65 Roses Challenge

LEVELS: 2-10 & X-Cel & Adult X-Cel

DATE: March 29 & 30, 2025

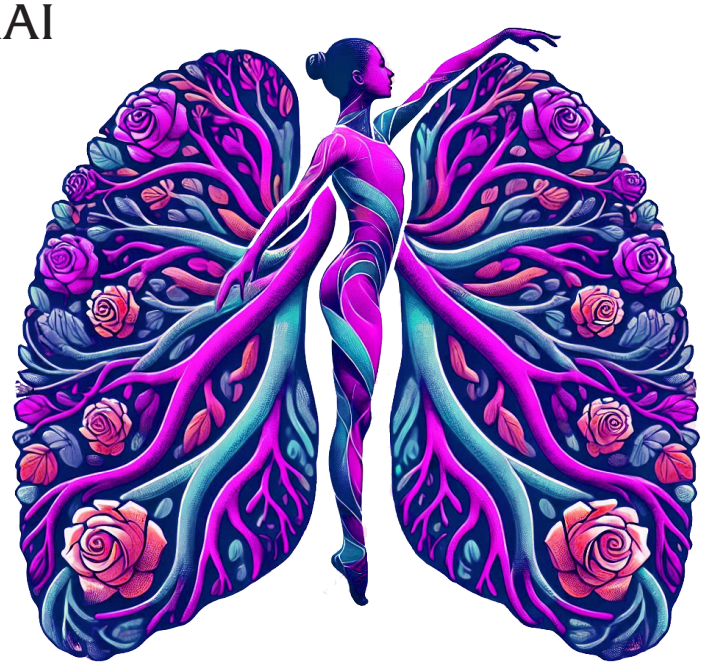
SITE: SUNY Fredonia, Fredonia N.Y. (new venue)

ENTRY FEES:
Level 2 $80.00
All Other Levels $95.00

Team Fee $100.00 (per club)

AWARDS: Medals for 1st-10th on each event
Trophies for All-around
Wall Banners for team placings

Equipment: AAI



* Please note that this invitational fills quickly, final schedules will be available approx. 3 weeks before.*

Infinity Gymnastics

659 Brigham Road • Dunkirk, NY 14048

Ph:(716)640-1747

InfinityGymnastics22@gmail.com

ENTRY DEADLINE IS February 28th

65 Roses Challenge

Cystic Fibrosis

Ryan Jade Austin

“She's a little wildflower, with a lot of warrior”

Symptoms Of CF:

Salty-tasting skin
Slow weight gain
Abnormal bowel movements
Wheezing and coughing
Increased lung mucus
More susceptible to bacteria and infections.

Why Fundraise for CF!

Because Cystic Fibrosis gets no government funding. Researchers need money to create better life prolonging drugs and ultimately to find a cure. Cystic Fibrosis has come such a long way in the development of this hidden disease, but there is still a lot of work to be done and funds and awareness to be raised.

The life expectancy of someone living with CF on average today is 40 years old. People back in the 80s living with CF did not make it past their childhood years. It is fundraisers like these that keep the hope alive to find a cure!

I call this disease a hidden fight because you would never know Ryan had anything wrong with her. But we have our daily routines and have had to change our lifestyle to keep this sweet girl healthy! She is doing very well and for that we are extremely grateful!

What is Cystic Fibrosis?

Cystic Fibrosis in an inherited/genetic disease. It causes certain glands in the body to not work properly. In CF, these exocrine glands make mucus that is too thick and sticky and this plugs ducts and other passageways. CF affects the lungs and digestive system due to this sticky mucus build up. Due to this it is very important for a person living with CF to remain healthy!

When each parent carries a CF gene mutation, each baby has a: 25% chance of not being a carrier and not having CF. A 50% chance of being a carrier but not having CF. A 25% chance of having CF. Each pregnancy has these odds, even if the parents already have a child with CF.

When Ryan was diagnosed I was explained what CF did with this analogy. Our lungs are like elastic and when a normal person gets a cold the lungs stretch for the extra mucus build up. But once we are healthy or not being used, like elastic, they go back to their normal size. A person's lungs with CF do not return back to “normal” because the mucus never goes away, it just keeps building. Also, making it very easy for a person with CF to carry and be more vulnerable to bacteria.

Our Story

Derek and I (Taryn) found out when Ryan was just 12 days old that she had CF. We knew nothing about this disease but quickly learned and are still learning how to care for Ryan and give her a normal life. If you have met Ryan you have seen that this disease does not hold her back! She is sweet, sassy, energetic, funny, smart, and so much more. She keeps us on our toes daily.

Ryan’s diagnosis was a complete shock to our families because CF is supposed to be a genetic disease, but neither family had ever been diagnosed or told we were carriers of the gene mutation. CF can be hard to detect at times because there are so many different mutations. Ryan has both df508 mutations, the most common variation.

Ryan’s treatments started with daily chest compressions from a month old with 2 puffs of an inhaler through a chamber. Chest compressions consist of 10 spots on her body that you use a “cup” to lightly pound at each spot for 3 minutes.

Now, Ryan has a vest compression machine that she does 2x daily for 20 minutes each time. During this therapy, she also does huff coughs, which helps to move the mucus out of her lungs. Prior to these therapy sessions, she still has 2 puffs of her inhaler through a chamber. This vest therapy started at the age of 3 and replaced the hand cup compressions.

Ryan also cannot eat without her enzymes. The enzymes she takes are to replace her insufficiency of pancreatic enzymes. Someone without CF has natural pancreatic enzymes that normally break down fat or protein filled foods. She is currently on 6 pills prior to every meal, and 3 pills before snacks. Ryans enzymes only last an hour from the time she takes them, most days Ryan is on a stricter eating schedule due to this.

65 Roses Challenge

Team Name:_____ Phone:_____

Contact Person: _____ Fax #: _____

Coach(s): _____ USAG # _____ Club#_____

E-Mail:_____

Gymnasts Name	USAG #	Level	Age	Birth Date	T-Shirt Size

Level 2 Gymnasts: _____ @ $80= _____

All Gymnasts: _____@ $95 =_____

Adult Only: $25 per event or $95 All around

Team Fee $100(per Club) $100.00

Total Enclosed: _____

Entry Deadline: February 28, 2025

Checks Payable & Please Mail To:

Infinity Gymnastics • 659 Brigham Road • Dunkirk, NY 14048