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## TEXAS REPORT.....

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### **Saturday, Feb 15 – Travel Day**

This was our travel day to the USA!

We woke up at 4am and headed to auckland airport to start the journey, We flew from auckland to sydney to texas and it took around 22 hours of strait traveling

### **Sunday, Feb 16 – Arrival & excursion**

We arrived in the USA in the morning and started adjusting to the time difference. After picking up our vans and moving into our rooms at the Hilton, we had a chance to settle in and breathe. We had to try not to fall asleep as it was the morning and we had to make sure our sleep schedule was back to normal for the next day of training. We also went on an extra excursion to a Texas rodeo town (which wasn't originally included in our itinerary, so we paid last minute). The town had lots of shops, and we got to watch a real rodeo for a few hours which was so nerve racking ton watch. Later, we headed to the supermarket to buy groceries and plan our own lunches and dinners for the week.

### **monday–saturday, Feb 17–21 Full Training Days**

Each day we woke up early, had breakfast, and trained at WOGA gymnastics in Frisco, Texas where Olympians have trained! It was so inspiring to be in a place with so much history and talent. from 10 a.m to 2 p.m We worked on all four apparatuses: vault, bars, beam, and floor. The schedule was full-on, but we stayed focused and consistent. If we had time after training, we'd often visit the mall across from our hotel. Just seeing the sheer size of everything in Texas was surreal.

### **Sunday, Feb 22 – Competition Day at the WOGA Classic**

Competition day! I competed around 11 a.m with the girls in Step 9 and 10 (junior and senior levels). The venue was absolutely incredible, we were at the Dallas Cowboys stadium in Frisco. The gym layout was easily four times the size of anywhere I've ever competed before. The energy and intensity was overwhelming at times, with something happening in every corner of the gym, but it pushed me out of my comfort zone in the best way. This was great preparation for when I go elite next year and compete on even bigger stages.

- **Beam: 2nd**
- **Floor: 5th**
- **Vault: 1st**
- **Bars: 1st**

**Overall:** I became the **WOGA Level 9 Senior Champion**, and I got to bring home a beautiful pink and clear trophy for Manawatu and New Zealand. It was such an incredible moment knowing all my training had paid off.

### **Sunday, Feb 23 – Six Flags Theme Park**

We spent the day at Six Flags a massive rollercoaster theme park in the U.S. It was our reward for a hard week of training and competition. The rides were wild and much more extreme than anything in NZ or Australia!

### **Monday, Feb 24 – Final Day & Departure**

We packed up in the morning and headed to the supermarket one last time to shop for snacks and presents to bring home to family and friends. Then headed to Dallas airport where we flew to Sydney to Auckland to Palmerston North which was nearly a 26 hour journey.

This experience was such a new and exciting journey for me, and I'm beyond grateful for everything I got to do and accomplish. Coming away from this tour with a **1st All-Around title for New Zealand** is something I could not have done without your grant and support. Thank you so much!

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### **AFTER TEXAS**

Arriving back home was bittersweet. I was so grateful to be back and to share my experience with everyone, but I also missed the surreal feeling of being in another country. When I returned, I was overwhelmed by so many kind messages and words of support from parents, gymnasts, and members of the community. They told me how inspiring and exciting it was to see a gymnast from a small place like Manawatu achieving big things on such a

large stage. It made me realize how powerful representation is, and how important it is to show others what's possible no matter where you come from.

I wanted to find a way to give back to the Manawatu community on a wider scale beyond just the gymnastics gym or the small circle of people who know me through sport. Coincidentally, I was named Member of the Month at Evolve. Through that, Evolve mentioned my name to Sport Manawatu for a campaign they were running called "SEE HER, BE HER".

This campaign aims to inspire and encourage young women and girls in sport, helping them stay active for longer and motivating those not currently involved to give it a go.

After a few emails back and forth, I had the chance to meet in person with two amazing people from Sport Manawatu. They asked if I would like to be part of the campaign and help create promotional videos. I immediately saw this as the perfect opportunity to give back to the wider community. Increasing participation in sport has so many positive ripple effects and contributes greatly to the wellbeing of our region.

Sport Manawatu came into the gym and filmed an interview with me about my personal experiences in gymnastics. They also captured footage of my training and skills. In the end, a 3-part video series was created and shared. It received amazing engagement and sparked a lot of positive conversations. I'm so proud to have been a part of something so meaningful and grateful for the opportunity.

### **What's next?**

I'm continuing my involvement with the "SEE HER, BE HER" initiative. The Sport Manawatu team and I have had another meeting where we discussed taking things further and creating a tangible outcome something that would directly inspire more young women to get involved in sport. One idea we're working on is having me go into schools to talk about my journey with sports and encourage others to get involved. While nothing is finalized yet, I'll keep you updated as these plans unfold !

Lastly, I've just applied to be part of Sport Manawatu's Youth Advisory Panel. If selected, I'll have a creative and leadership role, helping shape decisions and efforts to better support youth in sport. As a teen athlete with firsthand experience, I'm excited about the chance to represent the voices of young people and contribute to making sport more inclusive and accessible.

As well as everything I've mentioned, I'm also preparing for a big step in my gymnastics journey. At the end of the year, I plan to apply to become an international and officially recognized elite gymnast for New Zealand. Representing the small community of Manawatu while I'm at it. This would open the door for me to earn a spot on national teams and compete at major events like the World Championships, and even Commonwealth Games. This experience I had in Texas has been incredibly valuable in preparing me for this transition. Competing in such a large-scale, high-pressure environment has shown me that I can not only handle it, but thrive in it. It's helped build my confidence and has carved a pathway for bigger things into the future

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