



GymACT

NAME: Dyson Adsit

PROGRAM: Rocky Mountain Mavericks

MAJOR/AREA OF PROFESSIONAL DEVELOPMENT: Finance and Leadership Management through Leeds School of Business

GPA (if applicable): 3.51

FIVE BEST ACCOMPLISHMENTS:

Coaches, this should be a minimum. Feel free to include any other documents, flyers, or accomplishments. Remember this is your chance to sell your nominee. Please make a copy of this google doc and submit it into the 2024 - N2 AWARD folder.

1. Dyson has a natural ability to inspire those around him. When the team has been down on tough times, he has been able to find ways to motivate. *“My thesis as a gymnast is a lot of kids burnout. They get overworked, injured, and find it challenging to have opportunities move up to the next level after recovering. I was one of those kids. It is because of this, when I had an opportunity to join the Rocky Mountain team, it was important to me that I would only continue gymnastics as long as the other aspects in my life were equally as enjoyable for me. As I have become a leader on this team and have resparked my love for this sport, I have made it my mission to spread this message to other athletes like me who struggled in high school keeping a love for the sport because they felt that their career was over when they weren't able to transfer to a top level NCAA program. They leave highschool looking for more of a balance and to find other things to be passionate about. It is important to recognize that gymnastics doesn't have to be your entire life in order to find success in it. Once you find your balance between academic /social / and gymnastics, you will find yourself living your college life to its fullest and are left with a newfound appreciation for what gymnastics can mean for an athlete. That is the impact I want to have lasting longer than my time in gymnastics.”*

2. In his junior year he brought exposure to the Colorado Boulder Club team. His involvement in this saw rapid growth in the club participation. That year, he brought many guys on the Maverick team who went to CU to the school's club fair. They took a mat from the gym and brought it to the field and started spotting students in backflips which generated attention toward the booth. The goal of doing this was to show students that anyone could learn gymnastics as long as there was support around them. When the first club practice happened that year, so many people showed up that some students had to be turned away due to the gym being completely filled to capacity.

3. One of his proudest moments during his time in college was overcoming the challenge of not being able to utilize the CU Boulder Ralphie logo. During his time at CU, he wanted to also grow the exposure of the CU club team for people who didn't know about it. During his junior year, the club was struggling using the CU Ralphie logo on their apparel for the upcoming season. Through the business school, he was able to meet the Vp of Trademarks at CU Boulder, Tara Dressler, who worked with Dyson to get the proper approval from the school for the organization to use the logo on their merchandise for that year.

4. In his Sophomore year, leadership thrust upon Dyson. It was a daunting task as a young member of the team but he took on the challenge head on. He found ways to get the team energized and motivated through bonding events and powerful team speeches and after gym comradery which sparked the team to grow as close as brothers. He played an integral role in laying the foundation for team culture, expectations, responsibility, comradery, and organizational development in his first year of 3 as a captain and set up traditions that would continue in the years moving forward. He had personal involvement in re-branding the Rocky Mountain image from its original team name of Pride to transition to the Mavericks. This was done in an effort to change the tone of the team as a whole and brand ourselves in a way that would get us to earn the respect of the already established teams around the nation.

5. As a senior, Dyson has made it his mission to make sure that the team continues to run smoothly as he moves on from gymnastics. He made exponential changes to social media, pioneered Tabor Time with head coach Tabor Cowden, started introducing Maverick Mondays where athletes can start to become involved in content making and get the exposure that they want of themselves on the team Instagram page. He created a format for when to push out content, laid a framework for how content should be pushed on our platforms and created a structure that future social media managers can follow in years to come. He has spent numerous hours in his free time editing and uploading more than 95% of the team's recent content. Overall, he made the organization's social media much more professional and

generated huge exposure for the team by growing its online presence by upwards of 30% in less than a year.

6. Upon Dysons arrival to the team in late 2020, Dysons individual level of gymnastics raised the standard of performance for all athletes that preceded him. As he continued to refine his gymnastics, he was able to raise the standard of gymnastics to a level which allowed them to return competing at the NCAA level at meets like the Rocky Mountain Open in Colorado Springs. His junior year, the team was not allowed to compete at that competition due to past years performance and reputation of the team. His senior year, after a show out junior year and leading the team to prove themselves that they could be competitive at that level, The team was allowed to compete again and kept up competitively with the other teams as they were competing. Dyson laid the foundation for the standard of athlete the organization was looking to recruit and worked for his 3 years as captain on that team to make sure that standard was met at every competition.



GymACT

NAME: Marshall Burrows

PROGRAM: Rocky Mountain Mavericks

MAJOR/AREA OF PROFESSIONAL DEVELOPMENT: Biological Engineering

GPA (if applicable): 3.99

FIVE BEST ACCOMPLISHMENTS:

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1. Marshall has been an officer for Utah State University Club Gymnastics for three years. In that time, he held the position of a secretary his first year and the following two years he has been the co-president. During his presidency, he has grown the club not only from a numbers state but also from a skill level perspective. He has helped his team become financially stable through fundraisers. He increased awareness and engagement between the club team and the USU women's NCAA gymnastics program. With collaboration from other officers, club athletes can now use the on-campus varsity gym, making the club more accessible to the student body and club gymnasts can use high quality equipment. Additionally, Marshall has organized travel to regional and national NAIGC competitions, including travel to Boulder, Albuquerque, Memphis, and Milwaukee. Furthermore, he has worked with current club gymnastics members to ensure a smooth transition once he graduates from Utah State.

2. This year, Marshall was given the opportunity to be a part of the broadcast team for the USU women's NCAA gymnastics team, where he had a direct involvement with preparing for competitions and commentating on the Mountain West Network as the USU varsity team competed at their home meets. He talked with the USU coaches before the meet to understand their goals and deliver engaging commentary during the meet. He also interviewed

head coach Kristin White for a post-meet analysis. The Utah State coaches praised Marshall's broadcasting and asked for him to commentate the inaugural Mountain West Championships.

3. Marshall has been a part of the Rocky Mountain Mavericks for four years. In that time, he has grown into a true leader and one of the most consistent athletes on the team. He is the captain for the Utah side of the team and is always showing his ability to lead through his gymnastics. In competition, he is calm, cool, collected, and has sticky feet. Last year, he picked back up rings and high bar to fill holes in the RMM lineup when his teammates were injured. At NAIGC Nationals in 2023, he placed fourth in the all around for USU Club Gymnastics. In addition, being a part of the Utah side of RMM has meant he trains separately from his teammates. For the past two years, he has trained without any RMM teammates in Utah; however, he has faced this adversity head on and never allows for the separation to deter him from achieving his gymnastics goals. Finally, his commitment to academics, research, and mentoring has also limited his hours in the gym.

4. On top of all of the things that Marshall has done in the gymnastics community, he is also a star in his academics. He has been involved in research for all four academic years with the Vargis Lab at USU. He is a contributor to a published paper that focused on using recombinant hagfish proteins to create membranes that better represent subretina for research modeling age-related macular degeneration (<https://pubs.acs.org/doi/10.1021/acsbio.3c00411>, Acknowledgements section). Since the paper was published, Marshall has worked under a graduate student to use the membranes to create an *in vitro* disease model for age-related macular degeneration. He is also a part of the undergraduate-research fellowship program that gives a scholarship from the university to pursue his passion for research in disease modeling and tissue engineering. Additionally, Marshall has worked on a capstone project using subcritical water hydrolysis on algae to create cell culture growth media for lab-grown meat. For this project, Marshall has worked with other Biological Engineering students to find the optimal conditions to create products from hydrolysis that can support cell cultures. Upside Foods hopes to use these algal products to grow meat in a lab as an alternative to traditional livestock. He had the opportunity to present his work on this project at the Utah Conference for Undergraduate Research in February this year.

5. Whether it is inside or outside of the classroom, Marshall is also a leader amongst his peers. He is a mentor to numerous students within his department. Through his mentorship, he has educated and guided individuals through the rigors of being a Biological Engineering student. Also, he was a teaching assistant for two separate classes: Thermodynamics and Engineering Quantification of Biological Processes. During Marshall's time as a teaching assistant, he worked with professors on developing the curriculum and exams, held office hours for students, and

led some lectures when professors were unavailable. He also is a Technical Writing Consultant in the USU Engineering Writing Center where he works with fellow engineering students on bettering their technical writing for future work in industry. As the co-president of USU Club Gymnastics, Marshall has . Lastly, during his time as a researcher, Marshall has had the opportunity to work with underclassmen on projects and teach them proper laboratory practices and procedures. Overall, Marshall has demonstrated a passion to educate others both inside and beyond the classroom.

6. Last but not least, he most recently passed the Fundamentals of Engineering exam, which is the first step towards becoming a licensed professional engineer. This a huge accomplishment as many engineers take this exam once they are graduated and working in the industry.



GymACT

2024 N2 AWARD AWARD NOMINATION FORM

NAME: Clayton Cunningham

PROGRAM: Arizona State Gymnastics

MAJOR/AREA OF PROFESSIONAL DEVELOPMENT: Business

GPA (if applicable): 3.7

FIVE BEST ACCOMPLISHMENTS:

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- 1. Graduated with a 3.7 GPA in 3.5 years with a degree in Business. He is currently being courted by Edward Jones for a major position in the company.**
- 2. A 3-time All-American on pommel horse at GymACT Nationals. Going for his 4th!**
- 3. Personally- Clayton has pushed through many obstacles including a torn ligament in his hand his freshman year that required surgery. His Jr year he ended up in ICU for 5 days with pneumonia that nearly crushed him. He managed to come back from both of these major setbacks and still earned All American status each of his years. Clayton side hustled through college doing modeling work. He also started a Gymnastics apparel line and helped outfit our team!**
- 4. Team Captain his senior Year. A strong quiet leader who is looked up to and respected by the whole team.**

5. Put endless hours into dealing with the school administration working on saving our team from administrators that wanted to cancel the team. Made great inroads with administrators by building relationships and acting as a liaison between the team and the school. Made a big impact for future teams that will be coming through.



GymACT

2024 N2 AWARD AWARD NOMINATION FORM

NAME: Alexander Skalkos

PROGRAM: Temple University

MAJOR/AREA OF PROFESSIONAL DEVELOPMENT: Real-Estate

GPA (if applicable): 2.9

FIVE BEST ACCOMPLISHMENTS:

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1. In Alex's Freshman year, he unfortunately tore his ACL doing a triple full on floor. This immediately ended his season in February 2021. It was a long year of recovery and by the time he was competing again as a sophomore, he added 1.1 of difficulty to his parallel bars routine from the previous season. He without a doubt won the "Comeback of the Year" award for our team. More achievements folded that year as well, such as qualifying to the all-star team.

Even prior to the surgery, Alex continued being a major contributor in the three equipment moves the team had to do that year. Alex would get out his electric skateboard to wheel around and put the floor exercise together.

2. Alex is a 2x GymACT East All-Star. He qualified in both his sophomore and junior years to and competed on the rings.

3. Alex is our current team co-captain and club president, as voted on by his teammates. His natural leadership was apparent early in his freshman year. Alex is impactful both through his meaningful words to the team, and through his actions. Alex is on top of all the team's administrative duties when it comes to travel logistics, and interdepartmental communication with campus recreation.

4. Hardest Worker 2023: Alex is typically the first guy on an event and the last guy to wrap up in each training session. In the four seasons that I have known Alex, he has not complained once. He is respectful to his coaches, inspires his teammates, and fires them up through his work ethic and intensity. He is always willing to give a full effort whether it's another routine to complete, a new skill to try, or a skill to improve. In 2023, Alex was voted as the hardest worker on the team.

5. Other accomplishments include winning the GymACT Gymnast of the Week during the Eastern Conference Championship in 2022. Alex currently has the highest start value on parallel bars since the COP changes in 2017.