

Concessions are located in the  
Fitness Center hosted by:



Breakfast Menu

Coffee  
Bagels  
Breakfast Sandwiches  
Fresh Fruit Cup  
Bananas  
Granola Bars  
Yogurt Parfaits  
Yogurt

Lunch and Beyond Menu

Hot Dogs, Chili Dogs  
Chili  
Chicken Spiedies  
Grilled Cheese  
Grilled Ham and Cheese  
Pulled Pork Sandwich  
Mac and Cheese, Mac and Cheese w/ Ham  
Garden Salad with Grilled Chicken  
Asian Noodle Salad , chicken option  
Nachos and Cheese, Loaded Nachos

\*\*\*Snacks and drinks available all day.

***Follow Real Time  
Meet Scores at***

***[www.meetscoresonline.com/event/20058](http://www.meetscoresonline.com/event/20058)***



**PRESENTED BY:**

**ELMIRA GYMNASTICS CLUB &  
THE EGC PARENTS ORGANIZATION**

# WELCOME!

On behalf of the Elmira Gymnastics Club Parents Organization, we would like to welcome all of the gymnasts and their families to the **14<sup>th</sup> annual Elmira Spring Fling.**

We are very excited to host this meet & are thrilled to have gyms participating from all across New York State & Pennsylvania!

**Congratulations and best wishes to all the gymnasts!**

You should be very proud of all that you have accomplished in this very difficult and demanding sport. Your commitment is to be commended!

We hope that everyone has a fun, safe and rewarding experience this weekend, and look forward to having you return again next year.

Meet Coordinator ~ Margaret Thoma



## 2018 Elmira Spring Fling Meet Schedule

### Friday, March 23

**SESSION 1:** 6:00pm Warm-Up (Doors open at 5:30pm):  
Unsanctioned (Elmira)

### Saturday, March 24

**SESSION 2:** 8:00am Warm-Up (Doors open at 7:30am):  
Level 3 (Aerials, CNY, Flyers, Victors)

**SESSION 3:** 10:45am Warm-Up (Doors open at 10:30am):  
Level 4 (Aerials, Brockport Jr Eagle, CNY, DC Stars, Elmira, Flyers, Victors, World Class)

**SESSION 4:** 2:00pm Warm-Up (Doors open at 1:45pm):  
Level 5 ALL TEAMS (Aerials, Brockport Jr Eagles, Champions for Life, CNY, Elmira, Flyers, GTC, Owego, STGA, Valley, Victors, World Class)

**SESSION 5:** 5:15pm Warm-Up (Doors open at 4:45pm):  
Level 6-8 ALL TEAMS (Brockport Jr Eagles, Champions for Life, DC Stars, Elmira, Flyers, GTC, Owego, STGA, Victors, World Class, Zero Gravity)

### Sunday, March 25

**SESSION 6:** 8:00am Warm-Up (Doors open at 7:30am):  
Level 3 (Brockport Jr Eagles, Champions for Life, Valley)

**SESSION 7:** 10:45am Warm-Up (Doors open at 10:30am):  
Level XG & XP (Elmira) &  
Level 4 (Cutting Edge, GTC, Owego, STGA, Valley, Zero Gravity)

**SESSION 8:** 1:45pm Warm-Up (Doors open at 1:30pm):  
Level 3 (Cutting Edge, Elmira, GTC, Owego, STGA, Zero Gravity )

**SESSION 9:** 4:15pm Warm-Up (Doors open at 4:00pm):  
Level XB & XS (Cutting Edge, Elmira, Zero Gravity) &  
Level 2 ALL TEAMS (Cutting Edge, Elmira, Owego, STGA, Zero Gravity)



*Riley~*

*Good luck !!  
We love you!  
Your favorite  
aunt and uncle!*



*~Abbey~*

*Keep shining your beautiful  
light. We are all so proud of  
you.*

*Love,  
Your family*

# Elmira Gymnastics Club

## SILVER



## GOLD



**Ja'Nyah**

**We are so proud  
of all your  
hard work &  
accomplishments.**

**Love,  
Mom and Dad**



**Makayla**

**We are so proud  
of you!**

**Love,  
Mom and Dad**



**Zhamir**

**We are so proud  
of all your  
dedication and  
hard work.**

**Love,  
Mom and Dad**

## PLATINUM



# Elmira Gymnastics Club

LEVEL 2

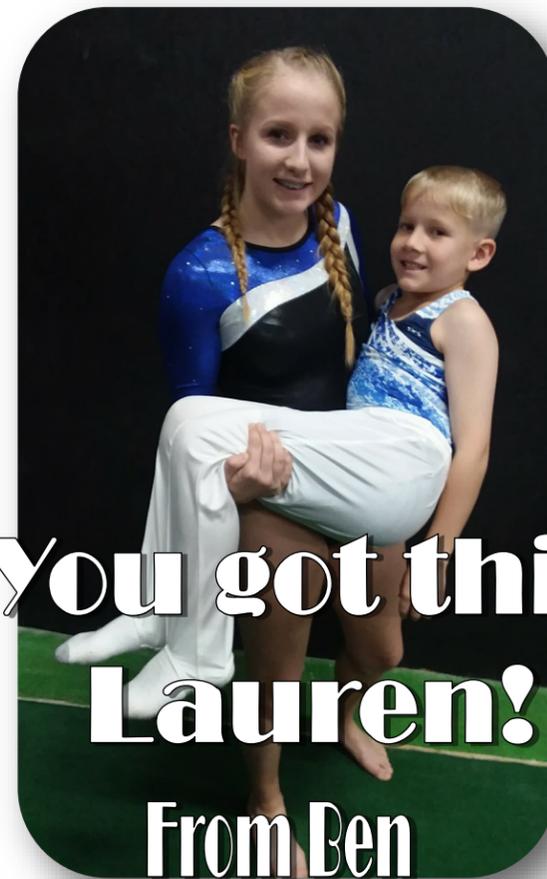


LEVEL 3



LEVEL 4

You got this  
**Lauren!**  
From Ben



Good Luck  
EGC Platinum Girls!!!



*If you Don't Leap  
you'll never know what it's like to  
FLY*



*Alexis Lambert & Olivia Rose,  
We are SO Incredibly PROUD  
of your Hard Work and Dedication to Gymnastics!  
Good Luck today in your first ever SPRING FLING!  
Forever Your Biggest Fans,  
The Moms and Dads*

*We are so proud of you  
Kenzie!  
Love,  
Mom, Dad and  
Mickayla*



*Good Luck Charlotte!  
proud of you!  
Love,  
Mom, Brad and Newman*



*Keep up the good work!  
Love,  
Mom and Dad*

*Good Luck Laila!  
We are so proud of you.  
Love,  
Mom, Dad and Claire*



# Elmira Gymnastics Club

## LEVEL 5



## LEVEL 6

## LEVEL 7 & 8



*Avery~  
Have a great meet!  
So proud of you.  
Love,  
Mom and Dad*





Welcome  
Gymnasts





# ★ **SPRING** ★ ★ **Elmira College** ★ ★ **Cheerleading Clinic** ★

Join the nationally-ranked Elmira College Cheerleaders for a day of cheering, stunting, tumbling, dancing, pyramiding and fun!  
Cheerleaders of all ages and skill levels are welcome!  
Cheerleaders can come with a team, stunt group or individually!

**When:** Saturday, May 12; 10:00am-2:00pm

**Cost:** \$25/participant

**What this includes:** Instruction, awards, lunch

**Where:** Elmira College - St. Anthony's Rec Center  
204 W. Washington Ave  
Elmira, NY 14901

**How to register:** Contact Head Coach, Amber Myers

E-mail: [amyers@elmira.edu](mailto:amyers@elmira.edu)

Phone: (607) 483-7150

*\*Each participant will need to fill out an insurance waiver!*



**VALLEY**



**WORLD CLASS**



**OWEGO**



**VICTORS**

# ELMIRA COLLEGE

## Summer Cheerleading Camp

**JULY 16-19, 2018**

**CAMP INFO:**

Where: Elmira College  
 Speidel Gymnasium  
 Times: 9am - 3pm  
 Ages: Grades K-12

\*No prior cheer experience necessary\*

**CAMP COST:**

Regular Registration: \$175  
 "Early Eagle" Registration: \$150  
 \*Before June 1, 2018\*

Sibling Discount Rates Available -  
 Contact Coach Myers

**Daily Schedule:**

9:00am-9:15am: Attendance & Warm-up  
 9:15am-10:45am: Individual Skill Stations  
 (motions, tumbling, jumps)  
 10:45am-11:45am: Team Skill Stations  
 (stunts, pyramids)  
 11:45am-12:45pm: Lunch & Crafts  
 \*please bring a packed lunch\*  
 12:45pm-1:00pm: Warm-up & Stretch  
 1:00pm-1:45pm: Cheers & Dances  
 1:45pm - 2:00pm: Break  
 2:00pm - 2:45pm: Custom Choreography  
 with "teams"  
 2:45pm - 3:00pm: Fun & Games

Instruction by:  
 EC Cheer Coaches and  
 Cheerleaders

Camp concludes with an  
 award ceremony with  
 medals & ribbons!

FREE Art & Crafts  
 everyday!  
 FREE Camp T-  
 Shirt!  
 FREE Cheer Bow!

Air-Conditioned  
 Facilities!

Please mail completed registration form and payment to:  
 Elmira College Cheer Camp c/o Amber Myers, One Park Place, Elmira, NY 14901

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade (Fall 2018): \_\_\_\_\_  
 Home Address: \_\_\_\_\_ Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 T-shirt Size: YS YM YL AS AM AL School: \_\_\_\_\_  
 All Star Team/Rec Team (if applicable): \_\_\_\_\_ Previous Cheer Experience: YES NO

*Senior*  
**Francesca Hooley**

Frankie,  
 Ten years of gymnastics you have endured with thousands of hours practicing, too many falls to count, numerous smiles and high fives, friendships formed, bonds created, and a childhood of memories made. It's bittersweet to be approaching the end of this chapter, but it's time to turn the page and begin a new one. May the next ten years fill you with new joys and friendships, new goals and challenges, and the strength to persevere toward your future dreams. We are so unbelievably proud of the young woman you have become and wish you all the best in your college years.

Love your biggest fans,  
 Mom, Dad, Piper, Grandma, Papa and Mimi



Best of luck to our teammate, our friend. May your future be filled with exciting adventures and beautiful memories.  
 ~Your EGC Family



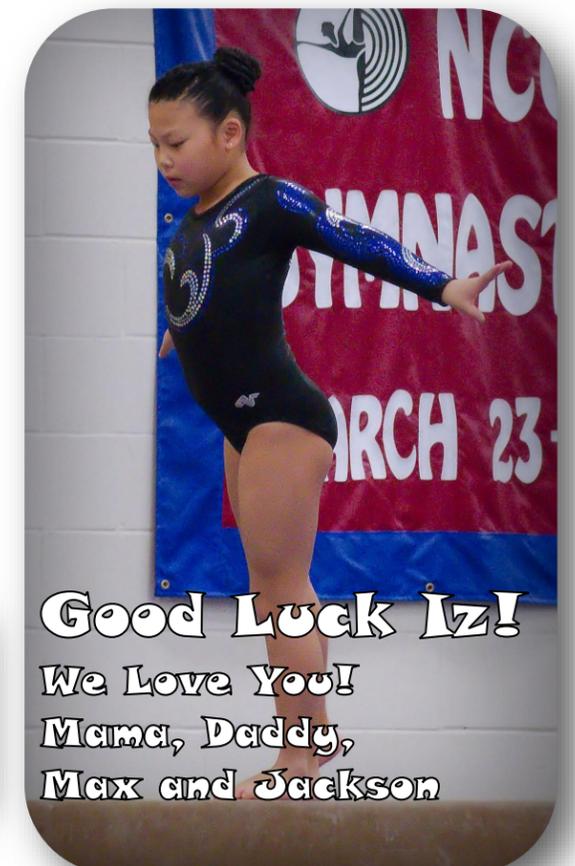
**Congratulations**

**EGC  
 Boys  
 Gymnastics  
 Team  
 on a very  
 successful  
 2017-2018  
 season.**

*Piper,*

You continue to improve and flourish as a gymnast and amaze us with everything you do. You are a strong girl and role model, and we look forward to watching you grow in and out of the gym over the next several years.

Your fan club,  
 Mom, Dad, Frankie,  
 Grandma, Papa,  
 and Mimi



**Good Luck Iz!**  
 We Love You!  
 Mama, Daddy,  
 Max and Jackson

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## Senior Taylor Robinson



Taylor,  
You always said that you were born to be a gymnast! It's been a long road back and you have overcome so much. We are very proud of you!

Love,  
Mom and Dad



Best of luck to our teammate, our friend. May your future be filled with exciting adventures and beautiful memories.  
~Your EGC Family

Senior

# Maddie Benjamin

16 years at EGC has not only made you a great gymnast, but an amazing young woman! When you look back, remember all you have accomplished and what it took to get there. Good luck today and as you begin your next journey. I will be with you every step of the way.

Love, Mom



Best of luck to our teammate, our friend. May your future be filled with exciting adventures and beautiful memories.  
~Your EGC Family

Leah,  
You make us proud every day. We love you.



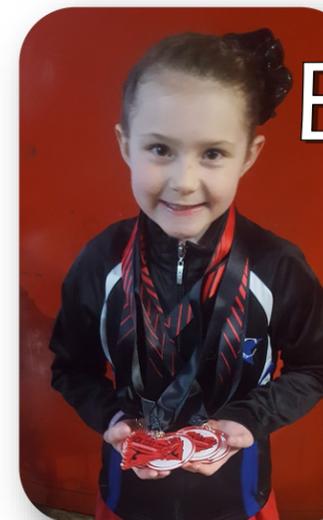
Love,  
Mom, Tim and Mimi

"NEVER DOUBT.  
ONLY BELIEVE"  
~GABBY DOUGLAS

YOU MAKE US PROUD,  
DELANY!  
LOVE,  
MOM, DAD, IAN AND NOLAN

Good Luck  
EGC Ladies!  
From,  
the EGC  
Boys Team

Braelynn



Stay focused and try your best. We love you and are so proud of your hard work.





EMILY

We are so proud of your  
GIANT  
accomplishment!!

Love Mom, Dad,  
and Miles

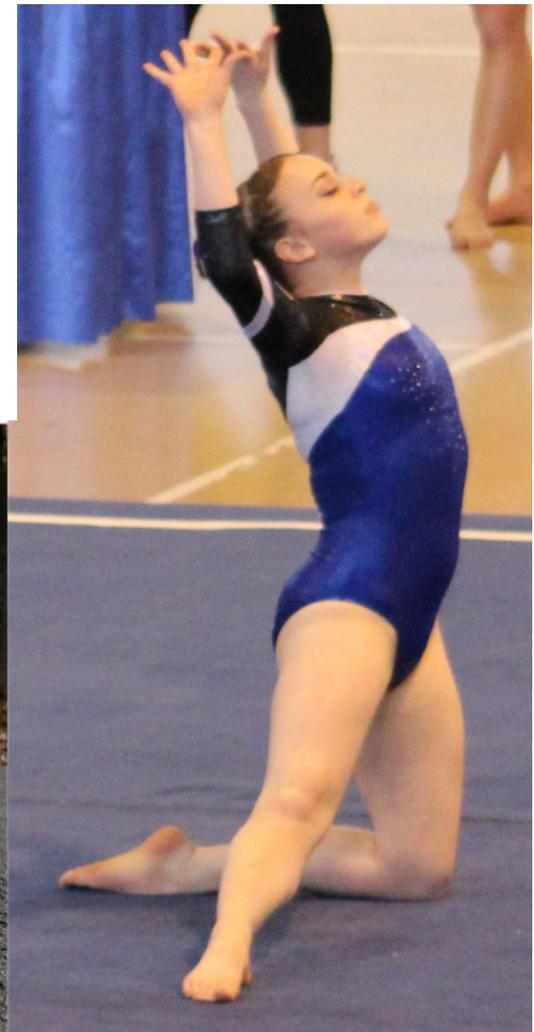
Senior

Caitlyn Powell

Best of luck to our teammate, our friend. May your future be filled with exciting adventures and beautiful memories.  
~Your EGC Family

Caitlyn

Congratulations on all you have accomplished in your 9 years of Gymnastics! We are so proud of you and know you will put the same passion and hard work into everything you set out to do. We love you!!  
Dad, Mom and Erica



Good Luck

Addison & Olivia

With lots of love!

Grandma Bonnie\*  
&  
Grümpa Jared





*Joanna*

*We are so proud of you! Keep up the good work!*

*Love,  
Mom, Dad and Juan*



*Ihania*

*You are so good at this. You got this!*

*We love you,  
Mom, Nessa, Booter, Grandma,  
Grandpa and Aunt Mamie*



**TO ADDISON AND  
THE BROCKPORT JR. EAGLES:  
GOOD LUCK AND REMEMBER TO HAVE FUN!  
WE LOVE YOU,  
MOM AND DAD**

*"When I'm smiling and having fun  
I perform the best"*

*~SIMONE BILES*

❤️ **Good Luck EGG!** ❤️

**Love, the Monichetti's**



*Meriele*

*Determined, Focused, Resilient  
Just spread your wings  
and soar high.*

*Good Luck!  
Love you lots, your family*



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- ◆ **Nurtures** students in safe and small environments
- ◆ **Empowers** students to become motivated learners

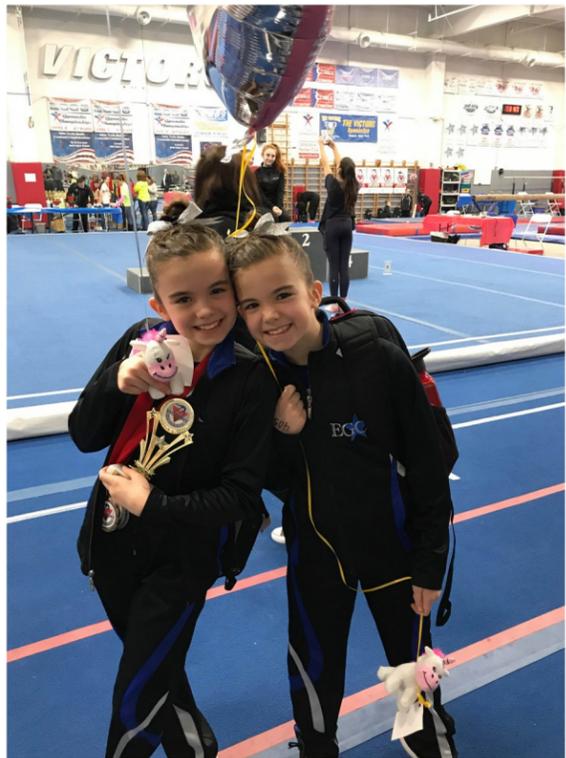
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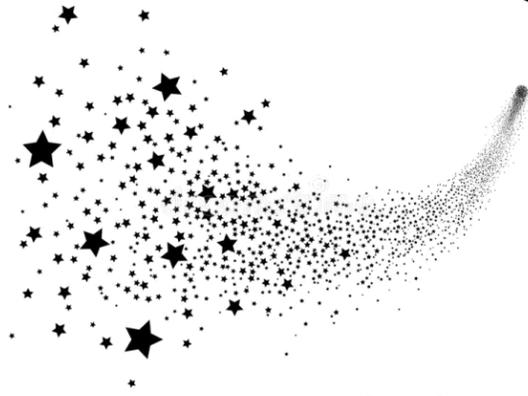


**ANNA AND ALLI,  
WE ARE SO PROUD  
OF ALL YOUR  
HARD WORK AND  
PASSION FOR THE  
SPORT. GOOD LUCK  
THIS WEEKEND!**

**LOVE,  
MOM, DAD AND CHARLIE**



*Riley,*

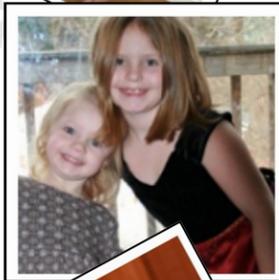


*We are so proud of  
you. Shoot for the  
stars!*

*Love you,  
Mom, Nana and Papa*

Sissy,  
I'm so glad you are my  
sister. I am going to miss  
doing gymnastics with  
you, but hope to follow  
in your footsteps. I'm also  
going to miss hanging  
out with you, having all  
sorts of fun, laughing  
and smiling. I hope you  
have a great first year in col-  
lege, but I hope it goes by fast,  
so we can make more  
memories.

Love,  
Piper



*Good Luck Alexandria!*

*You make us so  
proud of your  
hard work and  
determination!*

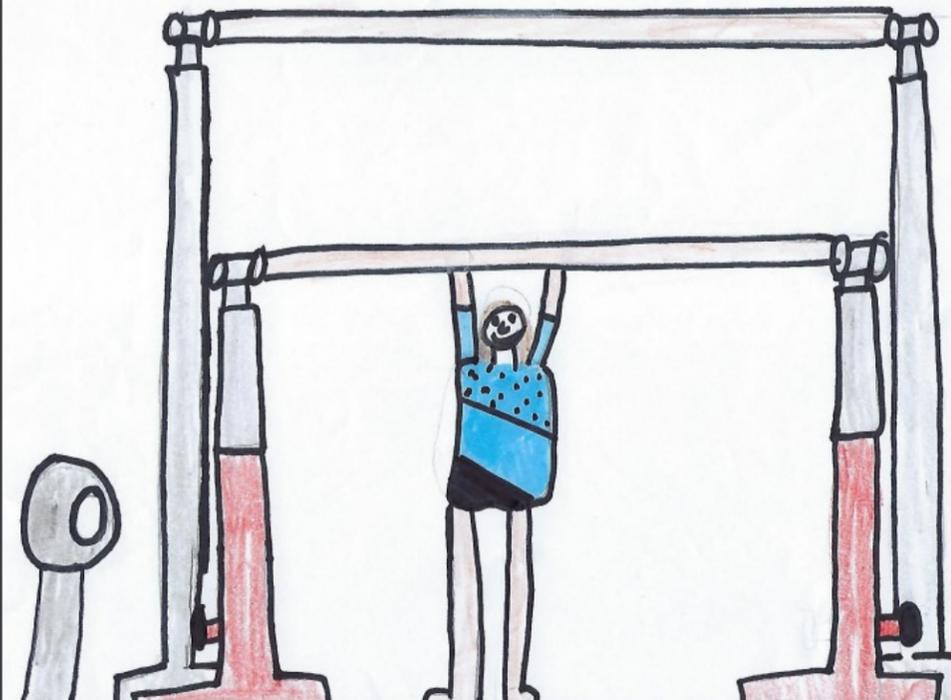


*We love you!!  
Mom and Dad*



G  
Y  
M  
N  
A  
S  
T

*The Gymnast Lorelei Rivers*



*Lorelei,  
Your strength,  
dedication and  
hard work set the  
bar high. We are  
so proud of you.  
We love you.*

*xoxo,  
Mama, Shawn,  
Lily, Mimi and  
Papa*





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Love you,  
Mom and Dad

So proud of you Makenna!



Do your best and have fun!

Love always,  
Grandma and Papa



Love you,  
Mom and Dad

ELMIRA  
GYMNASTICS  
CLUB  
COACHING  
STAFF

LAUREN



MIKE



MJ



SHANNAH



JENE'



KALEGH



HALEY



DAVE



FRANCESCA



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ANTONIO



MADDIE



BRENNA



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**MOTIVATE and LISTEN**  
**BUILD CHARACTER**  
**CHALLENGE and DEVELOP**  
**COMMITTED TO OUR**  
**TEAM**  
**OUR BIGGEST FANS**