

Kiara Nowlin

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Athletic Accomplishments

Power Tumbling/Trampoline/Double Mini Awards

NATIONAL TEAM MEMBERSHIP

*USAG T&T is USA Gymnastics Trampoline and Tumbling

2010 USAG T&T Junior National Team Member, Power Tumbling

2009 USAG T&T Junior National Team Member, Power Tumbling and Double Mini Trampoline

2008 USAG T&T Junior National Team Member, Power Tumbling and Double Mini Trampoline

USAG T&T World Age Group – Team Member, 2007, 2009, 2010; Power Tumbling and Double Mini Trampoline

USAG T&T Region 2 Team Member, 2007

USAG JumpStart National Trampoline Team, National Team Member, 2007

USAG JumpStart National Tumbling Team, National Team Member, 2007

USAG T&T Region 2 Team Member, 2006

USAG JumpStart National Trampoline Team, National Team Member, 2006

USAG JumpStart National Tumbling Team, National Team Member, 2006

USAG JumpStart National Trampoline and Tumbling Team, National Team Member, 2005

USAG JumpStart National Trampoline and Tumbling Team, National Team Member, 2004

WORLD TITLES

USAG T&T World Age Group Champion, November 2010, Metz, France (15-16)

USAG T&T World Age Group Champion, Power Tumbling, November 2009, St. Petersburg, Russia (13-14)

USAG T&T World Age Group Champion, Double Mini Trampoline, November 2009, St. Petersburg, Russia (13-14)

USAG T&T World Age Group Champion, Power Tumbling, November 2007, Quebec, Canada (11-12)

INDIVIDUAL MEDALS

Gold Medalist – Power Tumbling, Jr. Elite, 2010 Visa Championships
1st Place – Power Tumbling, Jr. Elite, 2010 U.S. Elite Challenge, Virginia Beach, VA.
1st Place – Power Tumbling, Jr. Elite, 2009 Final Selection Event, Las Vegas, NV
Gold Medalist – Power Tumbling, Jr. Elite, 2009 Canada Cup, Okotoks, Alberta, Canada
Gold Medalist – Power Tumbling, Jr. Elite, 2009 Visa Championships
Gold Medalist – Power Tumbling, Jr. Elite, 2009 Winter Classic, March 2009
Gold Medalist – Power Tumbling, Jr. Elite, 2008 Visa Championships, May 2008
Gold Medalist – Power Tumbling, Jr. Elite, 2008 Winter Classic, February 2008
Gold Medalist – Power Tumbling, Level 10 (11-12), USAG T&T Junior Olympic National Championship, 2007 (Ranked #1 in the Nation for Age Group 11-12)
Bronze Medalist – Double Mini Trampoline, Level 10 (11-12), USAG T&T Junior Olympic National Championship, 2007
Gold Medalist- Power Tumbling, Level 10 (11-12), Regional 2 Championships, May 2007
Silver Medalist- Double Mini Trampoline, Level 10 (11-12), Regional 2 Championships, May 2007
California State Champion – Double Mini, Level 10 (11-12), April 2007
California State Champion – Power Tumbling, Level 10 (11-12), April 2007
Gold Medalist – Power Tumbling, Level 10 (Open Age), U.S. Elite Challenge, June 2006
Gold Medalist- Power Tumbling, Level 10, Regional 2 Championships, June 2006
California State Champion – Double Mini, Level 9 (11-12), April 2006
California State Champion – Power Tumbling, Level 10 (11-12), April 2006
Gold Medalist – Power Tumbling, Level 9, USAG T&T Junior Olympic National Championship, August 2005
Gold Medalist – Double Mini, Level 8, USAG T&T Junior Olympic National Championship, August 2005
Fourth Place – Trampoline, USAG T&T Junior Olympic National Championship, August 2005

INDIVIDUAL MEDALS CONTINUED

Gold Medalist – Power Tumbling, Level 9, Regional Championships, Region 1 & 2, June 2005
Silver Medalist – Power Tumbling, Level 9, California State Championships, May 2005
Silver Medalist – Double Mini, Level 8, California State Championships, May 2005
Bronze Medalist – Trampoline, California State Championships, May 2005
Silver Medalist – Power Tumbling, Level 8, USAG T&T Junior Olympics, 2004
Gold Medalist – Power Tumbling, Level 8, State Championships, May 2004

2006/2007 SEASON

1st Place Double Mini (Level 10) @ Skysurfers Invitational - March 3, 2007
1st Place Power Tumbling (Level 10) @ Skysurfers Invitational - March 3, 2007
1st Place Power Tumbling (Level 10) @ TNT Open - January 28, 2007
1st Place Double Mini (Level 10) @ TNT Open - January 28, 2007
2nd Place Trampoline (Level 8) @ TNT Open - January 28, 2007

2005/2006 SEASON

1st Place, Level 10 Power Tumbling, Skysurfers Invite, March 2006
1st Place, Level 9 Double Mini, Skysurfers Invite, March 2006
1st Place, Level 10 Power Tumbling, Stars Invite, February 2006
1st Place, Level 9 Double Mini, Stars Invite, February 2006
1st Place, Level 8 Double Mini, Bounce CA Meet, November 2005
Team Awards

CHEER

Numerous Competition Awards with Team – California All Stars, Large Unlimited Co-ed

2011 Cheerleading Worlds Gold Medalist (with team) – California All Stars, Large Unlimited Co-ed

2010 Cheerleading Worlds Silver Medalist (with team) – California All Stars, Large Unlimited Co-ed

2008 Cheerleading Worlds Bronze Medalist (with team) – CheerForce Simi Valley, Small Girl

2007 Cheerleading Worlds Bronze Medalist (with team) – CheerForce Simi Valley, Large Limited Co-ed

2006 Cheerleading Worlds Bronze Medalist (with team) – CheerForce Simi Valley, Large Limited Co-ed

2011 NCA National Champion, California All Stars, Large Unlimited Co-ed

2010 NCA National Champion, California All Stars, Large Unlimited Co-ed

Individual Cheerleading Awards

2009 USASF Young Athlete Merit Based Scholarship Winner – Gold, April 2009
2009 So You Think You Can Tumble Winner
COA West Coast Open, Irvine, CA, 1st Place Cheer Soloist, 2007
Bring it On, Irvine, CA, 1st Place Cheer Soloist, 2007
American Grand National Championship, Las Vegas NV, 1st Place - Cheer Soloist, December 16, 2006
GSSA Southern California Classic held at UCLA, 1st Place - Youth Individual Cheer Division, November 18, 2006
COA Ultimate Nationals, National Champion in Individuals and National Champion in Power Tumbling, 2006
Bring it Back to the Bren, 1st place, 2006
COA West Coast Nationals, 1st place, 2006
American Showcase National Champion, 2006
Spirit Sports National Champion, Jr. Prep Individual, 2006
COA Super Regional, 1st place, 2006
All Stars Unleashed, 1st place, 2006
American Grand National Champion, 2005
GSSA Southern California Classic, 1st place, Mini Individual Champion, 2005
Twister of the Year, 2005 (nominated and voted on by peers)
USA Jr. Individual National Champion, 2005
Aloha International Spirit Championships, International Champion, Jr. Individual, 2005
American Showcase Championships, Solo Cheer, National Champion, 2005
COA West Coast Open Nationals, 1st place, 2005
Golden State Spirit Association Southern CA. Classic, 1st place, 2005
Coastal Cheer/Dance Team Challenge, 1st place, 2005
Asics Cheer and Dance State Championships, 1st place, 2005
Spirit of the South Nationals, 1st place, 2005
Universal Studios California State Championships, 1st place, 2005
Best Tumbler Award – Club Cheer Twisters, March 2004
5 year Award – Club Cheer Twisters, March 2004
USA Jr. Individual National Champion, 2004
COA Open Champion, 2004
Aloha Spirit Club International Champion, Jr. Individual, 2004
Converse CA State Cheer & Dance Company National Champion, 2004
USA Jr. Individuals, 2nd place, 2003
COA National Champion, Jr. Pee Wee, 2003
COA Open Champion, 2003
COA West Coast Open Champion, 2003
COA Youth/Junior Power Tumbler, National Runner-up, 2003
USA Nationals, Jr. & Sr. Individuals, 6th place, 2002
COA Open Champion, 2002
America's Best National Championship, 2nd place, 2002
America's Best Regional Champion, 2002
Outstanding Tumbling Recognition, Twisters, April 2002

Best Overall Cheerleader – Club Cheer Twisters, 2001

All Girl Partner Stunt Awards

American Showcase National Champion, Sr. Partner Stunt, 2005
Aloha Spirit International Championships, 2nd place, 2005
Golden State Spirit Association Southern CA Classic, 1st place, 2005
Coastal Cheer/Dance Teams Challenge, 1st place, 2005
Asics Cheer and Dance State Championships, 1st place, 2005
Spirit of the South Nationals, 1st place, 2005
COA West Coast Open Nationals, 2nd place, 2005
Universal Studios California State Championships, 1st place
USA Nationals, Sr. Partner Stunt, 2nd place, 2004
USA Regional Champion, 2004

Choreography Experience

2002-2005, Assistant Choreographer in her own individual cheer routines
2003, Co-choreographer for segment of the American Cancer Society performance at the Majestic Ventura Theatre by Gold Coast Gymnasts and Cheerleaders

Scholastic Accomplishments

2011/2012, Selected as Pack Leader for Lion Ambassadors
2010/2011, Selected as a Lion Ambassador (school representative)
2010/2011, Scholar Athlete Award
2010/2011, Earned Varsity Letter
2009/2010, 2010/2011, Honor Roll
June 2008, Academic Excellence Award
June 2007, Positive Role Model Award
June 2007, Real Girl of the Year Award
June 2007, 4.0 Student with GATE classes
June 2007, Academic Excellence Award
June 2006, Academic Excellence Award
March 2006, Selected as a Youth Ambassador for People to People Leadership Forum for Youth
2005/2006 Student Council President

SCHOLASTIC ACCOMPLISHMENTS CONTINUED

January 2005, Certificate of Recognition, Spelling Bee,
May 2004, Science Fair Award
May 2004, Music Award
March 2004, Speech Meet Winner, Poetry Division
April 2003, Speech Meet Winner
February 2003, Certificate of Achievement for the Science Fair
December 2002, Spelling Bee Winner
November 2002, Outstanding Student Award
June 2002, Certificate of Achievement in Physical Education
May 2002, Music Award, acted the part of “Gabrielle” in Splash Kingdom
April 2002, Caught Being Good Award
April 2002, Speech Meet Winner
January 2002, ACSI District Spelling Bee, Best Speech Ribbon
December 2001, Spelling Bee Winner
November, 2001, Citizenship Award
March 15, 2001, Science Award
Received the Excellent Honor Roll Award for nine quarters in a row
Received the Gold Honor Roll two quarters in a row
Received the Citizenship Award ten quarters in a row

Other Accomplishments

Member of American Mensa, High IQ Society
December 17, 2010, Received Letter of Congratulations for Athletic Accomplishments
from United States Senator Barbara Boxer
December 8, 2009 Received Commendation from the City Council of the City of Oxnard
for Outstanding Athletic Accomplishments
April 2007, County Board Recognition for Membership on JumpStart National Tumbling
and Trampoline Team
2006 National Arts Program Winner, (artwork was exhibited)
2005 National Arts Program Winner, 1st place (artwork was exhibited)
June 2005, Teachers First Essay Competition, Finalist and First Runner Up (out of 350
plus essays)
December 2004, Certificate of Recognition from Senator Tom McClintock
2004 National Arts Program Winner, (artwork was exhibited)
2003 National Arts Program Winner, 3rd Place (artwork was exhibited)

Print/TV/Film/Radio/Internet Accomplishments

American Cheerleading Magazine - October 2011 Cheerleader of the Month
"Unite for HER" Breast Cancer Awareness Spokesperson
GK 2011 Cheerleading Catalog
GK 2011 Gymnastics Catalog
GK 2011 Safety video
GK 2011 Cheerleading Worlds promotion
Feature Segment on The Young Icons, April 2011
Various Newspaper articles, 2009, 2010, 2011
Various Radio Interviews, 2009, 2010, 2011
Discover Card/WNBA National Commercial, Aired on Most Major Networks
February 13, 2008, Ellen DeGeneres Show, Featured Guest
December 7, 2007 Newstalk 1520 KVTA Live Radio Interview
December 6, 2007 KHTS 1220 Live Radio Interview
Fall 2007 Featured in two scholastic books by Welden Owen Publishing "Camp Extreme" and "Move Your Bones"
February 28, 2007, FOX Los Angeles 10 o'clock News
Fall 2006, Cover Story for Ventura Community Values Magazine
June 14, 2006, Featured in Local Briefs, VC Star Sports Section
April 18, 2006, Featured in County Section, VC Star
March/April 2006, Featured with the 2006 JumpStart National Team in USA Gymnastics Magazine
March 2006, Simi Valley CheerForce Commercial, Aired on the Lifetime Network
November 2004, 2005, 2006, 2007 Runway model for American Girl Fashion Show
August 2005 Selected as a Pro Level Athlete on Cheer XS (Formerly Known as ProX)
July 28, 2005, Live Radio Interview with the Bo & Summer Radio Morning Show B95.1
July 27, 2005, FOX Los Angeles 10 o'clock News
July 21, 2005, Front Page, VC Star Sports Section
May 2005, Club Cheer Twisters Commercial, Airing on MTV, ABC Family and Nickelodeon
May 2005, Cheerleading Specialist – worked with actress Chloe Moretz for a feature film role, Big Momma's House II
December 7, 2005, Featured in Local Briefs, VC Star Sports Section
October 2003, Steve Harvey's Big Time
Spring 2003, Live Model at Ltd 2 clothing store in Pacific View Mall
2003, KTLA Morning Show
2002 Model for Mattel Toys (Box cover girl for dolls, i.e. Shining Stars Doll)

**PLEASE NOTE THIS LIST IS NOT EXHAUSTIVE AND
DOES NOT INCLUDE VOLUNTEER WORK**