

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



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 **14th 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*



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**

Elmira Gymnastics Club

SILVER



GOLD

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*

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



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

**Elmira
Gymnastics
Club**

LEVEL 5



LEVEL 6



*Avery~
Have a great meet!
So proud of you.*

*Love,
Mom and Dad*

LEVEL 7 & 8





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

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

Instruction by:
EC Cheer Coaches and
Cheerleaders

Camp concludes with an
award ceremony with
medals & ribbons!

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

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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WORRY ABOUT THE CHANCES
YOU MISS WHEN YOU
DON'T EVEN TRY.

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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

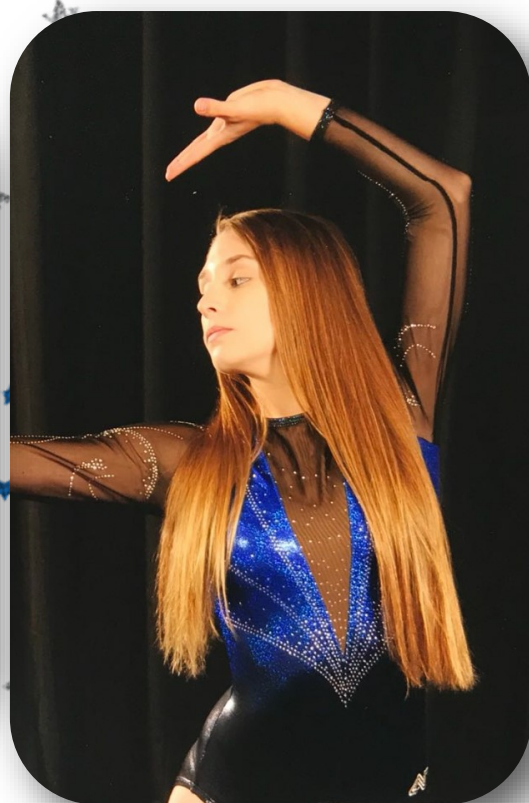


Best of luck to our teammate, our friend. May your future be filled with exciting adventures and beautiful memories.
 ~Your EGC Family

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



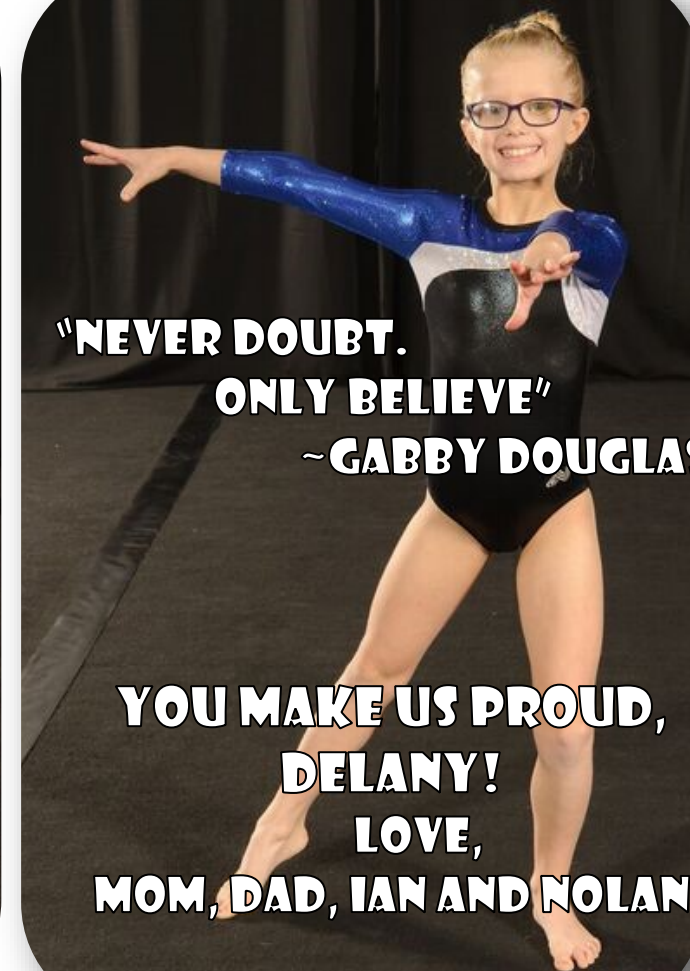
Best of luck to our teammate, our friend. May your future be filled with exciting adventures and beautiful memories.
~Your EGC Family

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



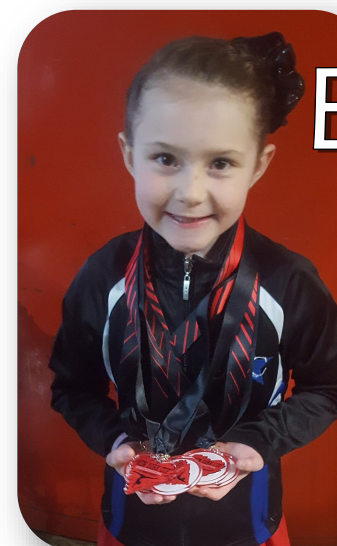
Love,
Mom, Tim and Mimi

"NEVER DOUBT.
ONLY BELIEVE"
~GABBY DOUGLAS



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

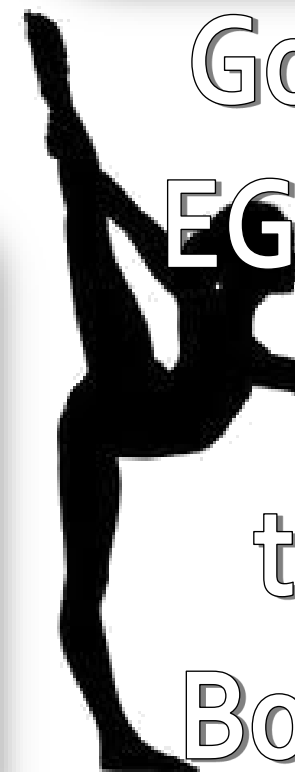
Braelynn



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



Good Luck
EGC Ladies!
From,
the EGC
Boys Team





EMILY

We are so proud of your
GIANT
accomplishment!!



Love Mom, Dad,
and Miles

Senior

Caitlyn Pauwell

*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 accom-
plished 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*

♥ Good Luck EGG! ♥

Love, the Monichetti's

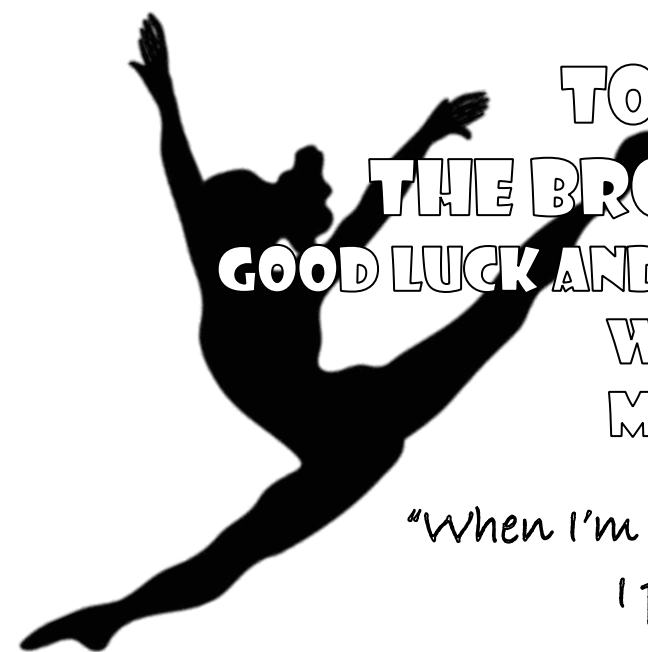


Meriele

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



*Good Luck!
Love you lots, your family*



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



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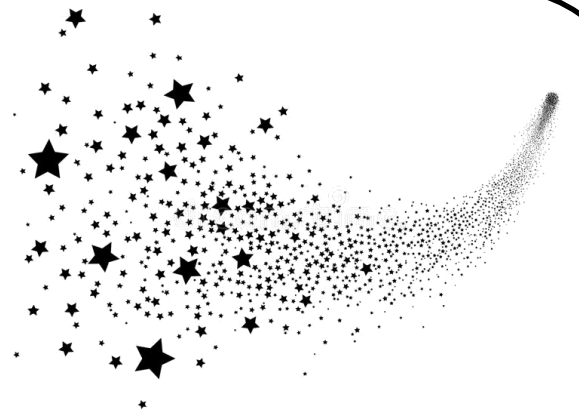


**ANNA AND ALLI,
WE ARE SO PROUD
OF ALL YOUR
HARD WORK AND
PASSION FOR THE
SPORT. GOOD LUCK
THIS WEEKEND!**

**LOVE,
MOM, DAD AND CHARLIE**



Riley,

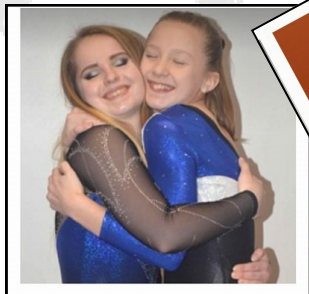
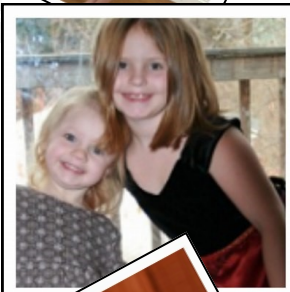


*We are so proud of
you. Shoot for the
stars!*

*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!*

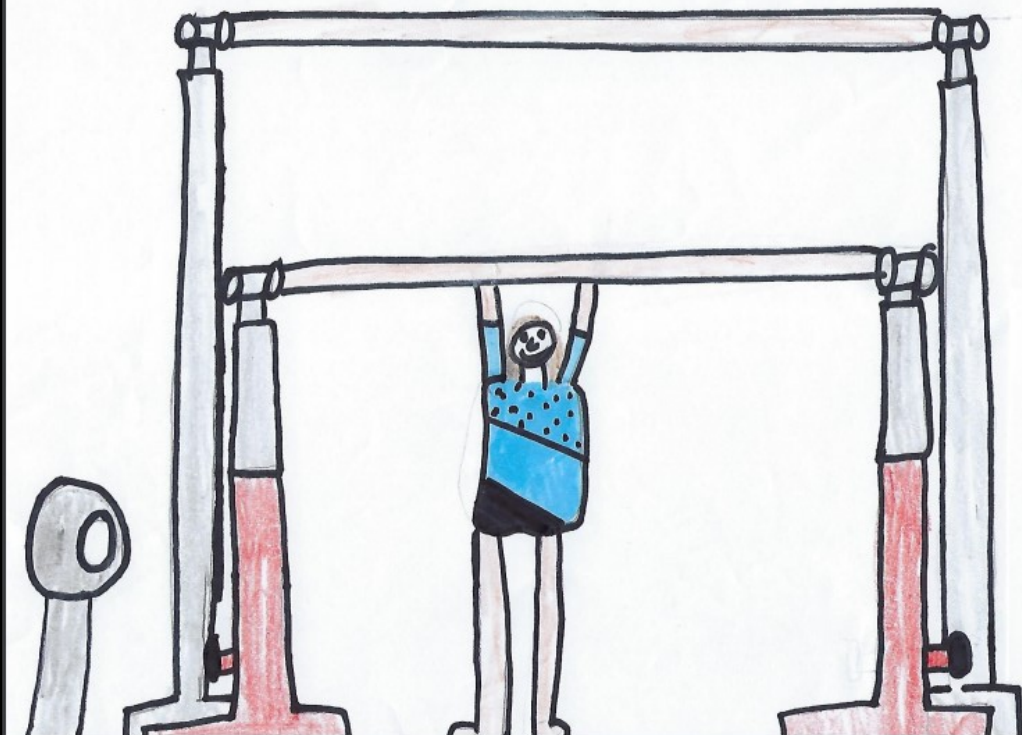


*We love you!!
Mom and Dad*



**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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Good Luck Makenna!
Love your biggest fan,
Matthew

So proud of you Makenna!



Do your best and have fun!

Love always,
Grandma and Papa

Addison,
We love you to the moon and
back!



Love you,
Mom and Dad

Olivia,
Strength doesn't come from what you
can do. It comes from overcoming
things you once thought you couldn't.



Love you,
Mom and Dad

ELMIRA
GYMNASTICS
CLUB
COACHING
STAFF

LAUREN



MIKE



MJ



SHANNAH



JENE'



KALEGH



HALEY



DAVE



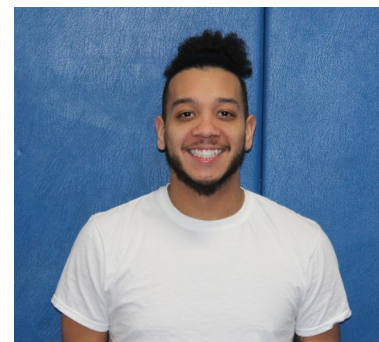
FRANCESCA



LAUREN



ANTONIO



MADDIE



BRENNNA



OUR COACHES
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TEACH TEAMWORK
MOTIVATE and LISTEN
BUILD CHARACTER
CHALLENGE and DEVELOP
COMMITTED TO OUR
TEAM
OUR BIGGEST FANS