



2012

AAU Taekwondo National

Junior Female & Male Teams for Ages 15-17:

15-17 MALE JUNIOR TEAM MEMBERS



No Photo Provided



No Photo Provided



No Photo Provided



**Andrew
Pluemer
Fin**

**L.J.
Avila
Fly**

**Gabriel
Chadis
Bantam**

**Mark
Formalejo Jr.
Feather**

**Jonathan
Gomogda
Light**



**Jessiah
Shearer
Welter**

**Nathan
Rodgers
Light Middle**

**Matthew
Morales
Middle**

**Luke
Messina
Light Heavy**

**Mitchell
Reinhart
Heavy**

15-17 FEMALE JUNIOR TEAM MEMBERS



**Emily
Kaii-Ziegler
Fin**



**Madelyn
Malone
Fly**



**Crystal
Leduc
Bantam**



**Sky
McIntyre
Feather**



**Cheyenne
Lewis
Light**

No Photo Provided



**Ana-Maria
Frampton
Welter**



**Carly
Berger
Light Middle**



**Samantha
Liedel
Middle**



**Brittany
Strauss
Light Heavy**



**Janet
Harrison-Williams
Heavy**



Andrew Pluemer

Location: Coppell, TX

Instructor: Sang Cha

Bio: *Not Provided*

National Experience:

- 2011 AAU Nationals - Silver



Emily Kaii-Ziegler

Location: Annapolis, MD

Instructor: Scott Snow

Bio: *Not Provided*

National Experience:

- 2011 AAU Nationals - Silver

No Photo Provided



L.J. Avila

Location: Riverview, FL

Instructor: Ryon Fredericks

Bio: I'm sixteen years old, and I love this sport that I do. I love training but also love just hanging out with friends at the movies, mall, or even just at my friends' house. I'm in high school and I enjoy it very much. I'm a 10th grader and my favorite subject in school would be English because I love writing about random topics. I'm from Boise, Idaho. A very small town that I go visit every other summer.

National Experience:

- 2011 AAU Nationals - Gold



Madelyn Malone

Location: McKinney, TX

Instructor: Greg Tubbs

Bio: I've loved Taekwondo since I was 8 years old and started learning at a traditional Taekwondo school. I didn't really think about competing until I was 10 years old. I moved to a sport TKD school last summer and have learned so much in just a year. TKD has had a great impact on me and affected my daily life in many ways. I've always been extremely competitive in everything I do and TKD has made me stronger in all areas of my life. I'm currently 13 years old and going into the 8th grade. My main focus is on Taekwondo training, but I also love art and spending time with my friends. My favorite music is P!nk, Eminem, BOTDF, and so much more.

National Experience:

- 2011 AAU Nationals -Gold

No Photo Provided



Gabriel Chadis

Location: Kingwood, TX

Instructor: Jesus Armendariz

Bio: *Not Provided*

National Experience: *None Provided*



Crystal Leduc

Location: Plano, TX

Instructor: Greg Tubbs

Bio: I love taekwondo.

National Experience:

- 2011 AAU Junior Olympic Games
- Gold

No Photo Provided



Mark Formalejo Jr.

Location: Daly City, CA

Instructor: Merrill Jung

Bio: I was born and raised in Thailand. Shortly after being adopted at age four I came to the United States. At age 8 I picked up Taekwondo. I started taekwondo in Washington State under instructor/head coach Robert Morrison. In 2008 I moved to Miami to train under head coach Juan Moreno. After making both USAT and AAU teams last year, I plan on representing my country again.

National Experience:

- 2011 AAU Nationals - Bronze



Sky McIntyre

Location: Elk Grove, CA

Instructor: Taren Ogata

Bio: *Not Provided*

National Experience:

- 2011 Costa Rica Open – Gold



Jonathan Gomogda

Location: Tampa, FL

Instructor: Alvin Gomogda

Bio: *Not Provided*

National Experience:

- 2009 AAU Nationals – Gold



Cheyenne Lewis

Location: Elk Grove, CA

Instructor: Edward Gibans

Bio: *Not Provided*

National Experience:

- 2010 AAU Nationals - Gold



Jessiah Shearer

Location: Wasilla, AK

Instructor: Jay Shearer

Bio: *Not Provided*

National Experience:

- 2010 AAU Nationals – Bronze

No Photo Provided



National Experience: *None Provided*

Ana-Maria Frampton

Location: *Not Provided*

Instructor: *Not Provided*

Bio: *Not Provided*



Nathan Rodgers

Location: Stone Mountain, GA

Instructor: David Wilch

Bio: I am 16 years old and a Homeschooled Jr. I enjoy spending time with my friends. I like watching horror and comedy movies. During the school year, I volunteer with a Refugee Resettlement Immigration Service. My favorite game is Halo reach.

National Experience:

- 2011 Costa Rica Open - Gold



Carly Berger

Location: Elk Grove, CA

Instructor: Taren Ogata

Bio: I have been doing taekwondo since I was 4 and a half. I have been on our Junior Olympic team for about 8 years now. At my first Junior Olympics, when I was 7, I got first place. My team works out 5-6 days a week and they are my second family.

National Experience:

- 2011 AAU Nationals - Bronze



Matthew Morales

Location: Miami, FL

Instructor: Juan Moreno

Bio: I train under Juan Moreno (Peak Performance, Miami), entering my junior year of high school, love to take cruise vacations in the summer with my family and hang out with my friends. I also love football and watching the NFL during the winter months. I have an older sister named Monnica who attends the University of Florida, 3 Golden Retrievers and a Blue and Gold Macaw.

National Experience:

- 2010 AAU Nationals – Gold



Samantha Liedel

Location: Miami, FL

Instructor: Guillermo Mosquera

Bio: I play the trumpet and love to hang out with my best friends at the mall. I like pop, screamo, and house music. My favorite food is pancakes from IHOP or mango-pineapple drink from McDonalds. Before I fight I always eat a cliff bar and drink a blue Gatorade and listen to some of my favorite music.

National Experience:

- 2010 AAU Nationals – Silver
- 2010 AAU Junior Olympic Games – Gold
- 2009 AAU Nationals – Gold
- 2009 AAU Junior Olympic Games - Gold



Luke Messina

Location: Zephyrhills, FL

Instructor: Justin Surrency

Bio: I live in Zephyrhills, FL and am a junior at Zephyrhills HS. I have been training at Fast Kicks Academy for 6 years under the instruction of Master Justin Surrency. This will be my 2nd year as an AAU TKD team member.

National Experience:

- 2011 AAU Nationals - Gold



Brittany Strauss

Location: Houston, TX

Instructor: David McCloskey

Bio: I love taekwondo it's one of my favorite sports and I love competing. In addition to taekwondo I play sports at my high school and hang out with friends.

National Experience: *None Provided*



Mitchell Reinhart

Location: Williamsburg, VA

Instructor: Joseph Ash

Bio: I am a rising Sophomore at Jamestown High School. Tae Kwon Do is my favorite sport. In my spare time I like to long-board and hang out with my family and friends.

National Experience:

- 2011 Costa Rica Open - Bronze
- 2010 AAU Nationals – Gold



Janet Harrison-Williams

Location: Miami Gardens, FL

Instructor: Antwuan Wilson

Bio: *Not Provided*

National Experience:

- 2011 AAU Nationals - Gold