

KENTUCKY DISTRICT

**JASMINE
DAWSON**



ABOUT ME

HI! MY NAME IS JASMINE DAWSON FROM SPENCER COUNTY HIGH SCHOOL IN KENTUCKY AND I HAVE BEEN INVOLVED IN AAU GYMNASTICS FOR TEN YEARS. AAU HAS ALLOWED ME TO PURSUE OTHER EXTRACURRICULAR ACTIVITIES SUCH AS CHEERLEADING, COACHING, HOSA SECRETARY, HEAD DRUM MAJOR FOR MY SCHOOL'S MARCHING BAND, VARIOUS LEADERSHIP CLUBS, AND YOUTH GROUP AT MY CHURCH, WHILE BEING THE FIRST XCEL SAPPHIRE IN KENTUCKY. THIS JOURNEY HAS MADE ME BEYOND GRATEFUL FOR MY FAMILY, MY COACHES, MY TEAMMATES, AND EVERYONE ELSE I HAVE MET ALONG THE WAY. I WILL BE ATTENDING EASTERN KENTUCKY UNIVERSITY IN THE COMBINED BACHELOR'S AND MASTER'S DEGREE PROGRAM FOR OCCUPATIONAL THERAPY.

ADVICE

While gymnastics is an incredible sport with a multitude of opportunities, don't let it take over your life. Life is so much more than your performance at one meet; you are so much more than your scores! It's absolutely okay to have the best meet ever one weekend and then fall on every event the next. What's important is your attitude going into the meets. Be grateful that you have the chance to show off your skills, and be proud of yourself for all your hard work. Just going out there is an amazing feat in and of itself. I know it's easy to be self-critical, but we need to practice positive mindsets and become our own biggest supporters. A healthy mind is just as significant as a healthy body! Practice caring for your mental health so that you don't feel as nervous before meets. For example, you could listen to comforting music, read your Bible, or goof around with some friends. The emphasis is on clearing your mind and focusing on your happiness. Always remember who you are and your worth. And don't be afraid to laugh at yourself when you make a mistake; it's what makes us human!

**2025 AAU GYMNASTICS UNITED SWISS SOCIETY OF
CLEVELAND SCHOLARSHIP RECIPIENT**

GEORGIA DISTRICT CADENCE BARTANOWITZ



ABOUT ME

HELLO, MY NAME IS CADENCE BARTANOWITZ. I'VE BEEN HOMESCHOOLED SINCE KINDERGARTEN AND RECENTLY GRADUATED WITH HONORS. AS A DUAL ENROLLED STUDENT, I WAS ABLE TO BEGIN MY ASSOCIATE OF ARTS DEGREE WITH A FOCUS ON FOREIGN LANGUAGES. I AM CURRENTLY ENROLLED AT HOLLADAY AVIATION FOR FLIGHT SCHOOL AND WILL BE PURSUING A CAREER AS A COMMERCIAL PILOT. I BEGAN GYMNASTICS AT THE AGE OF FOUR, AND IT HAS BEEN A REWARDING AND TRANSFORMATIVE PART OF MY LIFE EVER SINCE. IT HAS TAUGHT ME DISCIPLINE, RESILIENCE, AND CONFIDENCE—QUALITIES THAT CONTINUE TO SHAPE ME AS A YOUNG ADULT. GYMNASTICS HAS GIVEN ME LIFELONG MEMORIES AND A SOLID FOUNDATION THAT I CARRY INTO EVERY NEW CHALLENGE. NO MATTER WHERE LIFE TAKES ME, GYMNASTICS WILL ALWAYS BE A PART OF WHO I AM, AND THE LESSONS I'VE LEARNED WILL CONTINUE TO GUIDE ME AS I WORK TOWARD MY FUTURE GOALS.

ADVICE

Gymnastics is a difficult sport. It demands hard work, dedication, and responsibility. Over the years, I've come to realize that life is much the same. The lessons I've learned through gymnastics have shaped not only who I am as an athlete, but also who I strive to be in everyday life.

My advice to young gymnasts is simple: pay attention to the lessons gymnastics will teach you. These lessons aren't just about form and technique—they're about effort, resilience, and self-discipline. Work just as hard outside the gym as you do inside, and treat every opportunity, whether in sport or in life, with the same passion and commitment.

2025 AAU GYMNASTICS UNITED SWISS SOCIETY OF CLEVELAND SCHOLARSHIP RECIPIENT

OKLAHOMA DISTRICT MADISON LYNCH



ABOUT ME

MY NAME IS MADISON LYNCH. I'M A 2025 GRADUATE FROM KIAMICHI TECH AND MCALESTER HIGH SCHOOL, OK. DURING HIGH SCHOOL, I WAS INVOLVED IN FCCLA, STUDENT ATHLETE LEADERSHIP TEAM, WRESTLING, TRACK, AND POWERLIFTING. I

PLAN TO CONTINUE MY EDUCATION AT EAST CENTRAL UNIVERSITY IN ADA, OK MAJORING IN ELEMENTARY EDUCATION. GYMNASTICS HAS BEEN A PART OF MY LIFE SINCE AUGUST 2016, RIGHT AFTER MEGA GYMNASTICS OPENED. I'VE SPENT THREE YEARS IN RECREATIONAL CLASSES, SIX YEARS AS AN AAU GYMNAST, AND I'VE ALSO BEEN COACHING SINCE 2018. DURING MY TIME AS AN AAU GYMNAST, I WAS A NATIONAL GYMNAST IN 2021, PLACING 5TH ALL AROUND, AND AGAIN IN 2022, PLACING 1ST ON BARS, BEAM, AND ALL AROUND. I ALSO RECEIVED ALL STATE IN 2019, 2021, 2022, AND 2025. THIS JOURNEY IN LIFE HAS BROUGHT ME SO MANY MEMORIES AND LIFELONG FRIENDS. I COULD HAVE NEVER DONE ANY OF THIS WITHOUT THE SUPPORT OF MY COACHES, TEAMMATES, AND FAMILY.

ADVICE

To achieve success in gymnastics, dedication and perseverance are key. Consistent training and focusing on both physical strength and mental resilience is important. Prioritize proper nutrition and sufficient rest to support your body's needs. Embrace challenges as opportunities for growth, learning from both successes and setback. If you fail to do something or mess up, then it's fine. The only way to get better at something is to practice. Remember that teamwork and support within your gym community can significantly boost your progress. Finally, maintain a healthy balance between gymnastics and other aspects of your life, ensuring you have time for academics, social activities, and personal well-being.

2025 AAU GYMNASTICS UNITED SWISS SOCIETY OF CLEVELAND SCHOLARSHIP RECIPIENT

NORTH CAROLINA DISTRICT

**LINDSEY
GRADY**



ABOUT ME

HEY! I AM LINDSEY GRADY, AND I GRADUATED FROM LINCOLN CHARTER WITH HIGH HONORS AND AN ASSOCIATE'S DEGREE FROM GASTON COLLEGE. I AM EXCITED TO CONTINUE MY EDUCATION AT NORTH CAROLINA STATE UNIVERSITY IN THE FALL OF 2025, WHERE I WILL BE MAJORING IN COMMUNICATIONS WITH HOPES OF WORKING IN SPORTS MEDIA. I HAVE BEEN INVOLVED IN GYMNASTICS FOR 13 YEARS, AND WHAT HAS MEANT THE MOST TO ME IS THE FAMILY IT CREATED. THE LONG HOURS OF PRACTICE HELPED BUILD STRONG BONDS, AND I TRULY WOULD NOT BE WHERE I AM TODAY WITHOUT THAT SUPPORT SYSTEM. I FEEL INCREDIBLY LUCKY TO HAVE EXPERIENCED THE DEEP SENSE OF CAMARADERIE, UNWAVERING COMMITMENT, AND EMOTIONAL STRENGTH. OUTSIDE THE GYM, I ENJOY SPENDING TIME OUTDOORS, WHETHER AT THE BEACH OR HIKING UP A MOUNTAIN. I ALSO LOVE GOING TO CONCERTS! I AM INCREDIBLY GRATEFUL TO AAU AND THE UNITED SWISS SOCIETY OF CLEVELAND FOR THIS AMAZING OPPORTUNITY. THANK YOU!

ADVICE

Their worth is not measured by perfection. No skill, routine, or coach's approval will define who they are. Simply showing up, trying, and pushing through the tough days already make them enough. Gymnastics is challenging, but it should never reach the point where it breaks them. They do not have to carry the weight of expectations alone. It's okay to struggle and make mistakes. Growth comes from those moments, not just from victories. Most importantly, it's about the journey, celebrating the small wins, and taking a moment to look back at how far they have come. Whether they stick with gymnastics for years or decide to walk away, their effort, resilience, and strength will always stay with them. Gymnastics is something they do, but it is not all they are, and that is more than enough.

**2025 AAU GYMNASTICS UNITED SWISS SOCIETY OF
CLEVELAND SCHOLARSHIP RECIPIENT**

FLORIDA GOLD DISTRICT

AUBREY KENIMER



ABOUT ME

HELLO! MY NAME IS AUBREY KENIMER AND I AM AN INCOMING FRESHMAN AT GREENVILLE UNIVERSITY! I HAVE BEEN A PART OF THE AMATEUR ATHLETIC UNION SINCE 2017! GYMNASTICS HAS ALWAYS BEEN A HUGE PART OF MY LIFE, AND I'M SO GRATEFUL THAT I GET THE OPPORTUNITY TO CONTINUE COMPETING IN COLLEGE! GYMNASTICS HAS GIVEN ME SO MUCH GUIDANCE AND WISDOM OVER THE PAST 8 YEARS AND I'M EXTREMELY THANKFUL FOR EVEN MORE LIFE LESSONS TO COME FROM THIS NEW CHAPTER OF MY LIFE. AT GREENVILLE UNIVERSITY, I INTEND TO STUDY SPORTS MANAGEMENT AND POSSIBLY MINOR IN COMMUNICATIONS OR ZOOLOGY.

ADVICE

Whether you think you can or can't, you're right. It's all about being in the right mindset. Positive self talk is so powerful, and whether you believe it or not, you have to fake it 'till you make it. Implementing positivity into my practices has allowed me to relax and enjoy the beautiful sport for what it truly is. While gymnastics is both physically and mentally demanding, you need to remember to have fun. Focusing on having fun has produced tranquility within my gymnastics, and it's made me realize that when I focus too hard on perfection, my progress actually goes backwards. Positive affirmations have exponentially increased my confidence and have been such a powerful tool. Motivation will definitely fluctuate, but I find that focusing on a main goal helps to maintain that motivation. Discipline is also a major factor in success. Even on the days where I didn't want to go into the gym, I did. The hard days are when you get better. Not every day is going to be perfect. Experiencing failure builds resilience and makes your achievements feel more valuable.

2025 AAU GYMNASTICS UNITED SWISS SOCIETY OF CLEVELAND SCHOLARSHIP RECIPIENT

FLORIDA DISTRICT

**JULIA
REILLY**



ABOUT ME

MY NAME IS JULIA REILLY, AND I RECENTLY GRADUATED FROM THE COMMUNITY SCHOOL OF NAPLES. DURING MY TIME THERE, I SERVED AS VICE PRESIDENT OF THE HOSA CLUB AND WAS DEEPLY INVOLVED IN THE SCIENCE RESEARCH PROGRAM. IN BOTH MY JUNIOR AND SENIOR YEARS, MY RESEARCH PROJECTS PLACED FIRST AT REGIONALS AND ADVANCED TO THE STATE LEVEL, WITH MY SENIOR YEAR PROJECT EARNING 4TH PLACE AT THE FLORIDA STATE SCIENCE AND ENGINEERING FAIR. IN ADDITION TO ACADEMICS, I COMPETED IN AAU GYMNASTICS FOR NINE YEARS, AN EXPERIENCE THAT HAS BEEN INCREDIBLY FORMATIVE. THE SPORT TAUGHT ME RESILIENCE, DISCIPLINE, AND THE VALUE OF HARD WORK—LESSONS THAT I WILL CARRY WITH ME AS I MOVE FORWARD. THIS FALL, I WILL ATTEND THE UNIVERSITY OF PITTSBURGH, WHERE I PLAN TO MAJOR IN BIOLOGY ON THE PRE-MED TRACK. MY LONG-TERM GOAL IS TO PURSUE A CAREER IN MEDICINE, IDEALLY WORKING WITH ATHLETES. I AM ENDLESSLY GRATEFUL TO THE AAU GYMNASTICS PROGRAM FOR SHAPING ME INTO THE PERSON I AM TODAY AND FOR THE LIFELONG FRIENDSHIPS AND OPPORTUNITIES IT HAS GIVEN ME.

ADVICE

If I could give one piece of advice to younger gymnasts, it would be this: never lose sight of the love you had for the sport when you first started. In the beginning, it's all about excitement, curiosity, and joy. But as you grow, challenges like injuries, mental blocks, and pressure can make you question yourself. I've faced those moments of doubt, and for a while, I let them hold me back. What helped me was remembering why I started gymnastics in the first place. It wasn't about being perfect—it was about how happy the sport made me feel. When I focused on that joy instead of the pressure, everything changed. Gymnastics became fun again. It became my escape and my happy place, just like it was when I was a little kid. Now, as I prepare to move on from the sport, I'm proud to say that love is still there. So whenever things get tough, go back to that feeling. Let your love for gymnastics guide you —it's what will carry you through.

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