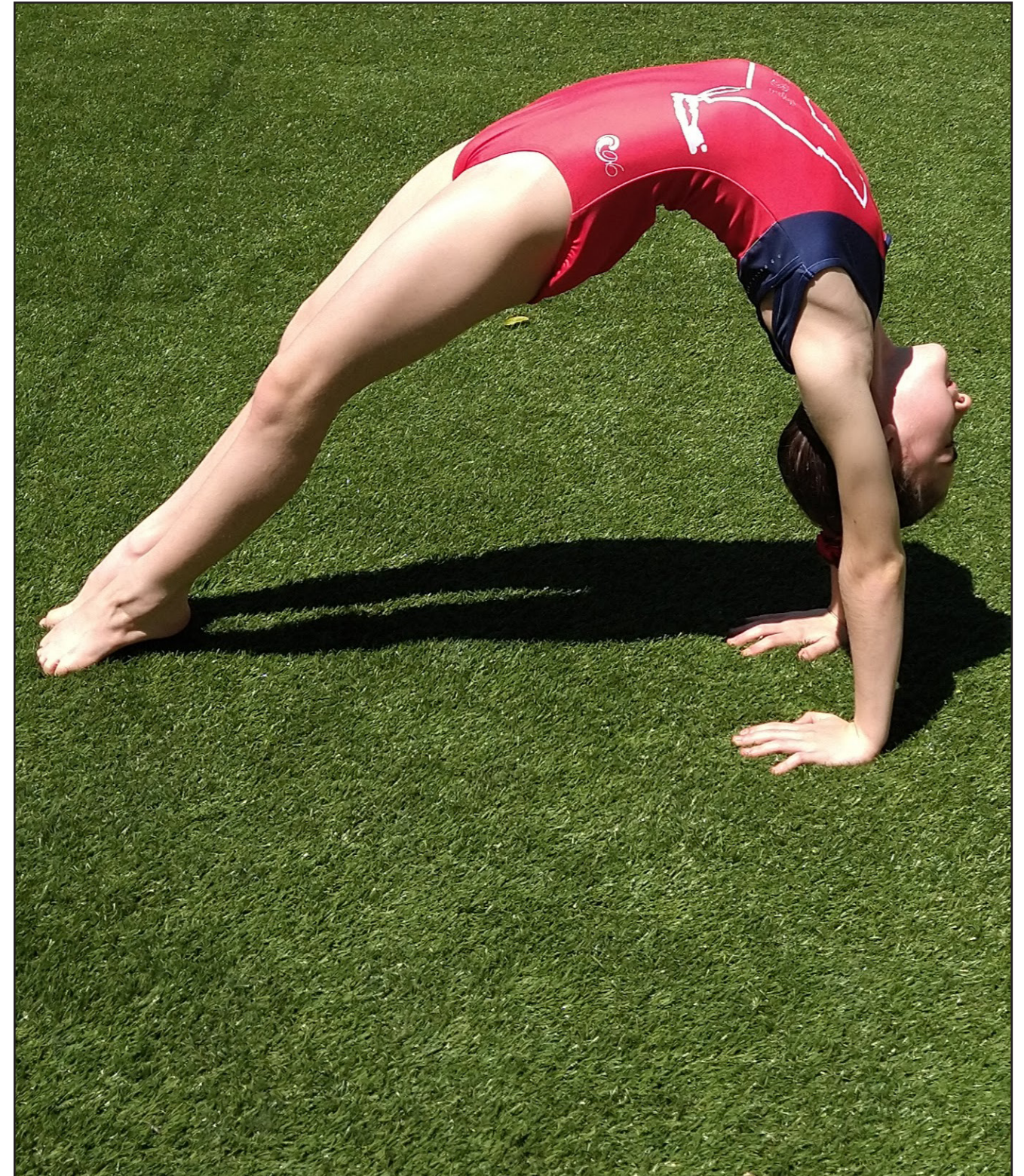
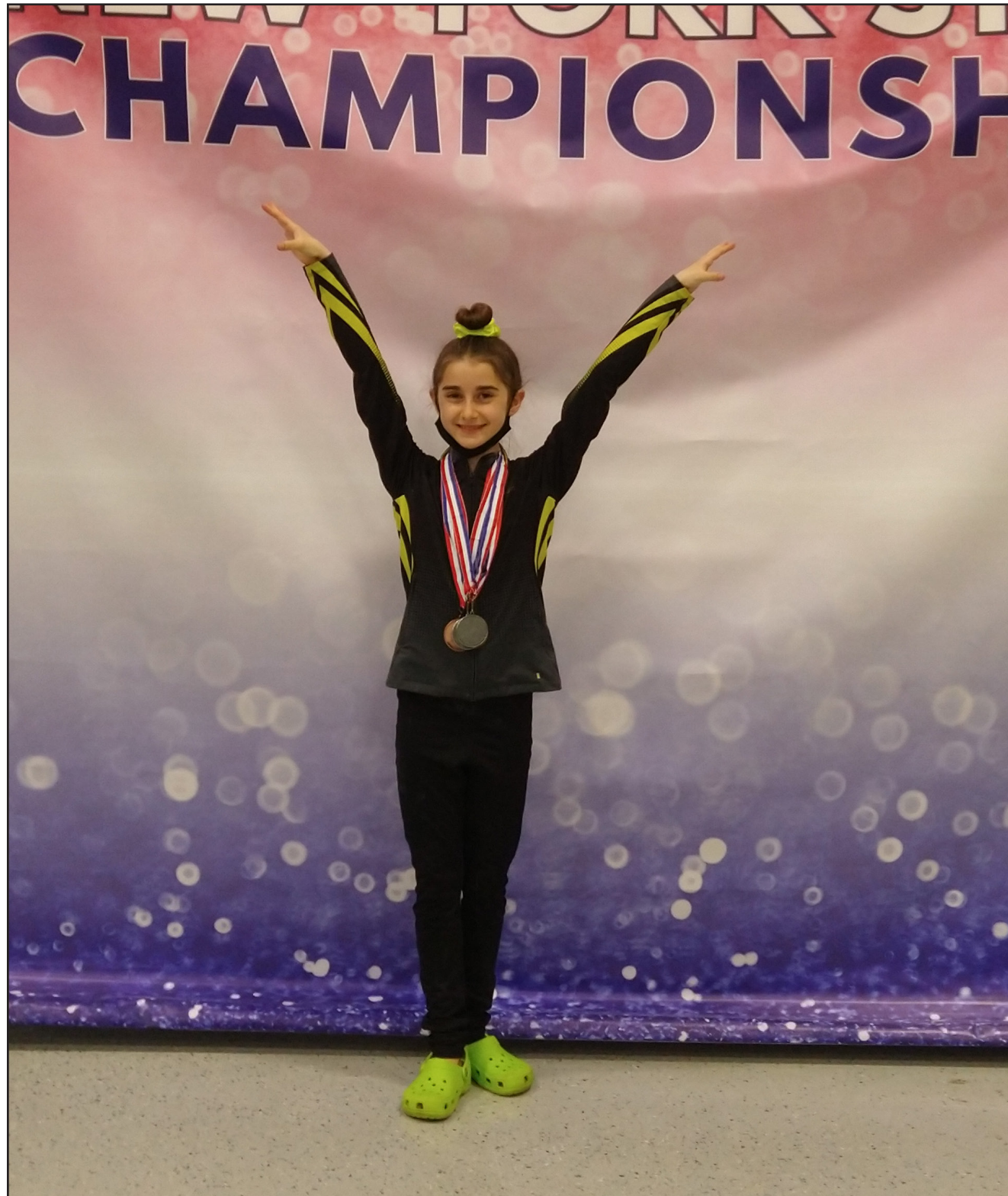
Getting a 'wow' award for a straddle jump

What is your goal/what do you want to be? - my current goal is to max out of level 5 and move to level 6. I want to get 1st place in all the events and get 1st place all around. And my dream is to go to the Olympics.





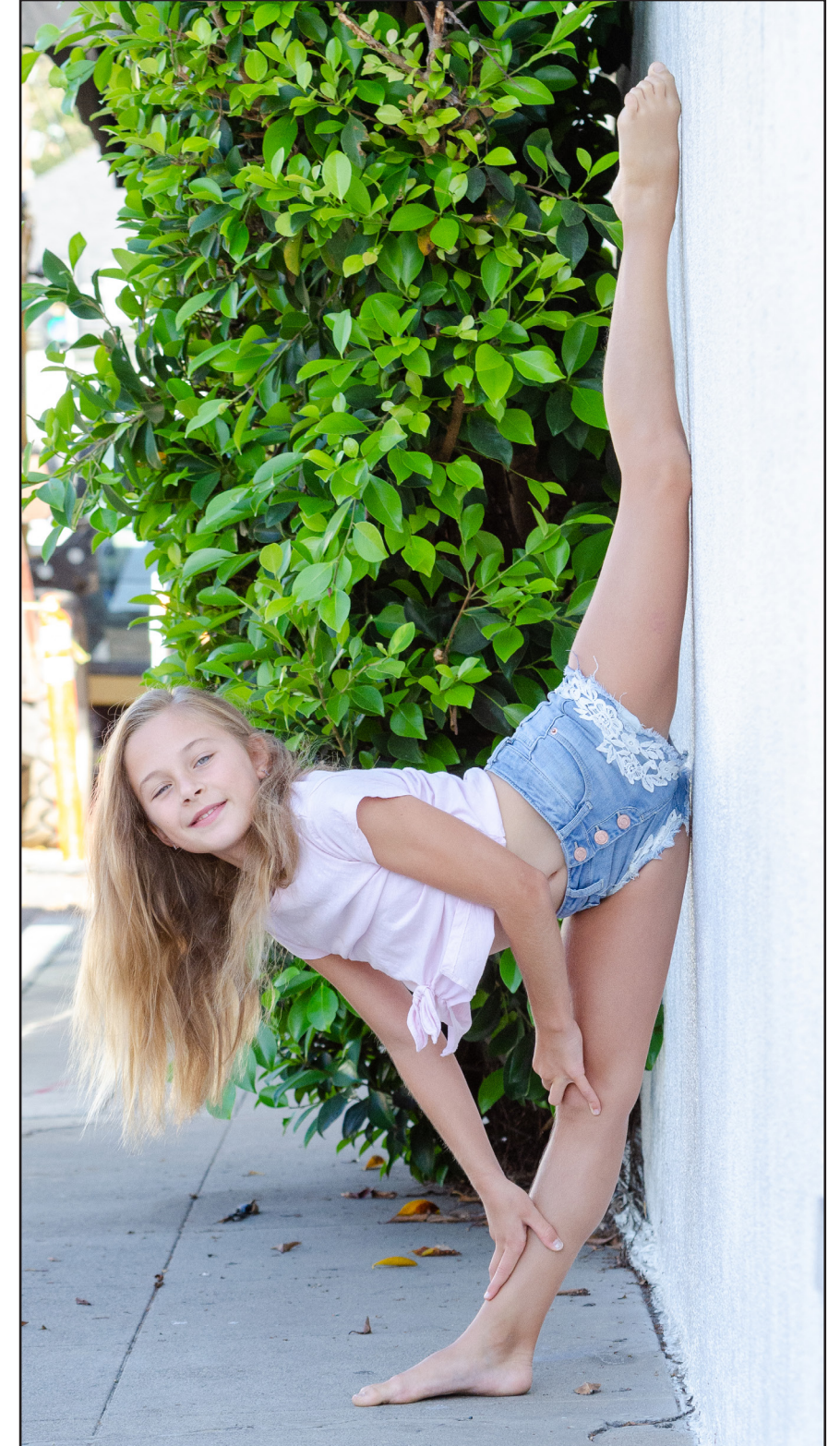














At nine years old, Liza Kochubey is one of the youngest gymnasts in the United States competing at Level 8. The rising star has already garnered dozens of awards over her not-so-long career — including several from state and regional competitions — and she hopes, one day, to add a Junior Olympic Medal to her collection.

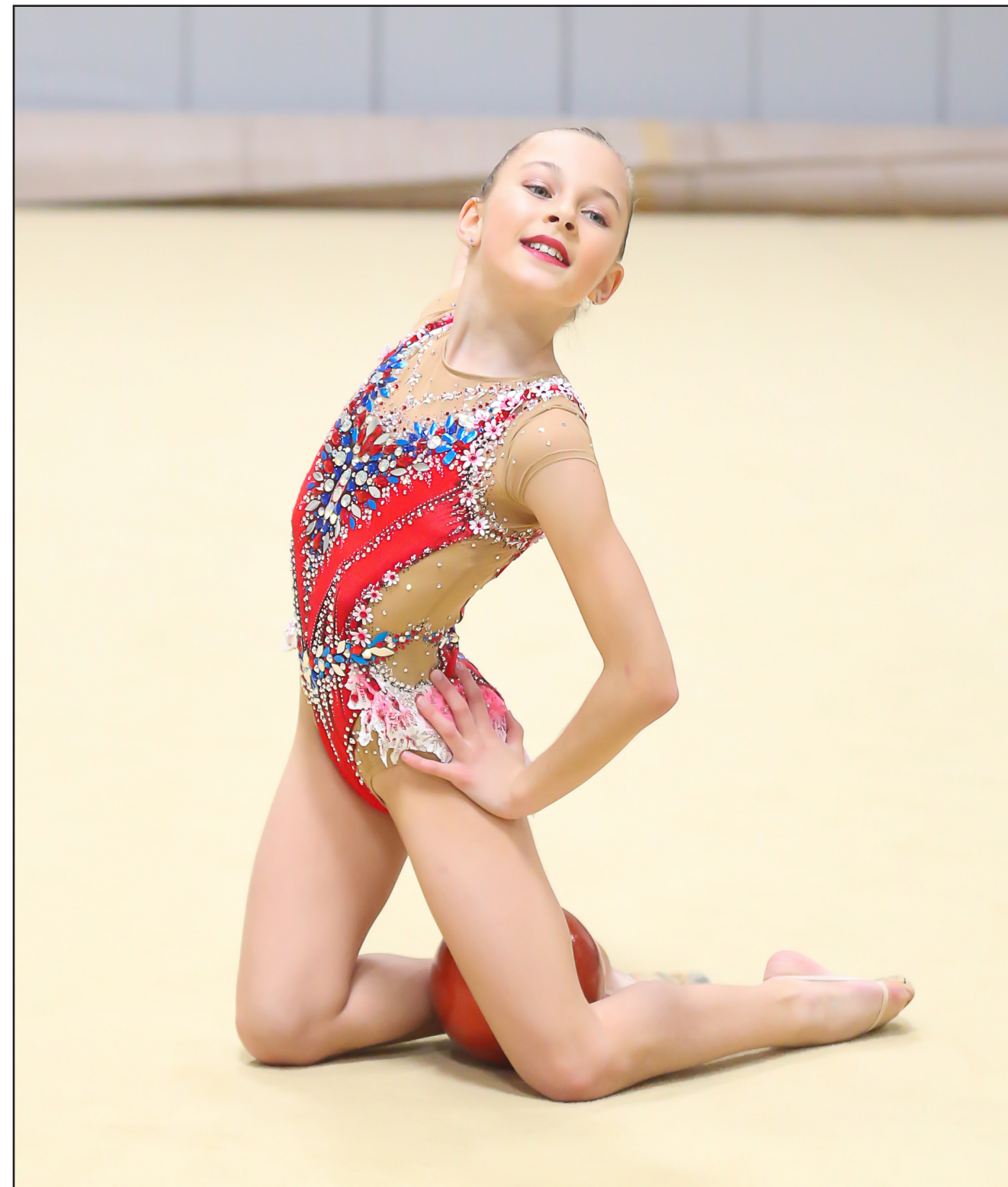
Liza started training at age six with the IRENE School of Rhythmic Gymnastics in California. With help from her wonderful first coach, Anastasia Fomin, she completed Levels Three and Four in a single year; but just when Liza reached Level Five in 2020, the COVID pandemic struck, jeopardizing a critical phase in Liza's progression.

Away from her coaches and friends, the months of online training were extremely challenging for Liza. This was one of the most difficult times of her young life, but when she was nearly ready to quit gymnastics for good, coach Anastasia encouraged her to keep pushing towards her Junior Olympic dream.

"You have everything it takes to represent Team USA," she told Liza. And those words kept her going. She persevered and made incredible progress, skipping Level Six and moving straight to Level Seven— an accomplishment Liza made possible with extreme dedication, responsibility, and organization.

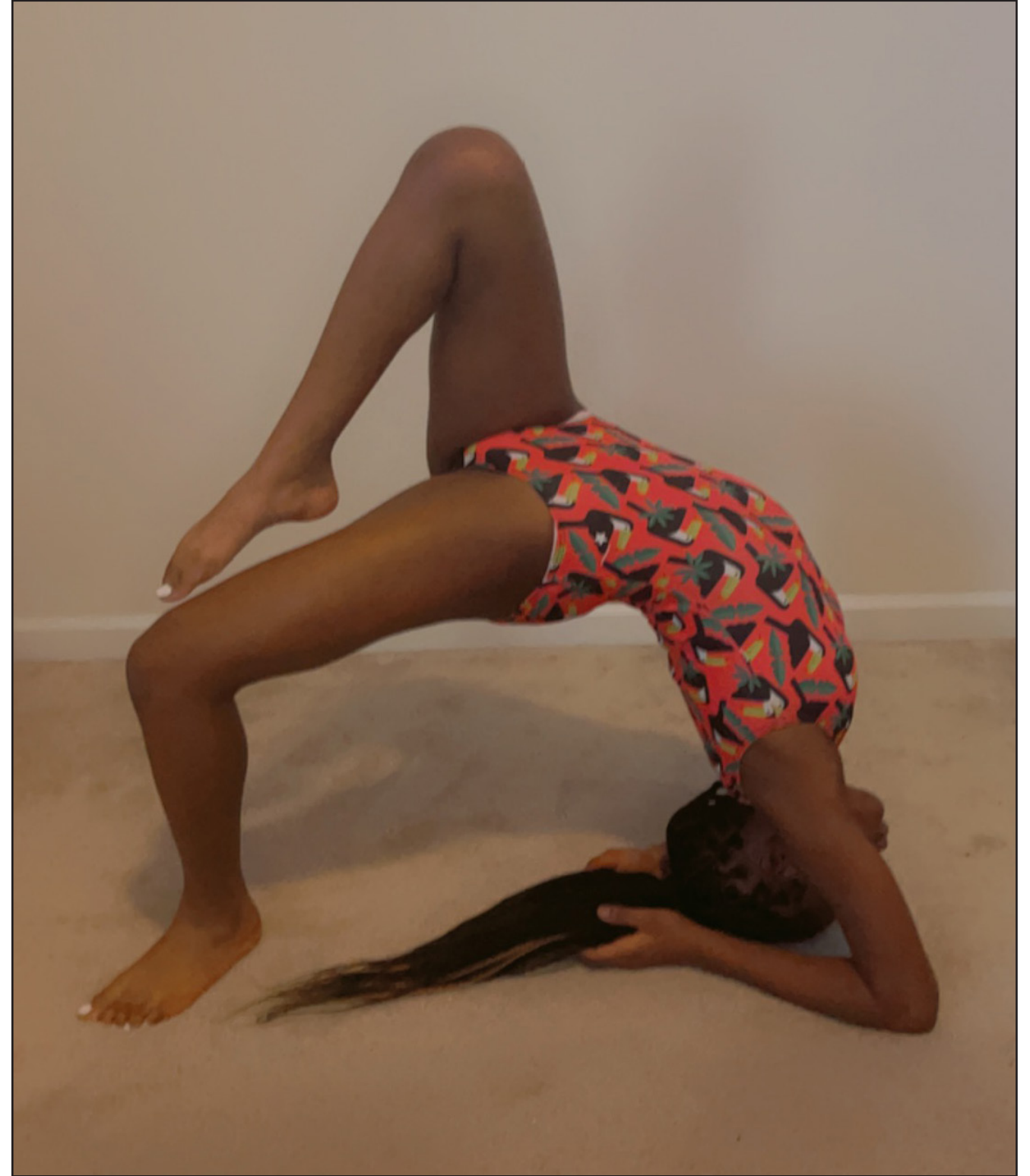
Recently, Liza and her family moved to Texas where she now trains at ANS Rhythmic Gymnastics with coach Ashley Simpson. She loves learning new elements to improve her routines and she is very passionate about gymnastics. This school year in her new town, the gym is her 'happy place' where she spends four hours daily with new friends & teammates whom Liza considers a second family.

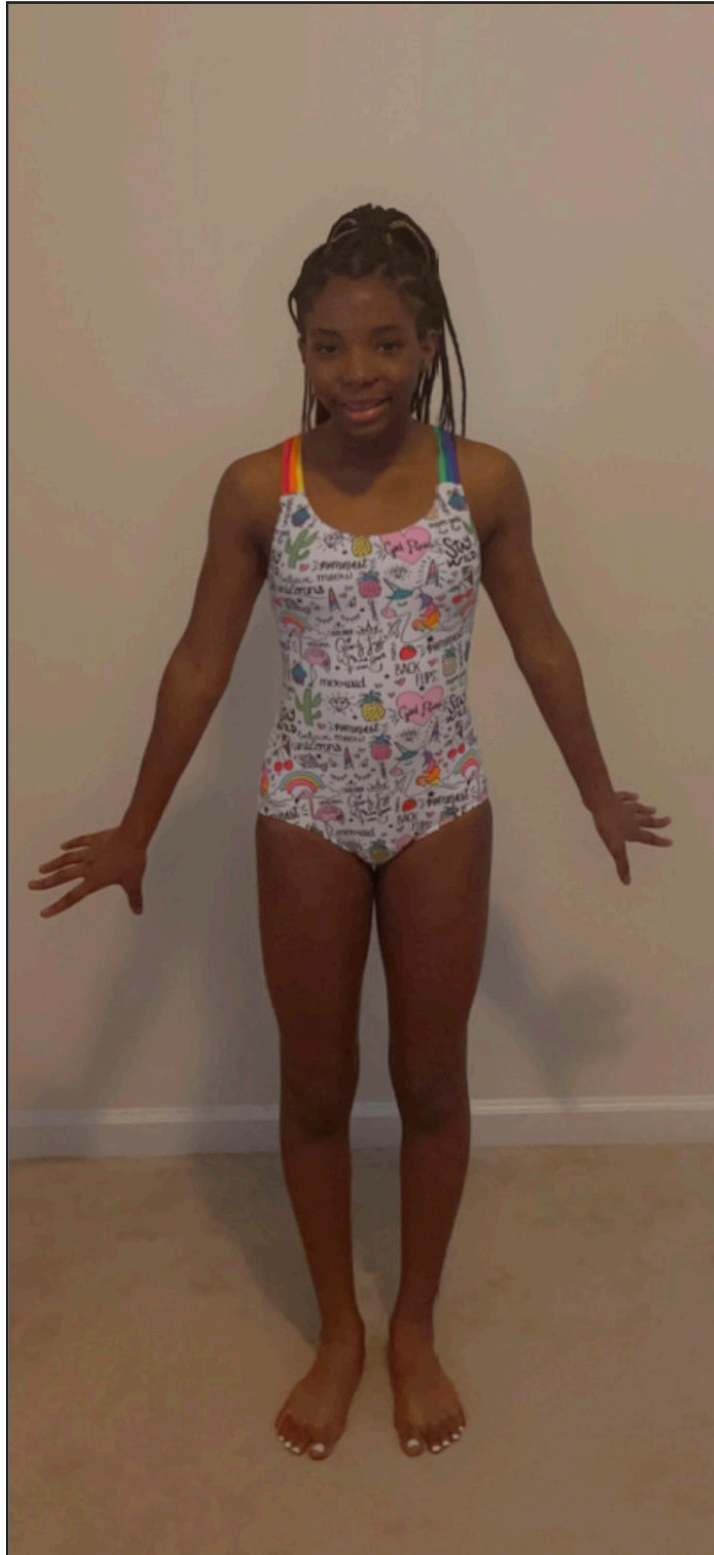
Photographers Credits: Eduard Acosta (for red leotard photos). Dmitriy Kochubey (for rest of the pictures)





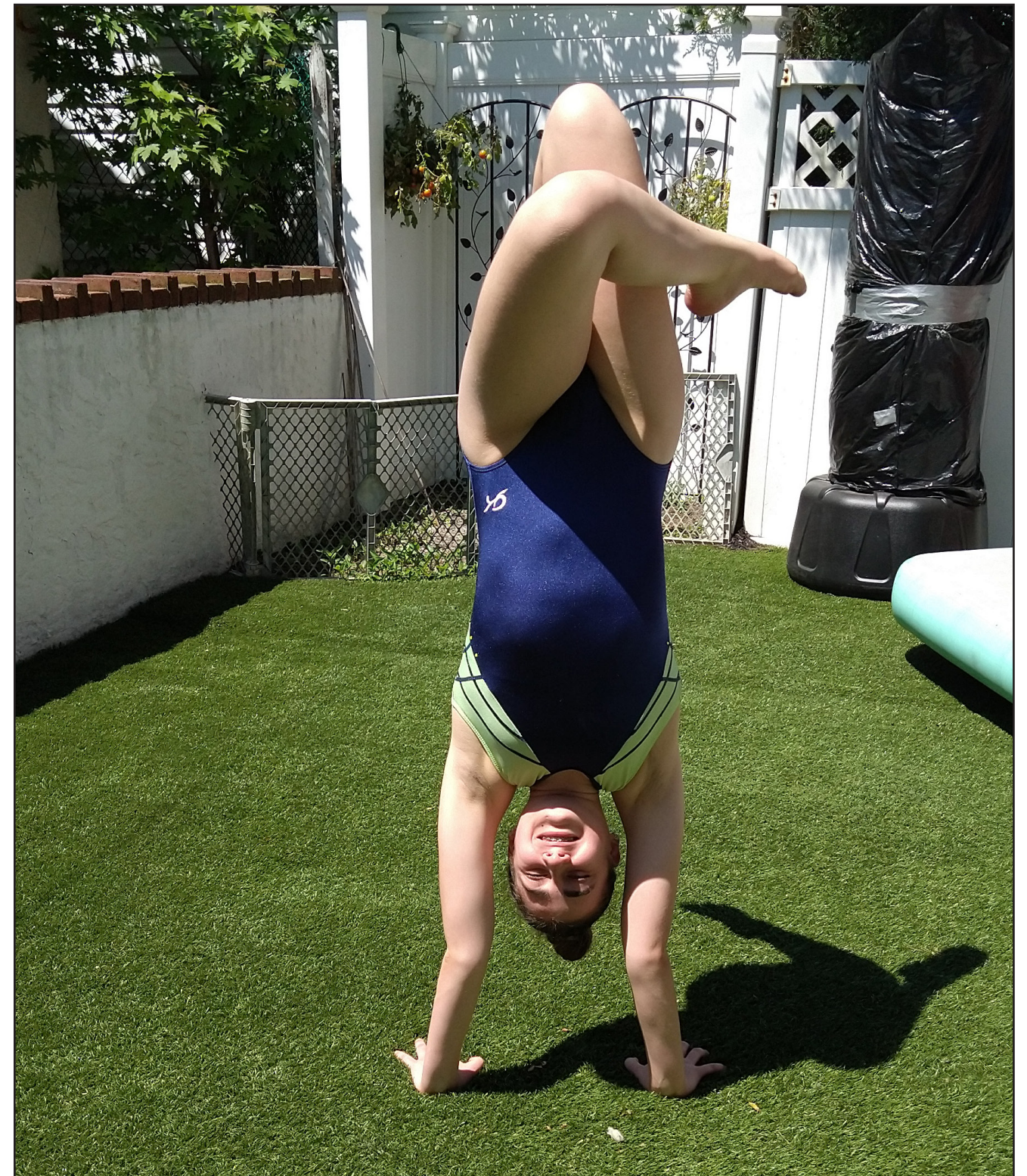


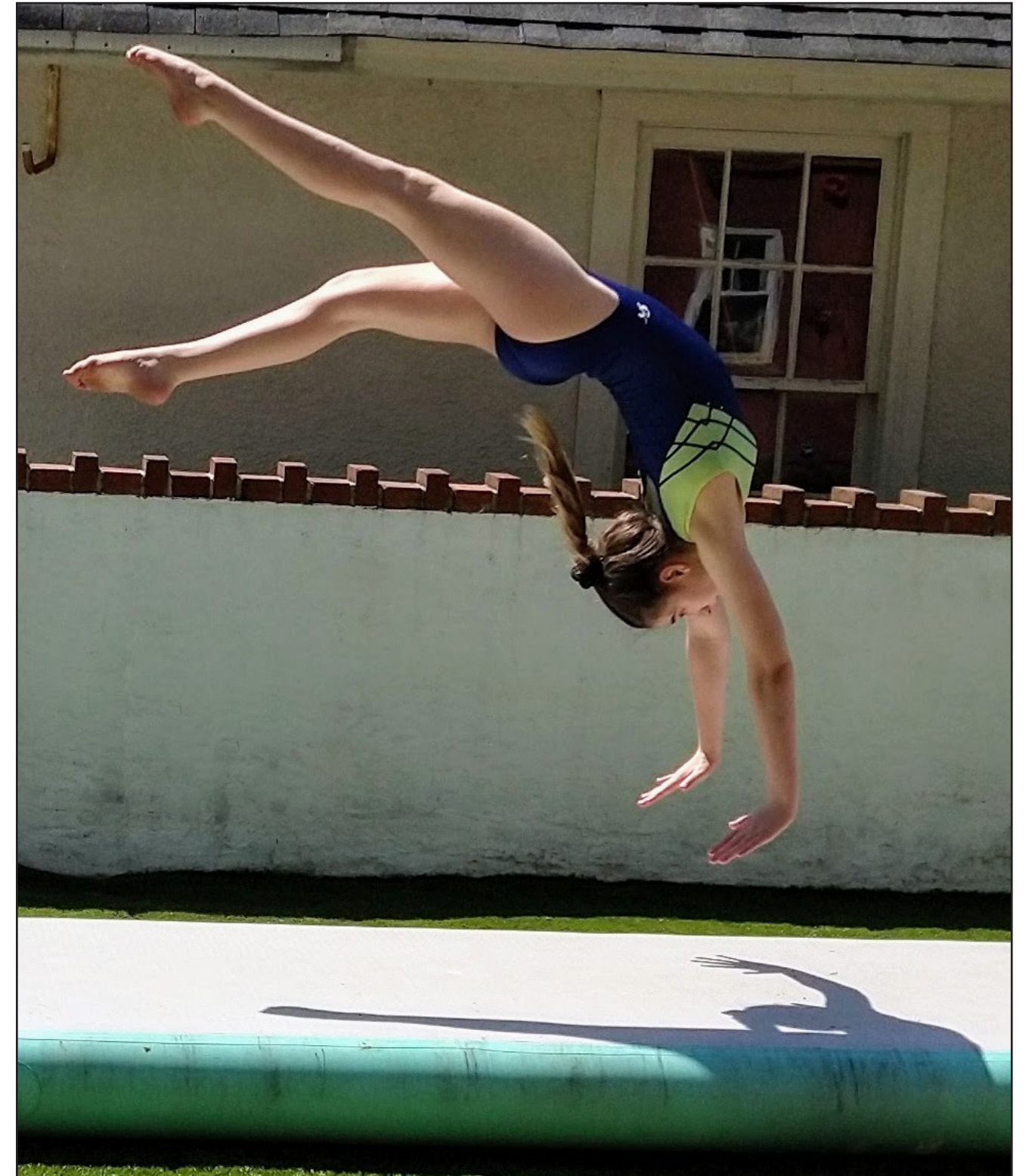




My dream is to one day win a gold medal in the Olympics for my country. My favorite event is vault because I like to use my speed to jump high in the air. I also like the flipping from one bar to the next.

Photographers Credits:
Apollonia Alexander







Sophie Marino

Sophie Marino, level 6,

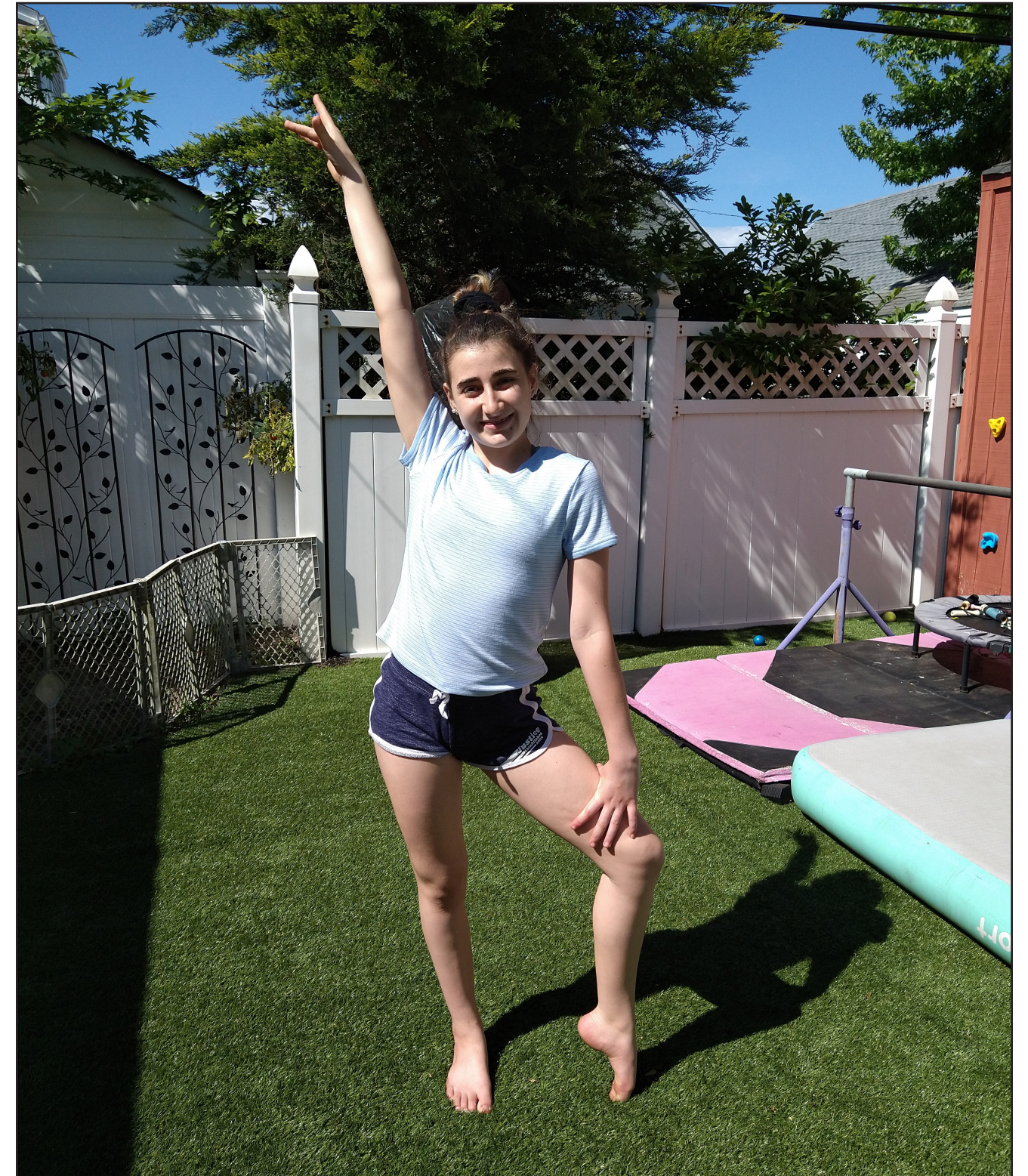
What do I like about gymnastics - I like how gymnastics involves every part of your body and how gymnastics is very fun while also getting to interact and make friends. I enjoy competing and getting to show off what I have learnt throughout the season. I enjoy getting skills and getting over mental blocks. I also like how gymnastics conditions every part of your body and keeps you in shape. The last reason I love gymnastics is because I learn more everyday and I love getting to try new skills.

What is your favorite event or skill and why - My favorite event is vault. I love getting to show off my ability to flip on the vault table and my speed ability when running. I am not afraid of vault so I will go for skills such as yurchenkos and half ons. Into the pit I will flip a yurchenko and will do sukes with a vault trainer. I love the vault because when I pop off the table I feel like I am flying.

Accomplishments/Achievements - that I continued to train and condition with a broken foot, after returning for only 1 week after my broken foot healed, I competed in two events and placed on both of these events (vault and floor) at a level 6 competition, doing a back handspring stepout on beam with no spot after breaking my foot on that skill.

What is your goal/what do you want to be - I want to qualify for the olympic trials in the future and possibly make it to the olympics. I want to get a full scholarship for college gymnastics. My short-term goal is to get first all around for level 6 and 7 competition.





Victoria Covey

I have been a gymnast since I was 2 years old and I have always wanted to keep pushing myself to be a better gymnast. I started competitive gymnastics at the age of 7 and now I am 13. This year I competed in level 10 and only did 4 meets due to COVID. Even though I didn't compete as much as normal, I recently placed 6th all-around at the Canadian National Championships for gymnastics, with two 4th places on beam & floor. Some other notable achievements are being Provincial Champion 4 out of 5 years, placing in the top 12 at Gymnix 2020 in level 9, as well as in 2018 in level 8. Finally, I have been able to make scores for the Canadian National Championships three years in a row.

My goal for this upcoming season, is to compete in the HP (high performance) category. My future goals are to make Team Canada and travel internationally.

Gymnastics is full of challenges both physically and mentally. It is a very tough sport and tougher when you grow taller and you lose so many skills you could do before. I have had to re-learn many skills and have had to deal with frustration. Through all of this I have learned to be patient with my body and trust myself. My coaches, teammates and family have all helped me get through the tough times and have always been there to support me.

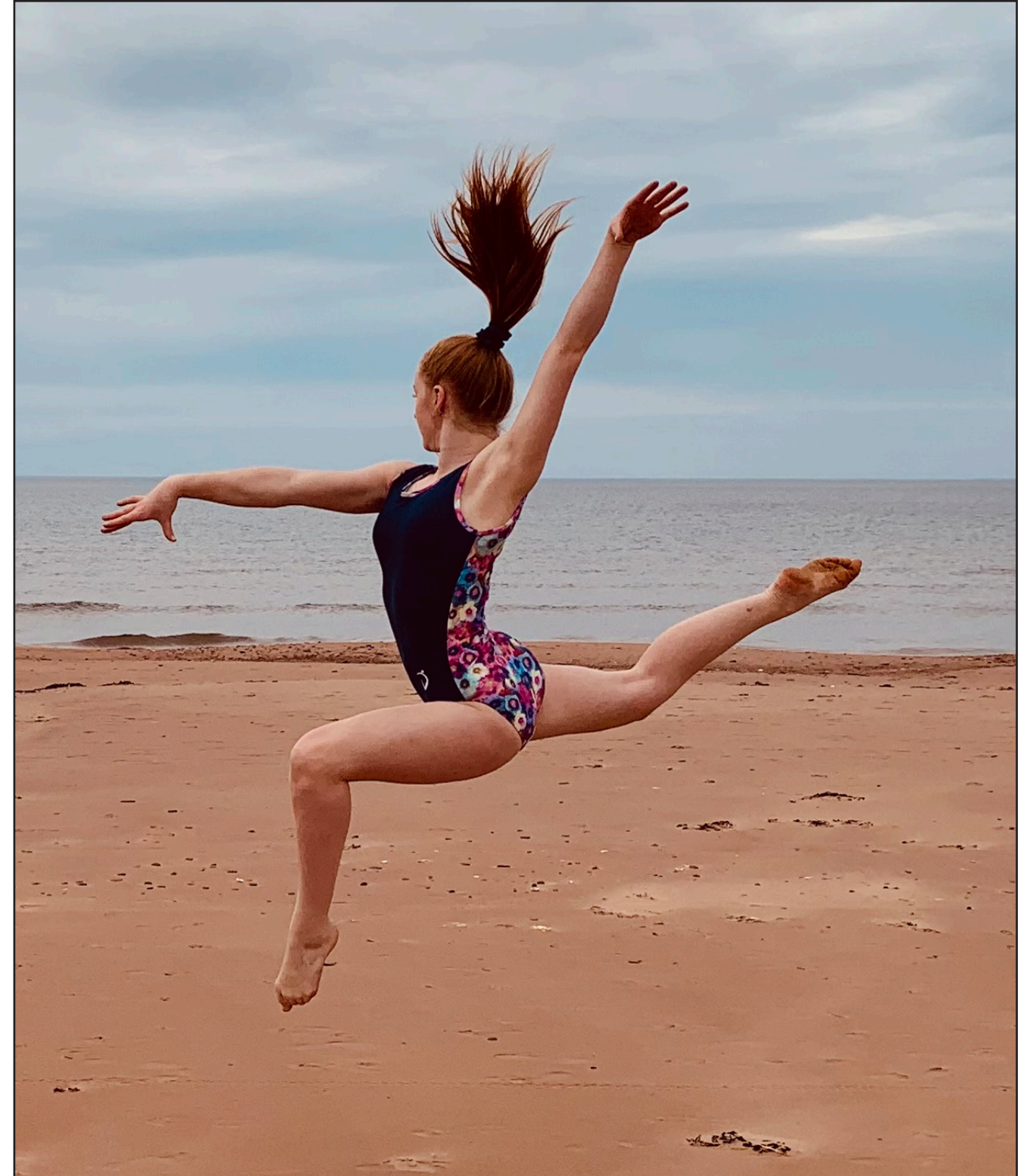
I love gymnastics, the feeling of flying and the achievements, big or small, that I make everyday. Follow me on Instagram @victoriacovey_gymnast

Photographers Credits: Sherry Covey (mom)









UPCOMING GYMNASTS



Jada & Sophie Marino



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