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On the cover: The cover includes active members of the USA men's and women's national teams, plus rhythmic gymnast Julie Zetlin. Photos by John Cheng and Diane Bidermann (Zetlin photo).

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JULY • AUGUST 2011

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10 Women's Junior Olympic National Championships

The USA's best Level 10 gymnasts were in Long Beach, Calif., for the 2011 Women's Junior Olympic National Championships. Region 1 won the overall Super Team award, besting Region 5 and Region 3 who came in second and third, respectively.

12 Men's Junior Olympic National Championships

The USA's top Level 9 and 10 gymnasts competed in the 37th Men's Junior Olympic National Championships in Long Beach, Calif. Region 1 won the 14-15 and the 16-18 division. Region 3 won the Level 9 (12-13) title.

16 Women's Level 9 Eastern and Western Championships

The Level 9 Eastern and Western Championships were held May 6-8. The Eastern Championships were held in Worcester, Mass., with the Westerns in San Diego, Calif. Congrats to Region 5 who won the Super Team Award at Easterns and Region 1 who won the Super Team Award at Westerns.

22 Trampoline and Tumbling US Elite Challenge

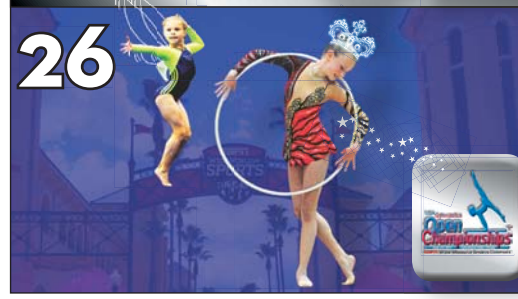
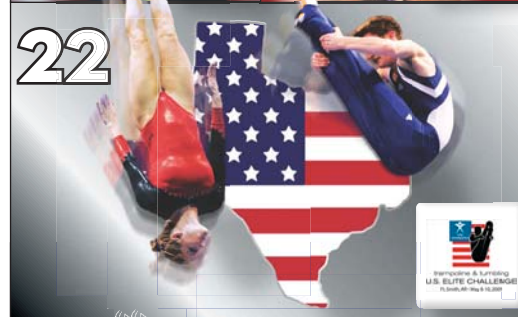
Eight titles were awarded at the U.S. Elite Challenge on April 30 at the Fort Worth (Texas) Convention Center. The senior champions are: trampoline – Jeffrey Gluckstein and Alaina Williams; tumbling Kalon Ludvigson and Yuliya Brown; double mini-trampoline Sonia Shah and Austin White; and synchronized trampoline Steven Gluckstein and Logan Dooley for men and Nani Vercruyssen and Savannah Vinsant for the women.

26 USA Gymnastics Open Championships

The first USA Gymnastics Open Championships took place at the ESPN Wide World of Sports Complex near Orlando, Fla. The nationwide invitational for women's Levels 4-8 and prep-op (Xcel) and rhythmic Levels 4-6, honored both individual and club team champions.

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INSIDE



USA Gymnastics is having a busy summer with some major events in July and August, including the Trampoline and Tumbling National Championships (July 10-15 in San Antonio, Texas), Acrobatic National Championships (July 22-27 in San Jose Calif.), CoverGirl Classic (July 23 in Chicago, Ill.), Visa Championships and USA Gymnastics National Congress (Aug. 17-20 in Saint Paul, Minn.).

This past June, we were thrilled with the turnout at the inaugural USA Gymnastics Open Championships at the ESPN Wide World of Sports in Walt Disney World. Many athletes competed in this first-time competition, which crowned USA Gymnastics Open Champions for individuals in Junior Olympic Levels 4-8 and prep-op (Xcel) for women's artistic and Levels 4-6 in rhythmic. This event will continue to grow, so make sure you read about the coverage in this issue, and plan to attend next year.


USA Gymnastics is also beginning to host more athlete development camps at the Karolyi Ranch in Houston. You will now have opportunities to train in the very same location as the USA Gymnastics national teams in women's, rhythmic, trampoline and tumbling and acrobatic. Keep your eyes open for information concerning upcoming camps and coaching clinics. We are always looking for the next generation of Olympic and World Championships team members, and you could be one of them (usagym.org/NTCEducation).

This July, more than 300 individuals will represent the USA at the 2011 World Gymnaestrada, July 10-16, in Lausanne, Switzerland. An estimated 20,000 participants of all ages, from around the world, are performing as part of the World Gymnaestrada, which is held every four years. Nine gymnastics clubs from across the United States will participate in this year's event, including Biron Gymnastics from Houston, Texas; Carolina Gymnastics Academy from Wilmington, N.C.; Chattooga Gymnastics and Dance in Marietta, Ga.; Columbia Gymnastics in Columbia, Md.; DeVau's School of Gymnastics in Fishers, Ind.; La Jolla Y in La Jolla, Calif.; Skyview Gymnastics in Mt. Airy, Md.; West Bend Gymnastics in West Bend, Wis.; and Westport-Weston Family Y in Westport, Conn. USA Gymnastics is honored to have the Biron Gymnastics Show Team represented at the FIG Gala.

Another unique project that USA Gymnastics has been involved with is the Venice Biennale. Considered the "Olympics of the art world," the *La Biennale di Venezia* has been known as one of the most prestigious cultural institutions in the world for more than a century. The 54th International Art Exhibition is open from June 4-Nov. 27, 2011. The Indianapolis Museum of Art was selected to present the work of the artist collaborative of Jennifer Allora and Guillermo Calzadilla at the U.S. Pavilion. In cooperation with USA Gymnastics and USA Track & Field, the artists created the works *Body in Flight* (Delta), *Body in Flight* (American) and *Track and Field*. These, along with three other pieces, are collectively known as *Gloria*. 2007 U.S. all-around champion David Durante and 2005 World all-around champion and 2008 Olympic team silver-medalist Chellsie Memmel performed as part of the grand opening of *Gloria* in Venice. To follow this exhibit more closely, visit www.usagym.org/venice

Please be sure to follow the action from all of our events via our website and both the CoverGirl Classic and the Visa Championships on Universal Sports and NBC Sports along with the web.

See you in the gym,


Steve Penny

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THE MAGAZINE'S MISSION STATEMENT

USA Gymnastics, a bimonthly magazine, is a benefit of membership from USA Gymnastics. The mission of **USA Gymnastics** magazine is to communicate with gymnasts, parents, coaches, judges, volunteers, clubs and fans of the sport in order to promote the programs, people, events and services of USA Gymnastics.

VISION To inspire and enable our members to achieve excellence in the sport of gymnastics and in life.

THE ORGANIZATION'S MISSION The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics.

CORE OBJECTIVES ■ Build the base ■ Promote the sport ■ Achieve competitive success

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Women's JO National Championships

Photos by Owen Heery of Feriagrafix

Nearly 450 of the USA's best Level 10 gymnasts were in Long Beach, Calif., for the 2011 Women's Junior Olympic National Championships held at the Long Beach Sports Arena. Region 1 won the overall Super Team award, over Region 5 and Region 3 who came in second and third, respectively. Congratulations to the top four all-around gymnasts in each division who earned a spot on the Junior Olympic National Team. Level 10, the highest level in the Junior Olympic program, is just under the elite level.

The Junior Olympic National Invitational Tournament (NIT) was held in conjunction with the JO National Championships. The JO-NIT was developed to allow an additional 192

athletes an opportunity to compete at the national level and features gymnasts who ranked eighth, ninth and 10th in the all-around in each of the eight age divisions at the Regional Championships.

For full results on both competitions go to www.usagym.org/results

Special thanks to GK Elite Sportswear and American Athletic for their continued support of the Junior Olympic Program. Also, thanks to American Gymnastics Academy for the superb job as host club. ✧



JUNIOR A

1	Alexandra McMurtry	Richmond Olympiad	38.575
2	Maggie Nichols	Twin City Twisters	38.450
3T	Nia Dennis	Buckeye	37.900
3T	Rachel Dickson	MEGA	37.900
5	Olivia Karas	Lake Shore Academy	37.700
6	Amanda Huang	Team Northwind	37.500
7T	Sydney Snead	Sonshine	37.450
7T	Nicole Shapiro	All Olympia	37.450
9	Taylor Houchin	Gold Medal MO	37.350
10T	Makenna Merrell	All American	37.325
10T	Kami Amemiya-Shows	SCEGA	37.325

A

JUNIOR A TEAM RESULTS

1. Region 5 150.775
2. Region 4 150.725
3. Region 8 150.000
3. Region 1 150.000

JUNIOR B

1T	Elizabeth Gangale	Brown's LV	37.900
1T	Bayle Pickel	Twistars USA	37.900
3	Chanen Raygoza	Wildfire	37.875
4T	Lindsey Lemke	Twistars USA	37.850
4T	Haylee Roe	Metroplex	37.850
6T	Madison Stover	Wildfire	37.825
6T	Samantha Cerio	Everest	37.825
8	Ciara Gardner	WOGA	37.750
9	Braie Speed	Aerial Athletics	37.625
10	Emily Schein	WOGA	37.475

B

JUNIOR B TEAM RESULTS

1. Region 5 151.475
2. Region 3 151.275
3. Region 1 151.250



JUNIOR C

1	Katie Bailey	High Point	38.025
2	Isabelle Castillo	CGA	37.900
3	Toni-Ann Williams	United Gymnastix	37.850
4T	Myia Hambric	West Georgia	37.625
4T	Zoey Schaefer	Twin City Twisters	37.625
4T	Aja Sims	Brandy Johnson's	37.625
7	Baely Rowe	Auburn	37.575
8T	Kana Kobayashi	Olympus	37.525
8T	Gianna Marino	Desert Devils	37.525
10	Rebecca McRobbie	WOGA	37.475

JUNIOR D

1	Charity Jones	Dynamo Gymnastics	38.250
2	Megan Marengi	WOGA	38.050
3	Kiera Brown	World Class-VA	37.950
4	Rachel Haines	Twistars USA	37.925
5	Taylor Alexx	Classic Gym-MN	37.900
6T	Carinne Gale	Monarchs NP	37.800
6T	Charlie Owens	Gliders	37.800
6T	Erin Buchanan	Capital Gym NTC	37.800
9	Anna Corbett	Aerial IL	37.600
10	Morgan Frazier	Orlando Metro	37.575

SENIOR A

1	Asi Peko	Brown's LV	38.400
2	Keeley Kmiecik	Phenom	38.275
3	Rachel Spicer	Metroplex	38.150
4	Tenille Funches	Arena IL	37.900
5	Kaytiana McMillan	National Academy	37.825
6	Stephani Miceli	GMGC-NY	37.750
7	Kathryn Kulz	Oakland Gym MI	37.700
8T	Arlyn Amor	Twistars USA	37.575
8T	Risa Perez	Gym Cats	37.575
10	Ashlyn Broussard	WOGA	37.550

JUNIOR C TEAM RESULTS

- 1. Region 1 151.300
- 2. Region 8 150.950
- 3. Region 6 149.950

C

JUNIOR D TEAM RESULTS

- 1. Region 7 151.775
- 2. Region 1 151.700
- 3. Region 3 151.675

D

SENIOR A TEAM RESULTS

- 1. Region 5 151.975
- 2. Region 1 151.825
- 3. Region 3 150.200

A



SENIOR B

1	Hollie Blanske	Twin City Twisters	38.450
2	Kathy Tang	Daggett	37.925
3	Maile'ana Kanewa	TGA	37.800
4T	Tory Wilson	Gold Cup	37.775
4T	Breanna Hughes	Twin City Twisters	37.775
6	Samantha Pearsall	IGI	37.700
7T	Maebelle Pacheco	Gymstrada.550	37.625
7T	Michaela Woodford	Sun Country	37.625
9	Jenna Frowein	Hawaiian Island	37.600
10	Lindsay Mable	CGI-CO	37.575

SENIOR C

1	Jessie DeZiel	Twin City Twisters	38.825
2	Haley Scaman	IGI	38.600
3	Kaitlyn Clark	Precision	38.525
4	Kayla Williams	Cincinnati	38.300
5T	Kailah Delaney	Kips	38.250
5T	Ciera Perkins	Gym Cats	38.250
7	Stephanie Canizaro	Gym Stars	38.025
8	Ellese Sakai-Hart	Airborne	37.975
9	Stephanie Giameo	ENA Paramus	37.800
10T	Kassandra Lopez	Tumbleweeds(AZ)	37.775
10T	Sheridan Metcalf	Desert Devils	37.775

SENIOR D

1T	Georgia Dabritz	Ace	38.300
1T	Allison Flores	IGI	38.300
3	Sarah Persinger	Southeastern Gym	38.200
4	Chelsea Tang	National Academy	37.925
5	Dayah Haley	Hill's	37.850
6	Cerise Witherby	Wildfire	37.825
7	Kiersten Wang	Colorado Aerials	37.725
8	Summer Garcia	New Hope	37.675
9T	Lloimincia Hall	Texas Dreams	37.625
9T	Ana Jaworski	Airborne	37.625

SENIOR B TEAM RESULTS

- 1. Region 4 152.525
- 2. Region 3 151.375
- 3. Region 1 151.025

B

SENIOR C TEAM RESULTS

- 1. Region 1 153.525
- 2. Region 5 153.375
- 3. Region 7 151.125

C

SENIOR D TEAM RESULTS

- 1. Region 5 152.075
- 2. Region 1 151.750
- 3. Region 3 151.325

D



MEN'S JO NATIONAL CHAMPIONSHIPS

Photos by Champion Images

More than 700 of the USA's top Level 9 and 10 gymnasts competed in the 37th Men's Junior Olympic National Championships, May 4-8, at the Long Beach Arena in Long Beach, Calif. The event was hosted by Azarian U.S. Gymnastics Training Center and the meet co-directors were Tim and Melany Klemptauer and Roger and Debbie Baldwin.

Congrats to the three all-around champions: Adrian De Los Angeles of Long Beach, Calif./SCATS, won the Level 10 16-18 all-around title; Sean Melton of Orlando, Fla./Orlando Metro, won the Level 10 14-15 all-around title; and Marty Strech of Fountain Valley, Calif./Azarian U.S. Gymnastics won the Level 9 all-around title.

Level 10 16-18

1	Adrian De Los Angeles	SCATS	176.150
2	Jake Martin	Orlando Metro	175.350
3	Stacey Ervin	Mills USA	173.150
4	Jesse Glenn	SCATS	173.100
5	Trevor Howard	Hocking Valley	172.100
6	Jonathan Deaton	Daggett's	171.850
7	Nicholas Hunter	Gym World	171.300
8	Brian Knott	Chelsea Piers	171.150
9	Donnell Whittenburg	Ultimate (MD)	169.800
10	Kanji Oyama	SCATS	169.550
11	Michael Strathern	Bartlett	169.350
12	Joseph Peters	Parkettes	169.300
13	Maximillian Myrs	Universal	169.100
14	Jacoby Rubin	Buffalo Grove	168.500
15	James Jindra	Capital (VA)	168.300
16	Craig Hernandez	Buffalo Grove	168.250
17	Steven Jaciuk	Swiss	168.050
18	Ryan Patterson	Stanford Gym	167.900
19	Kevin Ko	Golden Bear	167.800
20T	Alex Johnson	OSU Boys	167.550
20T	Emmanuel Monroy	WOGA	167.550
22	Kevin Wolting	Azarian	167.450
23	Sean Bauer	SLGC	167.200
24	Alec Robin	Victory	167.050
25	Denver Harris	Harpeth	166.800
26	Joshua Yee	HITS	166.750
27	Michael Farquhar	Bartlett	166.650
28	Brandon Beckhardt	Hotshots	166.250
29	Zachary Owen	Roswell	165.150
30	Drew Moling	Hocking Valley	165.050
31	Sergey Resnick	GymMasters	164.400
32T	Paul Wood	Daggett's	164.350
32T	Gabriel Jolley	All Amer. (UT)	164.350
34	Mark Panhorst	Bartlett	164.000
35	Devin Clarke	Daggett's	162.250
36	Logan Melander	Black Hills	162.200

Region 1 won the 14-15 title with a total score of 417.200 and took top honors for the 16-18 division with a 425.150. In the 14-15 division, Region 8 and Region 7 were second and third, respectively. Region 5 finished second, followed by Region 8, in the team competition for 16-18. The overall club champion for Level 10 (14-18) is SCATS Gymnastics of Huntington Beach, Calif., and Buffalo Grove (Ill.) Gymnastics Center and Bartlett (Ill.) Gymnastics Center were second and third, respectively.

Region 3 won the Level 9 (12-13) title with a total score of 402.100. Region 5 finished second, followed by Region 4 in the team competition.

The Level 9 club champion is WOGA of Plano, Texas, and Cypress Gymnastics Academy of Houston and Premier DG were second and third, respectively.

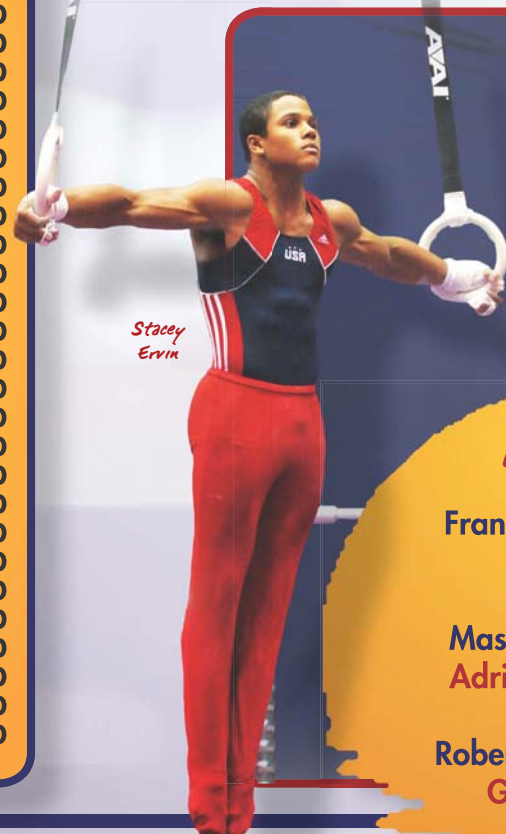
Special thanks to GK Elite Sportswear and American Athletic for their continued support of the Junior Olympic Program.



Adrian de los Angeles



Jake Martin



Stacey Ervin

AWARDS

Frank Cumiskey Award
Jeff Robinson

Mas Watanabe Award
Adrian De Los Angeles

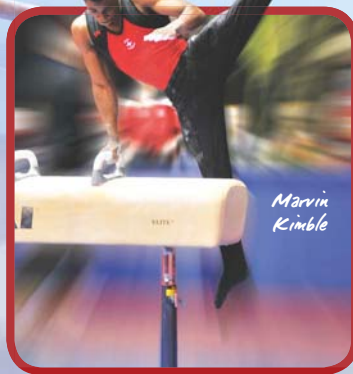
Roberto Pumpido Award
Grigor Chalikyian



Sean Melton



Akash Modi



Marvin Kimble

Level 10 14-15

1	Sean Melton	Orlando Metro	176.850
2	Akash Modi	Monmouth	172.200
3	Marvin Kimble	Swiss	171.300
4	Dmitri Belanovski	Swiss	171.000
5	Timothy Wang	South Coast	170.050
6	Yul Moldauer	5280 Club	168.500
7T	Hunter Justus	Cypress Acad.	166.700
7T	Kiwan Watts	River City	166.700
9	Allan Bower	Xtreme	166.550
10	Andrew Rickly	Hocking Valley	166.200
11	Travis Gollott	West Coast	165.600
12	Chandler Eggleston	High Point	165.000
13	Danny DiBenedetto	Daggett's	164.700
14	Lee Grogan	Champions	164.500
15	Jacob Dastrup	Arete	163.650
16	Andrew Botto	Stanford Gym.	163.000
17	Daniel Button	Capital (VA)	162.650
18	Yordan Aleksandrov	Redwood Emp.	162.050
19	Christopher Stephenson	DeVeau's	161.500
20	Alexander Magsam	North Valley	160.850
21	Uriel Chartrand	VSSG	160.400
22	Antonio Castro	FGTC	160.350
23	Ryan Kerr	Premier	159.850
24	Matthew Foster	Premier DG	159.800
25	Jonathan Tang	Upper Merion	159.700
26	Bobby Jacobs	Roswell	159.350
27	Casey Polizzotto	5280 Club	159.250
28	Jordan Declerk	Palmer's	159.200
29	Cameron Backes	In-Flight	157.850
30	David MacDonald	Bartlett	157.650
31	Jack Kramer	G&J Speedway	156.800
32	Arinn Wade	Surgent's Elite	156.350
33	Phillip Campos	Platinum Gym.	156.000
34	Kevin Tran	Azarian	155.300
35	Dylan Ellsworth	USA GymWorld	154.600
36	Fletcher Braunton	Black Hills	153.750

Level 9 12-13

1	Marty Strech	Azarian	168.450
2	Tristan Burke	WOGA	167.150
3	David Jessen	Rise Gym.	164.850
4	Alex Diab	Premier DG	163.000
5	Davis Grooms	Champion (TX)	162.250
6	Fabian Deluna	WOGA	161.350
7	Johnny Jacobson	USAGymWorld	159.550
8	Peter Daggett	Daggett's	159.100
9	Ryan Wangler	TAGS	158.950
10	Connor Lewis	Integrity	158.650
11	Marcos Gatinho	Universal	158.600
12	Christian Kalustian	Byers Elk Grove	158.550
13	Michael Burns	Hocking Valley	157.800
14	Emyre Cole	Go For It	157.700
15	Matthew Wenske	Cypress Acad.	157.300
16	Trevor North	Hocking Valley	156.800
17	Alec Yoder	Indy School	156.750
18	Grant Breckenridge	Buffalo Grove	156.600
19	Bailey Perez	Premier DG	156.000
20	Favian Valdez	US Gym Center	155.750
21	Genki Suzuki	Iowa Gym-Nest	155.550
22T	Cole Casanova	WOGA	155.450
22T	JJ Litster	Arete	155.450
24	Thomas Mistretta	West Coast	155.100
25T	Michael Chan	Champion (KY)	155.100
25T	Cory McFann	Hocking Valley	155.100
27	Vitali Kan	Swiss	154.400
28	Cameron Bock	New Hope	154.300
29	Harrison Plate	San Mateo	154.000
30	Mario Lubian	Universal	153.900
31	Jordyan Lopez	5280 Club	153.350
32	Nikita Bolotsky	VSSG	153.250
33	Anthony McCallum II	Carolina	152.600
34	Nicholas Bauer	Premier West	152.450
35	Josiah Eng	Swiss	152.400
36	David Eurell	Surgent's Elite	151.500

For complete results, go to www.2011jomen.com.



Marty Strech

Tristan Burke

David Jessen



National Gymnastics Day & handstand world record attempt

2011 is the Year of the Handstand, and USA Gymnastics hopes gymnastics clubs across the country will join forces to break the world record for most handstands done at one time! This is a fun and easy way to build interest in gymnastics in your community, generate excitement with your gymnasts, and be a part of breaking a record! Here's a quick snapshot of this year's plan.

Who: Gymnasts, families, friends and enthusiasts from gymnastics clubs across the country.

Why: To celebrate National Gymnastics Day and build awareness of gymnastics by attempting to break a world record. The handstand initiative is also a fun way to raise funds for Children's Miracle Network, which benefits children battling illnesses in each club's local community.

What: As part of your National Gymnastics Day celebration at your gym, organize all interested students, families and friends to perform a handstand at the designated time to break the record for the most simultaneous handstands. It also provides a fun way to raise funds for Children's Miracle Network hospitals.

Where: Gym clubs may host their activities at the gym, a local park, the local Children's Miracle Network hospital, or as part of a community event. This is a great chance to be creative and take advantage of what could be successful in your community.

When: Saturday, September 17, at 1 p.m. ET. It is important that all handstand participants have "feet up" at the same time across the country. Activities can be planned leading up to and after the attempt, but the actual handstands must be done on the dot.

How: Spread the news to your club's students and families, share the information with the local media, schools and children's groups.

Don't worry about how to organize it. Member Club Services will have sample action plans that may be used as a template. It really can be as simple as having your students show up 30 minutes before the event; practice the simultaneous inversion of the handstand a few times; and right before the attempt, have cameras ready, start the countdown and have them perform the handstands for the world record attempt.

You will need to count how many gymnasts successfully do a handstand so we can let everyone know if we broke the record. We need your club to email the number of successful handstands, the name of your club and your city and state by 2:00 p.m. ET on September 17 to worldrecordattempt@usagym.org. Also be sure to submit any photos and video clips!

Success: We will announce if we broke the world record on our website at usagym.org and we'll send participating clubs an email with the news!

Right now, you only need to decide to participate and spread the word. Send an email to worldrecordattempt@usagym.org, and we will send you more detailed information, including the template for the timeline and activities. Please join together and help USA Gymnastics celebrate the Year of the Handstand and National Gymnastics Day by breaking the world record!



Children's
Miracle Network
Hospitals



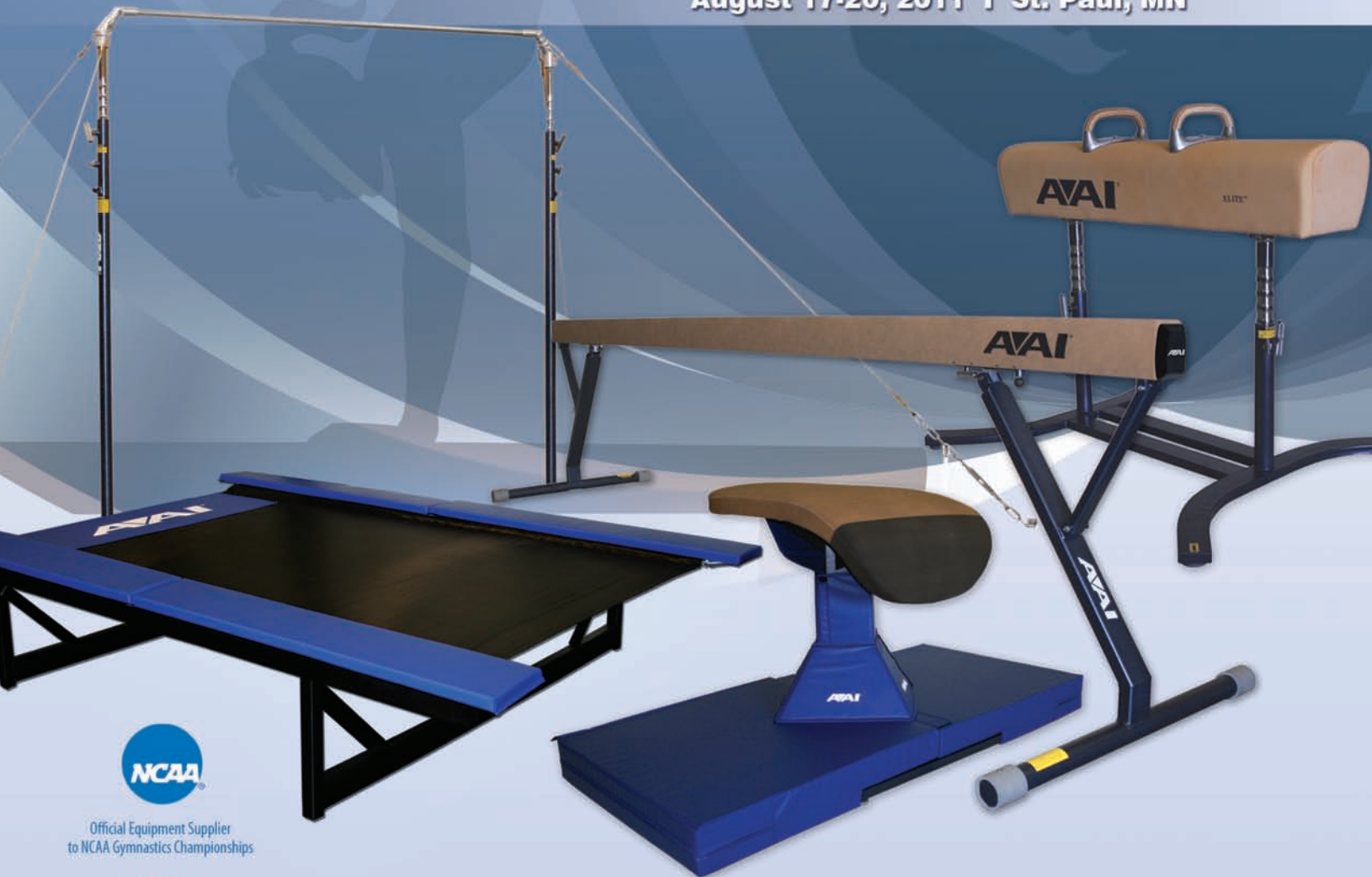
September 17, 2011

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WOMEN'S LEVEL 9 EASTERN CHAMPIONSHIPS

The 2011 Level 9 Eastern and Western Championships were held May 6-8. The Level 9 Eastern Championships were held at the DCU Convention Center in Worcester, Mass., with the Western Championships at the Town and Country Resort and Convention Center in San Diego, Calif.

Congratulations to Region 5 who won the Super Team Award at the Eastern

Championships with 56 points, followed by Region 8 with 43 points and Region 7 with 35 points.

For the Western Championships, Region 1 won the Super Team Award with 27 points, followed by Region 4 with 18 points and Region 2 and 3 tied for third with 17 points.



JUNIOR 1

1 Kelsye Kurtiak	AGA	37.575
2 Wesley Stephenson	Legacy Elite	37.400
3 Lauren Bancroft	Twistars	37.375
4 Griffin James	Gymstrada	37.250
5 Alexandria Ruiz	Ace Gym, FL	37.200
6 Grace Waguespack	Ace Gym, FL	37.175
7 Ragan Smith	NorthWind	36.975
8 Kourtney Chinnery	Gymstrada	36.900



JUNIOR 2

1 Emily Schild	Everest Gym.	37.750
2 Vanasia Brandley	Splitz	37.450
3 NaTori Robinson	World Class-VA	37.350
4 Diana Chesnok	Southeastern	37.150
5 Erika De La Cruz	Florida GTC	37.050
6 Carly Preston	Twistars	37.000
7 Kendal Moss	Everest Gym.	36.875
8 Emily Szembrot	Rochester G.A.	36.825



JUNIOR 3

1 Grace Glenn	Southeastern	38.225
2 Anna Glenn	Southeastern	37.975
3 Anaka Benink	Rockford	37.300
4 Charlee Miller	LaFleurs-Tampa	37.000
5 Alecia Petrikis	XCel Gym.	36.775
6T Jaylee Russo	Radiant	36.650
6T Lindsay Dwyer	GMGC	36.650
8 Nevin Adamski	Ocean Tumblers	36.475



JUNIOR 4

1 Shea Mahoney	Legacy Elite	38.000
2 Michaela Burton	Legacy Elite	37.900
3 Katie Becker	Everest Gym.	37.550
4 Chloe DeVries	Tampa Bay T.	37.350
5 McKenzie Coleman	Universal	37.225
6 Madelyn Bagley	Stars&Stripes	37.100
7 Kathryn Bailey	DeVeau's	37.075
8 Julie Weismiller	US Gym. NJ	36.950



JUNIOR 5

1 Megan McClelland	Southeastern	37.650
2 Brittini Chappell	AGA	37.475
3 Lisa O'Donnell	GymNasti	37.325
4 Krista Collins	Southeastern	37.275
5 Riahannah Ali	Oakland	37.225
6 Jacquelyn Yates	Stars & Stripes	37.100
7 Drew Hendershot	High Point	36.975
8 Taylor Helms	Southeastern	36.900



JUNIOR 6

1 Kensleigh Owens	Southeastern	37.500
2 Erica Man	LaFleur's Tampa	37.425
3 India Anderson	Aiken Gymnastics	37.225
4 Annsley Shivers	NorthWind Gym.	36.975
5 Telah Black	JamJev	36.950
6 Nicole Wild	Southeastern	36.900
7 Olivia Bauer	United	36.725
8 Camille Drouin-Allaire	GMGC Rocky Point	36.625



JUNIOR 7

1 Dara Williams	Gymnastics, Etc.	37.150
2T Francesca Swoboda	GMGC Huntington NY	37.000
2T Mariam Traore	Nashoba Gym.	37.000
4T Brooke Kelly	Mountain Brook	36.950
4T Aysia Sharif	Conn. Gym Acad	36.950
6 Natalie Hoffman	Brandy Johnson's	36.925
7 Shayla Kaempf	Legacy Elite	36.800
8 Kirsten Gendron	Mid Michigan	36.775



JUNIOR 8

1 Anna Bowers	Southeastern	37.625
2 Kristin Morgan	Legacy Elite	37.025
3 Katelyn Cox	Champion Gym.	36.975
4T Isabella Amado	Excalibur	36.925
4T Mollie Drenth	Golden City	36.925
6 Shauna Miller	Tataru's Gym.	36.650
7T Regan Butchness	Legacy Elite	36.550
7T Taylor Bright	World Class-VA	36.550

EASTERNS JUNIOR TEAM SCORES

JUNIOR 1	JUNIOR 5
1 Region 5 149.600	1 Region 5 149.475
2 Region 7 149.525	2 Region 8 149.150
3 Region 8 148.300	3 Region 7 147.350

JUNIOR 2	JUNIOR 6
1 Region 8 149.500	1 Region 8 150.075
2 Region 7 148.500	2 Region 5 147.625
3 Region 5 147.275	3 Region 6 146.000

JUNIOR 3	JUNIOR 7
1 Region 8 149.650	1 Region 5 148.475
2 Region 5 147.275	2 Region 6 148.250
3 Region 7 146.775	3 Region 8 147.750

JUNIOR 4	JUNIOR 8
1 Region 5 151.000	1 Region 5 148.125
2 Region 8 147.925	2 Region 8 147.900
3 Region 7 147.675	3 Region 7 146.175

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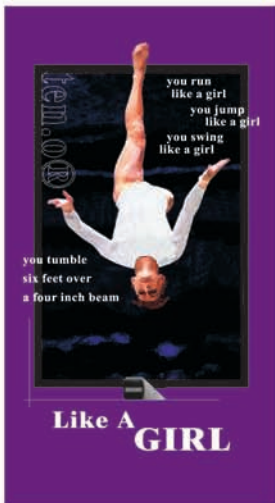
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js-jl, axs-axl



Citrus Spider Shorts
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js-jl, axs-axl

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WOMEN'S LEVEL 9 EASTERN CHAMPIONSHIPS



SENIOR 1

1 Kaylee Dowell	Shooting Stars Gym	37.500
2 Rachel Slocum	Sonshine Gymnastics	37.450
3 Kelsey Hood	Olympia	37.425
4 Izabella Broberg	Arena Gymnastics	37.400
5T Mollie Cunningham	Revolution	37.350
5T Evelyn Nee	Apollo	37.350
7T Julia Sebben	Next Dimension	37.225
7T Lauren Cahalan	Rebounders	37.225



SENIOR 2

1 Julia Konner	Apollo	37.475
2 Amber Hill	All Star - CT	37.350
3 Anya Olson	Oakland	37.000
4T Hannah Redding	AGA	36.850
4T Faye Lawrence	American Gym.	36.850
6 Elizabeth Groden	Hanover YMCA	36.775
7 Katie Pipp	Phenom	36.425
8 Shaila Segal	Deary's Gymnastics	36.400



SENIOR 3

1 Julianne Dugas	Ocean State	37.475
2 Lauren Sloan	Capital Gymnastics	37.275
3 Marissa DeAngelo	Gym Revolution	37.075
4 McKenzie Foster	Maple City	37.025
5 Jessica Filbin	Olympia	36.950
6 Cameron Meyer	Sun Country Gym	36.800
7T Monica McNulty	NE Gym Express	36.525
7T Amanda Scanlon	NE Gym Express	36.525



SENIOR 4

1 Caroline Fitzpatrick	Arena - CT	37.600
2 Krystin Chiellini	Golden City	36.925
3 Mary Claire Cron	Queen City	36.875
4T Selena Swanger	Hanover YMCA	36.825
4T Cassidy Robinson	Twistars	36.825
6 Jillian Fordiani	10.0 Academy	36.700
7 Kaela Proffer	Brandy Johnson's	36.600
8 Tatianna Morehouse	Tampa Gymnastics	36.575



SENIOR 5

1 Anella Anderson	Central Bucks	37.600
2 Victoria Heath	Skyline	37.525
3 Kelsey Thomas	Euro Stars	37.150
4 Marylynn Clark	Apollo	37.025
5 Anastacia Hanus	Sports Club WB	36.975
6 Kelly McKay	GMS	36.925
7 Cheyenne Keller	Artistic Sports	36.825
8 Kristina Steffenhagen	Berk's East	36.700



SENIOR 6

1 Taylor Cortis	Oakland	37.000
2 Sydney Boudreau	Oakland	36.900
3 April Flood	Legacy Elite	36.825
4 Megan Peters	Wright's Gymnastics	36.450
5 Allie Segrest	Noma's SOG	36.375
6 Kelsea Fischer	R Athletics	36.200
7 Jasmine Zambrana	Nina's Gymnastics	36.025
8 Savannah Soares	Aim High	35.925



SENIOR 7

1 Telisa Brown	Elite - IN	37.450
2 Anna Brandmeier	Ultimate	36.800
3 Kaitlyn Reszkowski	Action	36.750
4 Katie Golden	Gym Plus	36.600
5 Kacey Overlund	Twistars	36.375
6 Kaija Aploks	Valley	36.200
7 Gretchen Donovan	Conn. Gym Acad	36.175
8 Danielle Vahala	Summerville Gym	36.125



SENIOR 8

1 Teresa Ciambro	Olympia Gym Ctr.	36.925
2 Stephanie Schuler	Ocean Tumblers	36.875
3 Emily Kelley	Georgia All Star Gym	36.850
4 CiCi Talcott	Twistars	36.775
5 Kaitlyn McNeill	Berk's Gymnastics	36.675
6 Jenna Marchi	Gym Michiana	36.600
7 Rachel Berkstresser	Meadowlands GTC	36.475
8 Sarah Schnicke	Queen City	36.275

EASTERN SENIOR TEAM SCORES

SENIOR 1		SENIOR 5	
1 Region 8	148.975	1 Region 7	149.675
2 Region 5	148.825	2 Region 5	148.150
3 Region 7	148.625	3 Region 6	145.150
SENIOR 2		SENIOR 6	
1 Region 5	147.900	1 Region 5	148.000
2 Region 6	147.875	2 Region 8	144.175
3 Region 7	147.675	3 Region 7	143.950
SENIOR 3		SENIOR 7	
1 Region 6	147.850	1 Region 5	147.225
2 Region 5	147.050	2 Region 8	144.200
3 Region 7	146.725	3 Region 7	143.850
SENIOR 4		SENIOR 8	
1 Region 5	147.450	1 Region 7	148.325
2 Region 8	147.000	2 Region 5	147.100
3 Region 6	146.775	3 Region 8	144.875

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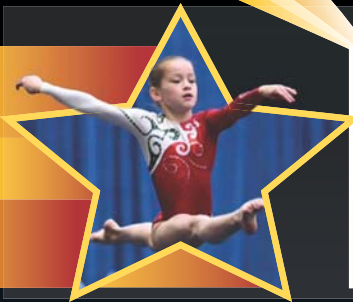
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LEVEL 9 WESTERNS



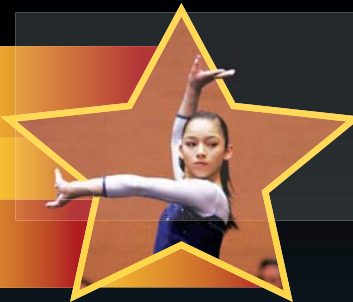
A



B



C



JUNIOR A

1	Norah Flatley	Chow's	37.700
2	Lauren Ramirez	Gold Medal	37.625
3	Chelsey Cole	Metroplex TX	37.525
4	Kennedi Edney	Precision	37.450
5	Mariah Peterson	Olympus	37.400
6	Taylor Bennion	SCEGA	37.300
7T	Savannah Kooyman	Byers E.G.	37.200
7T	Kyana George	Metroplex TX	37.200

JUNIOR B

1	Cassidy Keelen	Texas Dreams	37.850
2	Rachel Gowey	Chow's	37.600
3	Stephanie Day	Aerial Athletics	37.550
4	Rachel Ley	Top Flight TX	37.400
5	Linh-An Ho	Pacific West	37.325
6	Jada Baylark	River City	37.275
7	Alicia Ross	Browns	37.200
8	Kaylee Cole	WOGA	37.175

JUNIOR C

1	Aubree Rosa	Glidens	38.100
2	Ariana Sandoval	Gym-Max	37.925
3	Misty-Jade Carlson	Independent	37.725
4	Malia Mackey	Cascade Elite	37.500
5	Shani Remme	Byers Roseville	37.475
6	Megan Thompson	Xireme MO	37.450
7	Monica Riley	Top Flight TX	37.400
8T	Kennedy Plude	Xireme MO	37.350
8T	Mikayla Nelson	North Shore MN	37.350

D



A



B



JUNIOR D

1	Corinne Belkoff	Tumbleweeds (AZ)	37.875
2	Lauren Schmeiss	Auburn WA	37.600
3	Bryttany Kaplan	Adrenaline	37.300
4	Katy Oswalt	Bronco Elite	37.225
5	Allie Korbel	Twin City Twisters	37.150
6	Lindsey Stover	Auburn WA	37.100
7	Daisha Paulino	HITS	37.075
8	Jen Taylor	Gym Quarters	37.000

SENIOR A

1T	Emily Robbins	National Elite TX	37.600
1T	Angela Rogers	Texas East	37.600
3	Emily Liddle	Airborne Gym.	37.450
4	McKenna Stanley	Aerial Athletics	37.300
5	Schlyer Jones	Achievers	37.275
6T	Courtney Spitzer	SCEGA	37.250
6T	Alana Polsfuss	Twin City Twisters	37.250
8	Briana Ledsema	Aerial Athletics	37.225

SENIOR B

1	Chelsi Hamilton	Top Flight TX	37.900
2	Jeia Villacis	Leading Edge WA	37.500
3	Kiana Gordon	Pacific West	37.475
4	Lexi Tenenbaum	Gleason's MG	37.425
5	Jaimyn Trimboli	National OR	37.375
6	Alisa Bogdan	Gymcats	37.300
7	Madison Rich	Auburn WA	37.225
8	Nicole Larkin	Mid-Columbia	36.825

C



D



SENIOR C

1	Danielle Landry	Auburn WA	37.600
2	Amanda West	Auburn WA	37.375
3	Tasha Del Pozo	Leading Edge WA	36.975
4	Abigail Stanley	Desert Gymcats	36.950
5	Rain Sullivan	Gymfinity	36.700
6	Carole Gong	Club Champion	36.675
7	Kyleigh Greenleaf	Champion TX	36.625
8	Ahley Elser	River City	36.575

SENIOR D

1	Sydney Hinton	Auburn WA	37.075
2	Kellie Amano	South Coast Gym	36.875
3	Andrea Perea	Browns	36.650
4T	Emily Goldeman	Flyaways Gold MN	36.550
4T	Rachel Heckroth	Roach Gym	36.550
6	Melanee Pfautz	Twin City Twisters	36.525
7	Paige Bottano	AGA	36.450
8T	Christina Navarro	Texas Dreams	36.250
8T	Kinsey Aherne	New Hope	36.250

TEAM SCORES

JUNIOR A

1	Region 1	225.925
2	Region 3	225.225
3	Region 4	221.550

JUNIOR B

1	Region 3	226.300
2	Region 1	224.725
3	Region 4	222.600

JUNIOR C

1	Region 1	226.900
2	Region 4	225.100
3T	Region 3	222.550
3T	Region 2	222.550

JUNIOR D

1	Region 2	222.800
2	Region 4	222.700
3	Region 3	222.000

SENIOR A

1	Region 1	224.775
2	Region 3	224.475
3	Region 4	221.200

SENIOR B

1	Region 2	223.325
2	Region 1	222.575
3	Region 4	221.025

SENIOR C

1	Region 1	222.525
2	Region 2	222.325
3	Region 3	217.975

SENIOR D

1	Region 1	220.725
2	Region 4	219.550
3	Region 2	216.950

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Junior: XS (0-1), S (3-5), M (7-9), L (11-13),
XL (15-17).

B - Googly-Eyed Bubble Pen

Item #8G278 \$2.25 ea.

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C - Nailhead Design Backpack

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D - Pink Design T-shirt

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Child: S (4-6), M (7-8), L (10-12),
Junior: S (0-3), M (5-7), L (8-10), XL (11-13).

E - Zebra Shorts

Item #2G022 \$20.95

2 color logo on Black shorts with zebra side panels. 100% moisture wicking polyester with mesh side panels, built in liner, and interior pocket and adjustable tie cord waistband.

Child: S (6-8), M (10-12), L (14-16),
Junior: XS (0-1), S (3-5), M (7-9), L (11-13),
XL (15-17).

F - Yoga Capris

Item #1G046 \$23.95

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Child: S(6-8), M (10-12), L (14-16),
Junior: XS (0-1), S (3-5), M (7-9), L (11-13),
XL (15-17).

H - Mood Splash Pencil

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Trampoline U.S. ELITE C

PHOTOS BY CHAMPION IMAGES

Eight titles were awarded at the U.S. Elite Challenge on April 30 at the Fort Worth (Texas) Convention Center. The senior champions are: trampoline – Jeffrey Gluckstein and Alaina Williams; tumbling – Kalon Ludvigson and Yuliya Brown; double mini-trampoline – Austin White and Sonia Shah; and synchronized trampoline – Steven Gluckstein and Logan Dooley for men and Nani Vercruyssen and Savannah Vinsant for the women.

J. Gluckstein scored a 58.075 to win the senior men's trampoline title. His brother Steven finished in second place with a 57.355. Michael Devine was third (55.905).

J. Gluckstein said, "It felt good to win the title. I jumped high and hit my routines. It was a really good experience for me. Surprisingly everything worked out."

In the junior men's competition, Cody Gesuelli took first at 50.985. Jacob Moomran was second (50.620), followed by Robert Vargas in third (47.750).

U.S. champion Williams of Acrospirits won the women's trampoline title with a score of 148.930. Vercruyssen, who trains at Hawaii Academy, took second (145.900) and Dakota Earnest of Plains, Texas/Acrospirits, finished

third (143.595). Shaylee Dunavin of Amarillo, Texas/All American Gymnastics, claimed the junior women's trampoline title with a 50.680. Nicole Ahsinger of San Diego, Calif./So Cal TTC, was second (49.625), and Charlotee Drury of Laguna Niguel, Calif./World Elite Gymnastics, finished third (49.110).

For synchronized trampoline, Dooley and his partner S. Gluckstein earned the men's senior gold medal with their 111.800 total. Devine and Neil Gulati finished second (103.800) and J. Gluckstein and Sean Kennedy were third at 82.600. In

the senior women's division, Vinsant and Vercruyssen took the top honors at 101.400, and Alicia Powder and Desiree Barker were second with a score of 83.800.

In junior synchronized trampoline, Sam Chiacchia and Sean Sargent won with a score of 119.20. Eric Kennedy and Moorman were second with a 119.00, while Vargas and Seth Crawford finished third with a



Alaina Williams

TRAMPOLINE

SENIOR MEN

- | | |
|--|--------|
| 1. Jeffrey Gluckstein, Atlantic Highlands, N.J./Ultratwisters | 58.075 |
| 2. Steven Gluckstein, Atlantic Highlands, N.J./Ultratwisters | 57.355 |
| 3. Michael Devine, Winnebago, Ill./J&J Tumbling and Trampoline | 55.905 |

SENIOR WOMEN

- | | |
|---|---------|
| 1. Alaina Williams, Norman, Okla./Acrospirits | 148.930 |
| 2. Nani Vercruyssen, Honolulu /Hawaii Academy | 145.900 |
| 3. Dakota Earnest, Plains, Texas/Acrospirits | 143.595 |

JUNIOR MEN

- | | |
|--|--------|
| 1. Cody Gesuelli, Middletown, N.J./Ultratwisters | 50.985 |
| 2. Jacob Moomran, Somerset, N.J./Ultratwisters | 50.620 |
| 3. Robert Vargas, Houston /Gymnast Factory | 47.750 |

JUNIOR WOMEN

- | | |
|--|--------|
| 1. Shaylee Dunavin, Amarillo, Texas/All American Gymnastics | 50.680 |
| 2. Nicole Ahsinger, San Diego, Calif./So Cal TTC | 49.625 |
| 3. Charlotee Drury, Laguna Niguel, Calif./World Elite Gymnastics | 49.110 |

& Tumbling CHALLENGE



Fort Worth, Texas

114.80. On the junior women's side, Deana Parris and Charlotte Drury won the title with a score of 121.40. Meghan O'Connell and Maggie Gallagher were second with a 120.20. Dunavin and Audrey Ghanian were third with a score of 119.90.

Reigning U.S. tumbling champions Ludvigson and Brown took the men's and women's tumbling titles with 144.300 and 125.500, respectively. Joshua Kensil (135.10) and Lee Wilkerson (116.60), finished second and third, respectively, in senior men's tumbling. Marina Moskalenko (118.10) and Natalya Beneschott (107.40), took second and third, respectively, for the senior women. Dunavin collected her second Elite Challenge title, winning junior women's tumbling with a 63.600, and Austin Nacey won the junior men's tumbling title (67.100).

White claimed the senior men's double-mini title at 74.900. Ryan Walsh was second (71.300), and Ludvigson finished third (71.100). Sonia Shah won the senior women's title with a 132.500. Kristle Lowell (132.300) and Erin Jauch (131.800) finished second and third, respectively. Zachary Ceroli won the junior men's double-mini title (67.100), while Tristan Van Natta earned the junior women's title (66.300).

The U.S. Elite Challenge was the second of two qualifying events for the 2011 U.S.

Trampoline Championships, July 8-10, in San Antonio, Texas, for junior and senior elite gymnasts. Gymnasts also earned points toward selection for the 2011 Junior and

Jeffrey
Gluckstein



Nani
Vercruyssen

Savannah
Vinsant

Logan
Dooley

Steven
Gluckstein



SYNCHRONIZED TRAMPOLINE

SENIOR MEN

1. Steven Gluckstein, Atlantic Highlands, NJ/Ultratwisters, and Logan Dooley, Lake Forest, CA/World Elite Gymnastics 111.800
2. Michael Devine, Winnebago, IL/J&J Tumbling and Trampoline and Neil Gulati, Laguna Beach, CA/World Elite Gymnastics 103.800
3. Jeffrey Gluckstein, Atlantic Highlands, NJ/Ultratwisters, and Sean Kennedy, Middletown, NJ/Ultratwisters 82.600

SENIOR WOMEN

1. Nani Vercruyssen, Honolulu, HI/Honolulu Hawaii Academy and Savannah Vinsant, Lafayette, LA/Trampoline & Tumbling Express 101.400
2. Alicia Powder, Ladera Ranch, CA/World Elite Gymnastics, and Desiree Barker, Monument, CO/Artsports-Trampoline World 83.800

JR MEN

1. Sam Chiacchia, Colorado Springs, CO/Artsports Sean Sargent, Mason, OH/ Queen City T&T 119.20
2. Eric Kennedy, Holland, MA/Airtime Trampoline Jacob Moorman, Somerset, NJ/Ultra Twisters 119.00
3. Robert Vargas, Houston, TX/Gymnast Factory Seth Crawford, Houston, TX/Gymnast Factory 114.80

JR. WOMEN

1. Deana Parris, Burtonsville, MD/Fairland T&T Charlotte Drury, Laguna Niguel, CA/World Elite 121.40
2. Meghan O'Connell, Middleton, NJ/Ultratwisters Maggie Gallagher, Coto De Caza, CA/World Elite 120.20
3. Shaylee Dunavin, Amarillo, TX/All American Gymnastics Audrey Ghanian, Holmdel, NJ/Ultratwisters 119.90

Trampoline & Tumbling U.S. ELITE CHALLENGE ...continued

Senior National Teams. And, it was the first of two qualifying events for determining the athletes who will represent the United States at the 2011 Pan American Games in Guadalajara, Mexico, Oct. 14-30, and the 2011 World Championships and World Age Group Competition in Birmingham, England, Nov. 16-26.

TUMBLING

SENIOR MEN

- | | |
|--|---------|
| 1. Kalon Ludvigson, Sterling, Utah/Team Revolution | 144.300 |
| 2. Joshua Kensil, Mackinaw, Ill./Central Illinois Gymnastics Academy | 135.100 |
| 3. Lee Wilkerson, Locust Grove, Ga./Aspire Kids Sports Center | 116.600 |

SENIOR WOMEN

- | | |
|---|---------|
| 1. Yuliya Brown, Idaho Falls, Idaho/Team Revolution | 125.500 |
| 2. Marina Moskalenko, Orlando, Fla./Stick It Gymnastics | 118.100 |
| 3. Natalya Beneschott, Reno, Nev./Legacy T&T | 107.400 |

JUNIOR MEN

- | | |
|--|--------|
| 1. Austin Nacey, Braidwood, Ill./Twistars T&T | 67.100 |
| 2. Jackson Tyson, Greensboro, N.C./Ultimate Air T&T | 64.200 |
| 3. Brandon Krzynefski, Centreville, Va./Capital Gymnastics | 63.900 |

JUNIOR WOMEN

- | | |
|---|--------|
| 1. Shaylee Dunavin, Amarillo, Texas/All American Gymnastics | 63.600 |
| 2. Julia Nowell, Auburndale, Fla./Reflex Gymnastics | 62.700 |
| 3. Shelby Allen, Oak Park, Mich./AGT Flip City | 62.300 |



Austin
White



Sonia
Shah



Kalon
Ludvigson



Yuliya
Brown

DOUBLE MINI TRAMPOLINE

SENIOR MEN

- | | |
|---|--------|
| 1. Austin White, Newport Coast, Calif./World Elite Gymnastics | 74.900 |
| 2. Ryan Walsh, Kalamazoo, Mich./Branch Gymnastics | 71.300 |
| 3. Kalon Ludvigson, Sterling, Utah/Team Revolution | 71.100 |

SENIOR WOMEN

- | | |
|---|---------|
| 1. Sonia Shah, Indianapolis, Ind./Scamps Gymnastics | 132.500 |
| 2. Kristle Lowell, Orland Park, Ill./5 Star Elite | 132.300 |
| 3. Erin Jauch, Crystal Lake, Ill./Fox Valley T&T | 131.800 |

JUNIOR MEN

- | | |
|--|--------|
| 1. Zachary Ceroli, Honolulu /Hawaii Academy | 67.100 |
| 2. Samuel Chiacchia, Colorado Springs, Colo./Artsports | 66.800 |
| 3. Austin Nacey, Braidwood, Ill./Twistars T&T | 64.900 |

JUNIOR WOMEN

- | | |
|---|---------|
| 1. Tristan Van Natta, McCordsville, Ind./Flipside | 66.300* |
| 2. Alyssa Williamson, Amarillo, Texas/All American Gymnastics | 66.300* |
| 3. Shaylee Dunavin, Amarillo, Texas/All American Gymnastics | 65.100 |

*Tie Breaker rule awarded gold

Note: You will notice that some of the scores are more than 100 points. When there are less than 10 competitors in the division, scores from prelims and finals are added together for the final score. Scores under 100 were from divisions with more than 10 competitors and used "new life" finals where the prelim scores are dropped and all finalists start from zero.



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USA Gymnastics

Open Championships

A Magical Event

Action shots by Gameday photos

More than 770 young women from 34 states competed at the 2011 USA Gymnastics Open Championships at the ESPN Wide World of Sports Complex at Walt Disney World Resort near Orlando, Fla., June 3-5.

The four-day event is a nationwide invitational for women's gymnastics Levels 4-8 and prep-op (which is now called Xcel) and rhythmic gymnastics Levels 4-6; Both individual and club team champions were named along with a women's overall 2011 Club Team Champion. A women's gymnastics National Elite Qualifier was also conducted in conjunction with this event.

The USA Gymnastics Open Championships was part of the inaugural ESPN RISE Girls Showcase, a three-week sports festival celebrating female sports that involved nearly 15,000 elite and recreational female athletes competing in basketball, gymnastics, softball, taekwondo and volleyball.

Congratulations to North Shore Gymnastics in Mandeville, La., for winning the overall club division for women's artistic gymnastics. This club won three session team titles, plus 15 athletes won medals, including all-around - 6 gold, 6 silver and 3 bronze; and individual events - 17 gold, 12 silver and 8 bronze. Also congratulations to Ocean Tumblers of Virginia that finished second, and Edgewater of Panama City, Fla., in third.



Continued...



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2011



Men's Level 4 thru Elite
International Competition
Coaches Reception - Prize Money





USA Gymnastics
Open Championships
A Magical Event
 ...continued



Photo by Renee Posan

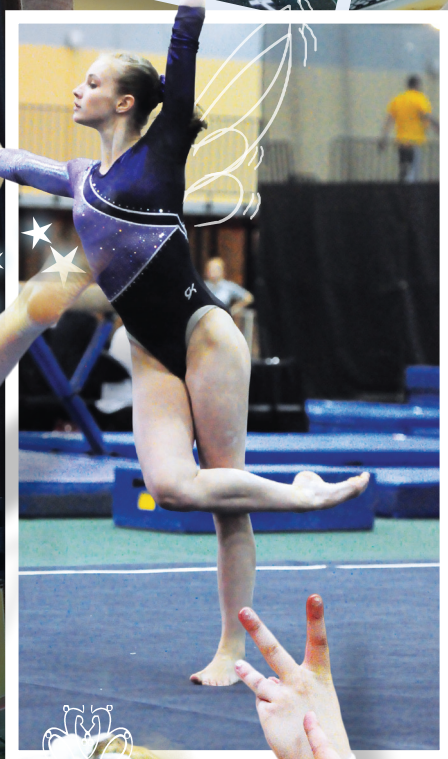


Photo by Renee Posan



Club teams were comprised of a minimum of three gymnasts per club. The top three club team champions were awarded in each session. Team scores were determined by adding the top three scores in each event. Individual awards were given also for each age group in each session. Individual awards were also given for each age group in each session.

For full results go to www.usagym.org



Group photo above by Renee Posan

Nastia Liukin Fund

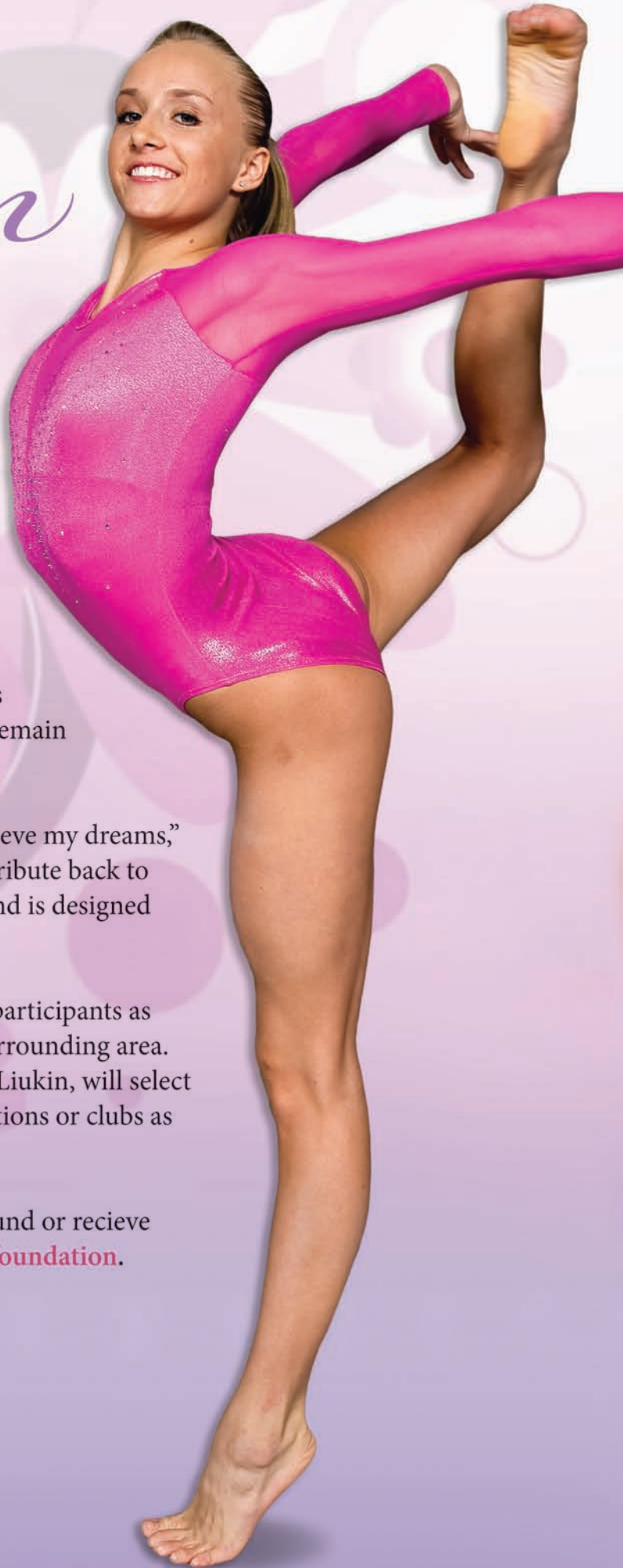
within 
The National Gymnastics Foundation

2008 Olympic all-around champion Nastia Liukin, USA Gymnastics and the National Gymnastics Foundation have teamed up to support the achievements of athletes and gymnastics clubs promoting continued athletic success for gymnasts. Goals of the Nastia Liukin Fund include partnerships with fitness-orientated programs for young people and encouraging clubs that aid athletes who need financial assistance to remain or become involved in gymnastics.

“Gymnastics has given me the opportunity to achieve my dreams,” said Liukin. “Now, I want to help others, and contribute back to the gymnastics community. The Nastia Liukin Fund is designed for this purpose.”

Funds are intended to reach as many gymnastics participants as possible and to achieve a great outcome for the surrounding area. A committee of five individuals, including Nastia Liukin, will select recipients annually and allocate funds to organizations or clubs as deemed appropriate.

If you would like to donate to the Nastia Liukin Fund or receive more information, please visit www.usagym.org/foundation.




Nastia Liukin



USA'S KISIEL, KERBER WIN ALL-AROUND TITLES AT THE

2011 U.S. Rhythmic Classic

Shelby Kisiel of Houston and Jazzy Kerber of Highland Park, Ill., won the senior and junior all-around titles, respectively, at the 2011 U.S. Rhythmic Classic, held June 11–12 at the HP Field House at ESPN Wide World of Sports Complex at Walt Disney World Resort in suburban Orlando, Fla. In total, the U.S. won 23 medals – 10 gold, 12 silver and one bronze. The U.S. Rhythmic Classic was part of the inaugural ESPN RISE Girls Showcase.

In the senior division, Kisiel, who trains at North Shore Rhythmic Gymnastics Center, won every available gold medal – all-around, 101.875; hoop, 26.100; ball, 25.700; clubs, 24.700; and ribbon, 24.525. New York City's Alexis Page, who trains at Aviator Sports and Recreation, also won five medals: silver – hoop, 23.650; ball, 23.925; clubs, 24.650; and ribbon, 24.450; and bronze all-around, 93.175.

In addition to her junior all-around gold, Kerber, who trains at North Shore Rhythmic Gymnastics, *continued...*

TEAM
Spain

Results

JUNIOR ALL-AROUND	
1. Jazzy Kerber, USA	98.075
2. Rebecca Sereda, USA	96.400
3. Ksenia Judeikin, Canada	86.150
Exhibition	
Cindy Lu, USA	87.325
Serena Lu, USA	86.150
SENIOR ALL-AROUND	
1. Shelby Kisiel, USA	101.875
2. Andreina Martinez, Venezuela	93.725
3. Alexis Page, USA	93.175
Exhibition	
Olga Pavlenko, USA	98.075
Polina Kozitskiy, USA	95.800

SHELBY
Kisiel

JAZZY
Kerber

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of mango.



2011 U.S. Rhythmic Classic

claimed the silver medal for all four events. Kerber's scores were: all-around, 98.075; hoop, 24.350; ball, 23.450; clubs, 23.400; and ribbon, 23.175. Rebecca Sereda of Staten Island, N.Y./Isadora, won the four event gold medals and was second in the all-around: all-around, 96.400; hoop, 24.525; ball, 26.000; clubs, 25.175; and ribbon, 24.525.

In addition to the four rhythmic gymnasts representing the USA, four additional gymnasts participated in the all-around to gain experience, but were not included in the official results: senior – Polina Kozitskiy of Fountainville, Pa.



REBECCA Sereda

INDIVIDUAL EVENTS

HOOP

Junior

1. Rebecca Sereda, USA 24.525
2. Jazzy Kerber, USA 24.350
3. Ksenia Judeikin, Canada 21.725

Senior

1. Shelby Kisiel, USA 26.100
2. Alexis Page, USA 23.650
3. Andreina Martinez, Venezuela 22.750

BALL

Junior

1. Rebecca Sereda, USA 26.000
2. Jazzy Kerber, USA 23.450
3. Ksenia Judeikin, Canada 21.775

Senior

1. Shelby Kisiel, USA 25.700
2. Alexis Page, USA 23.925
3. Andreina Martinez, Venezuela 23.750

CLUBS

Junior

1. Rebecca Sereda, USA 25.175
2. Jazzy Kerber, USA 23.400
3. Alexandrina Ghetoi, Moldova 20.850

Senior

1. Shelby Kisiel, USA 24.700
2. Alexis Page, USA 24.650
3. Andreina Martinez, Venezuela 22.050

RIBBON

Junior

1. Rebecca Sereda, USA 24.525
2. Jazzy Kerber, USA 23.175
3. Ksenia Judeikin, Canada 20.025

Senior

1. Shelby Kisiel, USA 24.525
2. Alexis Page, USA 24.450
3. Andreina Martinez, Venezuela 23.100

GROUP ALL-AROUND

1. Spain 51.425
2. United States 47.675
3. Venezuela 38.075

GROUP INDIVIDUAL EVENTS

BALL

1. Spain 25.150
2. United States 23.050
3. Venezuela 17.975

RIBBON/HOOP

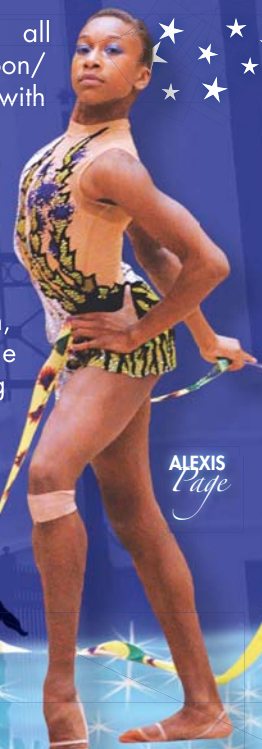
1. Spain 25.225
2. United States 23.225
3. Venezuela 19.450

(95.800), and Olga Pavlenko of Brooklyn, N.Y. (98.075); and junior – Cindy Lu (87.325) and Serena Lu (86.150), both of Blaine, Minn.

The USA's group finished second in all three events – all-around, ball and ribbon/hoop. Spain won the three gold medals, with Venezuela in third.

The members of the U.S. group, which trains at North Shore Rhythmics in Deerfield, Ill., are: Rachel Anderson, Jessica Bogdanov, Megan Frohlich, Aimee Gupta, Michelle Przybylo, Sofya Roytburg and Sydney Sachs.

The countries competing were Canada, Chile, Colombia, Ecuador, Guatemala, Moldova, Philippines, Spain, United States and Venezuela.



ALEXIS Page



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EVENT SCHEDULE

2011

JULY

1	American Classic (W)	Huntsville, Texas
2	Elite National Qualifier (W)	Huntsville, Texas
2-3	National Elite Qualifier (W)	Houston, TX
9	National Qualifier (M)	Colorado Springs, CO
8-10	Trampoline & Tumbling U.S. Champs.	San Antonio, TX
10-15	JO Championships (TT)	San Antonio, TX
10-16	World Gymnaestrada (GG)	Lausanne, SUI
15-17	Region 8 Congress	New Orleans, LA
22-24	Covergirl Classic/Challenge (W)	Chicago, IL
22-27	Acrobatic National Championships	San Jose, CA
23-24	Rhythmic National Qualifier	Downers Grove, IL
28-31	TOPs Invitational Training Camp (W)	Houston, TX

AUGUST

5-7	Region 6 Congress	Boston, MA
5-8	JO Begin. Optional Open Training Camp (W)	Houston, TX
9-11	JO Inter./Adv. Optional Open Training Camp (W)	Houston, TX
17-20	Visa Championships (M/W/R)	Saint Paul, MN
18-20	National Congress and Trade Show	Saint Paul, MN
25-28	ODP Selection Camp (TT)	Houston, TX
26-28	Region 1 Congress	Santa Clara, CA

SEPTEMBER

9-11	Region 2 Congress	Everett, WA
13-26	Rhythmic World Championships	Montpellier, France
15-18	State and Regional Chairman's Workshop (M)	TBD
17	National Gymnastics Day	various locations
23-25	Region 5 Congress	Indianapolis, IN
30-Oct. 2	National TOP Testing (W)	Houston, TX

OCTOBER

1-3	National TOP Testing (W)	Houston, TX
7-16	World Artistic Championships (M/W)	Tokyo, Japan
13-16	JO Team Coaches Course (W)	Huntsville, Texas
14-30	Pan American Games (M/W/R/TR)	Guadalajara, MX
22-25	JO National Team Training Camp (W)	Houston, TX
27-30	Level 9/10 Training Camp (W)	Houston, TX

NOVEMBER

10-13	Fut. Stars Champs./Coaches Wrkshp.(M)	Colo. Springs, CO
16-19	T & T World Championships	Birmingham, ENG
20-26	World Age Group Championships (TT)	Birmingham, ENG
30-Dec. 4	National TOP Team Training Camp (W)	Houston, TX

DECEMBER

4-8	TOP B Training Camp (W)	Houston, TX
-----	-------------------------	-------------

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EVENT SCHEDULE ...CONTINUED

2012

JANUARY

10-18 Olympic Test Event London, ENG

FEBRUARY

2-4 Winter Cup Challenge (M) Las Vegas, NV

MARCH

2 Nastia Liukin *Supergirl* Cup (W) TBD

3 AT&T American Cup (M/W) TBD

16-18 Pacific Rim Championships (M/W/R/T) TBD

23-24 USA Gymnastics Collegiate Champs. (M) TBD

APRIL

TBD Acro Gymnastics World Championships & World Age Group Competition TBD

MAY

3-6 Level 9 East/West Championships (W) TBD

7 USA Gymnastics Special Olympics Championships (M/W/R/GG) Marietta, GA

7-13 JO National Championships (M) Cincinnati, OH

10-12 JO National Championships(W) TBD

13 JO-NIT (W) TBD

24-26 Cover Girl Classic (W) Chicago, IL

31-June 3 Open Championships (W) Orlando, FL

JUNE

7-10 Visa Championships St. Louis, MO

28-July1 USA Gymn. Nat. Congress and Trade Show San Jose, CA

28-July1 U.S. Olympic Team Trials-Gymnastics (M/W) San Jose, CA

2013

MAY

2-5 Level 9 East/West Championships (W) TBD

9-11 JO National Championships (W) TBD

12 JO-NIT (W) TBD

31-June 2 2013-20 JO Compulsory Master Workshop - East (W) Orlando, FL

JUNE

7-9 2013-20 JO Compulsory Master Workshop - West (W) Reno, NV

New Year's Invitational
 December 30-31, 2011
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EVENT RESULTS

USA FINISHES SECOND IN TEAM COMPETITION AT STELLA ZAKHAROVA CUP

The USA finished second to Ukraine in the team competition at the 2011 Stella Zakharova Cup in Kiev, Ukraine, on May 21, 2011.

In the 11-team field, Ukraine posted the top team score of 171.600 followed by the USA's 169.850 and Russia's 168.460.

Alex Naddour of Gilbert, Ariz., was third in the all-around with a score of 83.500. Ukraine gymnasts took the top two all-around spots, Oleg Vernyaev at 85.300 and Pyotr Pakhnyuk at 84.150. Jake Dalton of Sparks, Nev., finished fifth with a score of 83.300. Steven Legendre of Flower Mound, Texas, finished seventh with a score of 83.150. All three gymnasts from the University of Oklahoma contributed to the team silver medal.

Photo by John Cheng



ALEX
NADDOUR

2011 STELLA ZAKHAROVA CUP

KIEV, UKRAINE
MAY 21, 2011



TEAM COMPETITION

- | | |
|------------|---------|
| 1. Ukraine | 171.600 |
| 2. USA | 169.850 |
| 3. Russia | 168.460 |

MEN'S ALL-AROUND

- | | | |
|----------------------------|---------|--------|
| 1. Oleg Vernyaev | Ukraine | 85.300 |
| 2. Pyotr Pakhnyuk | Ukraine | 84.150 |
| 3. Alex Naddour | USA | 83.500 |
| <i>Other U.S. finishes</i> | | |
| 5. Jake Dalton | USA | 83.300 |
| 7. Steven Legendre | USA | 83.150 |

(More event results on page 43)

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MENTAL TRAINING TIPS: KEEP CALM UNDER PRESSURE... COMPOSURE SKILLS

CHRIS CARR, PH.D., HSPP • SPORT & PERFORMANCE PSYCHOLOGIST • ST. VINCENT SPORTS PERFORMANCE



Being a competitive gymnast (optional level) can generate many distractions and “pressures” (stress), such as the hours of training, injuries, balancing schoolwork/practice, and traveling to meets. However, a gymnast should understand that he or she can only **FOCUS ON THE THINGS HE/SHE HAS CONTROL OVER...**

I have found that the most successful athletes are those that are able to keep calm and composed in the most anxious moments...by trusting in themselves and their training, a sense of “calm” can permeate a tense moment...from there a great routine can occur.

In gymnastics, whether you’re just starting at your first Level 6 meet, or preparing for Level 10 Regionals, the use of mental training can assist in how you deal with your anxiety, fears, doubts, and “butterflies”. When an athlete visualizes successful performance, he/she is likely to report feeling “calm and focused...it was easy...my energy was perfect...” In my sport and performance psychology practice at St. Vincent Sports Performance, I work very hard with my clients (athletes) to help them learn how to be focused on their goals, learn how to manage “butterflies” (get them to fly in formation), and help them create mental “plans” that they can use throughout their competitive season.

Here are some mental training “tips” to help you maintain your focus and composure in practice and competition:

- Remember your **BEST PERFORMANCE**...Use cue words to focus on how it feels when you are competing at your best...**VISUALIZE** that performance...
- Practice **BREATHING** and **RELAXING** exercises... This will help you to be able to take a deep breath...and relax...when situations are tense.
- **USE POSITIVE SELF-TALK**...Focus on positive statements about performance you can control... not outcome...State to yourself the “cues” that you associate with your best skill one at a time...
- Have **CONFIDENCE** in your abilities...and let that belief be **INTERNAL**...you are the only one that knows how composed you can be...
- **FOCUS ON THE MOMENT**...the most important routine is the one you are doing right now...
- **LOVE WHAT YOU DO**...The smile on your face keeps you composed and focused!

Good luck in training your “mental game”...control what you can control, and believe in the pursuit of your dreams!

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JUNIOR OLYMPIC Rhythmic GYMNASTICS OPTIONAL CHAMPIONSHIPS AND INVITATIONAL

The Junior Olympic Rhythmic Gymnastics Optional Championships and Invitational for Levels 7-10 took place at the HP Field House at the ESPN Wide World of Sports Complex, June 8-12. All of the gymnastics events held at the ESPN Wide World of Sports Complex were part of the ESPN Rise Girls Showcase, the three-week sports festival celebrating female sports that involved nearly 15,000 elite and recreational female athletes competing in five sports.

New Enland Sports Academy
JO Advanced Group Champs

Level 10 Senior all-around Champs

FIG Junior Group Champs

Yasmeen Sidqi
Level 10 Junior Champ

EuroGymnastics Intermediate Group Champs

Level 9 Senior all-around Champs

Original photo by Diane Bidermann



JO Level 7

**GROUP COMPETITION
FIG ELITE JUNIOR**
Region 3 Combined Group

JO ADVANCED
New England Sports Academy

JO INTERMEDIATE
Eurogymnastics

**REGIONAL
TEAM CHAMPIONS**
LEVELS 7-9

Level 7, Region 4
Level 8, Region 5
Level 9, Region 3

THE ALL-AROUND CHAMPIONS
LEVEL 7

Ekatherina Kapitonova of Isadora

LEVEL 8

Nastasya Generalova of California Rhythms

LEVEL 9 JUNIOR

Ronit Shamuilov of Isadora

LEVEL 9 SENIOR

Alexandra Jankulov of Oakland Rhythmic Gymnastics

LEVEL 10 JUNIOR

Yasmeen Sidqi of Isadora

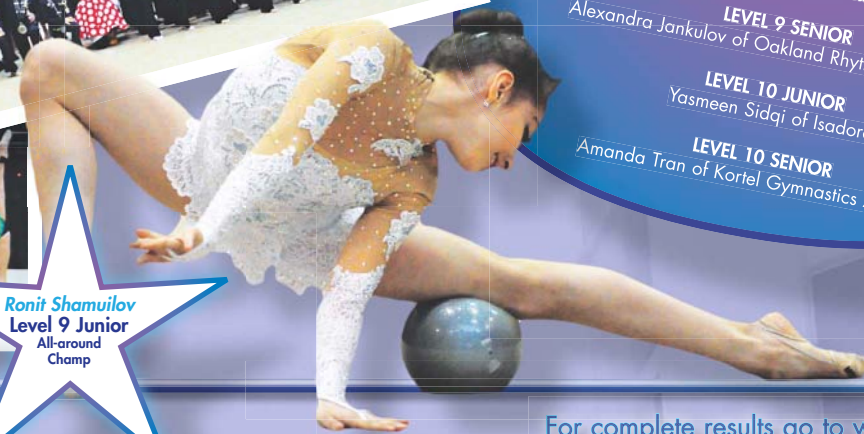
LEVEL 10 SENIOR

Amanda Tran of Kortel Gymnastics Academy

JO Level 8



Ronit Shamuilov
Level 9 Junior
All-around
Champ



For complete results go to www.usagym.org/rhythmic

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By Lindsay G. Langford,
MS, RD, CSSD and
Jeff Richter, CSCS

Staying HEALTHY & COMPETITIVE!

In today's culture of youth gymnastics, gymnasts are accumulating a larger total volume of practices and competition than in years past. This is largely due to the fact that the level of competition is increasing; therefore, extra hours are being dedicated to gaining an edge over their opponents. These hours of gymnastics can have negative effects on the body if not cautiously monitored and proper precautions taken.

Studies have shown that intensive aerobic and anaerobic training can produce a negative nitrogen balance in the body. This can lead to losses in lean body mass that include enzymatic proteins and antibodies; consequently, increasing the chance of a potential sickness or injury developing. Therefore, this research suggests that in order for gymnasts to live a consistent lifestyle of wellness, two important factors should be monitored.

First of all, gymnasts should be aware of long, physically exhausting practice sessions and/or meets that take place without adequate recovery and rest. Practically, this means that gymnasts should gradually change the volume and intensity of workouts, which has been shown to possibly reduce the overtraining effect. Other techniques, such as stress management, massage, adequate sleep and proper diet have also been shown in studies to reduce the overtraining syndrome. By following these strategies, gymnasts are more likely to avoid stress and overtraining, thus having the ability to perform gymnastics with high energy levels.

The second factor to be monitored is nutrition. Nutrition awareness should be a high priority for athletes to

insure they are receiving adequate calories and protein intake to match their energy expenditure. When gymnasts are in a high volume of training their caloric intake should increase. If this does not occur, and nutrition remains the same despite the time of year a caloric deficit can occur. If a caloric deficiency is occurring, the body is at a higher risk for illnesses, injuries, and stress fractures. Within this caloric increase, the need for more protein also increases. Athletes, in generally, have a higher need for protein than their sedentary counterparts. Most gymnast need to consume anywhere from 7–12oz of lean meat (chicken, fish, turkey) per day. Protein helps to maintain and build muscle by providing a positive nitrogen balance as mentioned earlier. To stay injury free and to continue to increase performance, gymnast must remember to alter nutrition to match your increased expenditure.

Therefore, when training and practice become more intense be sure to get proper sleep, nutrition, and time for relaxation are occurring to keep your body in top shape for performance.

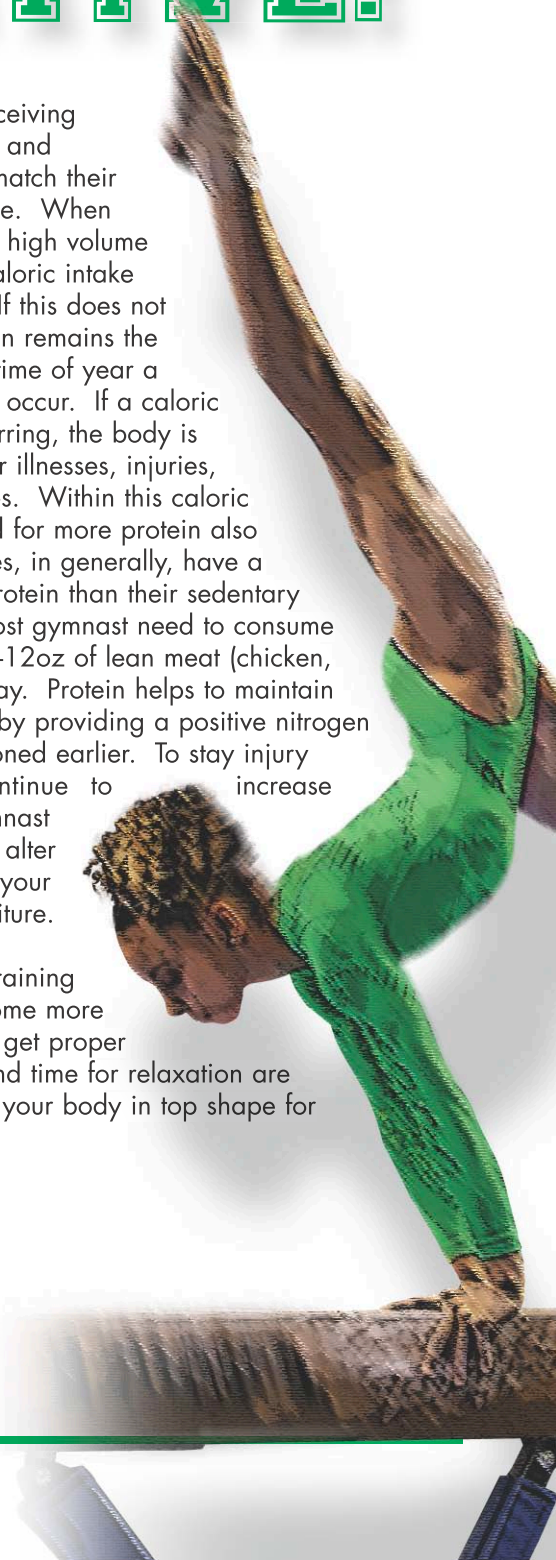
¹Dohm, G.L., Kasperek, G.J., Tapscott, E.G. and H.A. Barakat. Protein metabolism during endurance exercise. Federation Proceedings. 44:348-352. 1985.

²Round Table. Overtraining of athletes: a round table. Phys. Sports Med. 11:92-110. 1983.

³Kulpers H., H.I. Keizer. Overtraining in athlete athletes. Sports Med. 6:79-92. 1988.

⁴Vorobeyev, A. Weightlifting. Budapest: International Weightlifting Federation (Medical Committee). Translated by W.J. Brice. 1978.

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EVENT RESULTS

LEGENDRE FINISHES FOURTH IN FLOOR FINALS AT MOSCOW WORLD CUP

2010 World floor exercise finalist Steven Legendre of Flower Mound, Texas, finished in fourth place in the floor finals at the International Gymnastics Federation's World Cup in Moscow, Russia, May 14.



Legendre, who trains with the University of Oklahoma and is a member of Team Hilton HHonors, posted a 14.200 in the floor finals. Thomas Bouhail of France won the event with a 15.200. Greece's Eleftherios Kosmidis, who had the highest prelim score, was second at 14.500. The Netherlands' Jeffrey Wammes had the third best score at 14.250.

Danell Leyva of Miami, who trains at Universal Gymnastics and is a member of Team Hilton HHonors, competed in the horizontal bar preliminary round but did not advance.

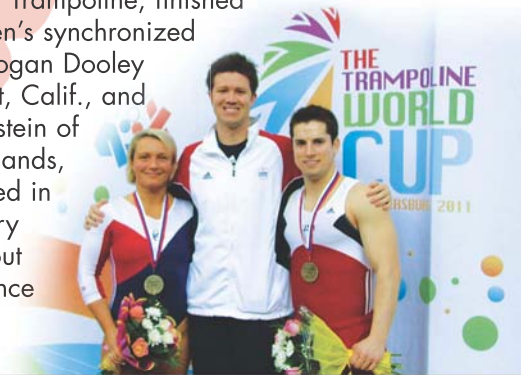
(More event results on page 46)

USA WINS TWO BRONZE AT TRAMPOLINE & TUMBLING WORLD CUP

Yuliya Brown of Idaho Falls, Idaho, and Kalon Ludvigson of Sterling, Utah, won tumbling bronze medals at the World Cup at the St. Petersburg (Russia) Sports and Concert Complex, May 29.

Brown earned a 62.500 in the women's tumbling final. Russia took the top two spots: Anna Korobeynikova was first at 67.300, followed by Anzhelika Soldatkina at 63.500. Ludvigson's 74.000 also landed him behind two Russians, Timofey Podust at 76.800 and Andrey Krylov at 75.300. Both Hall and Ludvigson train at Team Revolution.

Jeffery Gluckstein of Atlantic Highlands, N.J./Head over Heels, and Michael Devine of Winnebago, Ill./J&J Tumbling and Trampoline, finished seventh in men's synchronized trampoline. Logan Dooley of Lake Forest, Calif., and Steven Gluckstein of Atlantic Highlands, N.J., competed in the preliminary competition but did not advance to finals.



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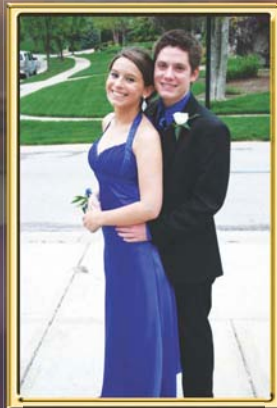
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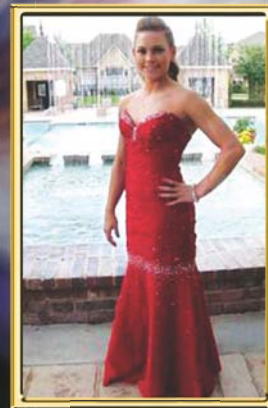
Alex Renkert and his date
(Trampoline & Tumbling)



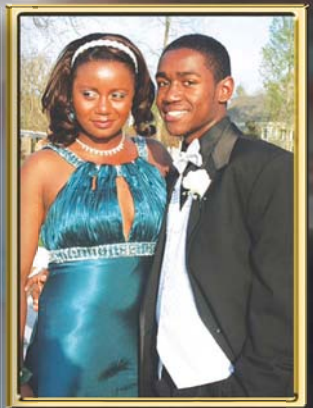
Ashleigh Thomas
(Trampoline & Tumbling)



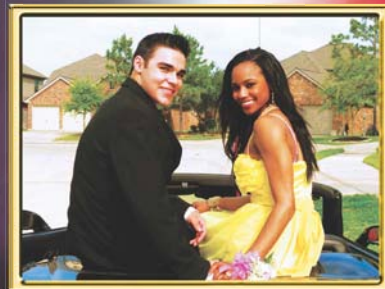
Bridget Sloan and her date
(Women)



Chelsea Davis
(Women)



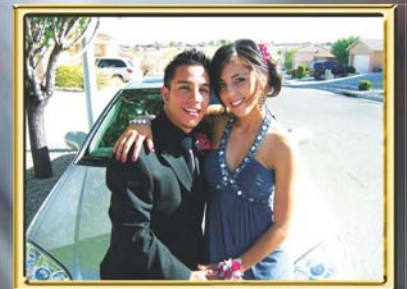
Kaylah Whaley and her date
(Trampoline & Tumbling)



Jordan Valdez and his date
(Men)



Megan Frohlich and her date
(Rhythmic)



C.J. Maestas and his date
(Men)

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EVENT RESULTS

RHYTHMIC GROUP MAKES WORLD CUP FINALS

The U.S. Rhythmic Group finished seventh and made both event finals at the FIG World Cup at the Sports Palace "Nagorny" in Nizhny Novgorod, Russia. It is the highest World Cup group finish for the USA this quad.

The group placed seventh in the all-around with a combined score of 48.225, finishing fifth in the five balls event final with a score of 25.825 and sixth in the two hoop, three ribbon final at 24.300. All three results are top finishes for the United States this quad. Russia claimed the three event titles.



The U.S. Rhythmic Group, which trains at North Shore Rhythmics in Deerfield, Ill., includes Jessica Bogdanov, Megan Frohlich, Michelle Przybylo, Sofya Roytburg, Sydney Sachs and Rachel Anderson. Anderson did not travel.

KISIEL AND SEREDA EARN MEDALS AT RHYTHMIC BALTIC CUP

Rebecca Sereda of Isadora Sports School in Staten Island, N.Y., earned the junior all-around silver medal at the Baltic Cup Tournament in Rumia, Poland, June 5. Shelby Kisiel of Chicago, Ill./North Shore Rhythmic Gymnastics Center, finished seventh in the senior all-around competition and qualified into all four event finals. Kisiel earned the bronze medal in hoop, finished seventh place in ball, and eighth place in clubs and ribbon.

In the pre-junior tournament, Nastasya Generalova of Los Angeles/California Rhythms, earned the all-around bronze medal.

Also participating in the junior tournament were Ronit Shamilov, Jennifer Rohkman and Monica Rohkman, all of who finished in the top 10.



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Event Schedule

Thursday, June 28

7:00 pm - Men's Competition - Day 1

Friday, June 29

5:30 pm - Women's Competition - Day 1

Saturday, June 30

11:00 am - Men's Competition - Final Day

Sunday, July 1

5:30 pm - Women's Competition - Final Day

Schedule is subject to change. All times are Pacific.

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FACES IN THE GYM



► Madison Larkin New Milford, Connecticut

Madison, 8, is a Level 4. At the Flippin' into Spring and The Judges Cup she placed in every event including a special judges' award for her bar routine. She trains at Elite Gymnastics Center and is coached by Anja Haffner, Leila Noone and Nick Tiffany.

▲ Brigitte Kats Staten Island, New York

Brigitte, 12, is a Level 8 rhythmic gymnast at Isadora Gymnastics. She won the all-around at the New York Championships and Coaches Cup in Syracuse in March. She's coached by Nataliya Kiriyyenko and Irina Khamidullina.

▼ Bama Bounders Tuscaloosa, Alabama

Alex Newberry, 14, finished third in the all-around, Meredith Daniel, 13, finished first in the all-around and Courtney Wilson, 15, finished first in the all-around at State Meet. The girls train at Bama Bounders and are coached by Erin Kightlinger, Lauren Penuel, and Andy Penuel.



▼ Emily Lambright Nacogdoches, Texas

Emily, 12, is the Level 7 2011 Texas State Champion on beam and floor - winning beam with a perfect 10 and scoring a 9.75 on floor. She trains at the Boys and Girls Club's Nibco Sports Center. Her coach is Jacqie Hamblin.



► Elexis Edwards Chesterfield, Virginia

Elexis, 9, is a Level 7 and is coached by Laura Schiller and Marshall Long at Virginia International. She placed first in the all-around at the Virginia Beach Classic, Excalibur Cup, The Nation's Capital Cup and the Virginia State Meet.



▲ Kyle Stokely Las Vegas, Nevada

Kyle is a first year Level 10 gymnast who trains at Desert Gymcats. Kyle was a performer in the "Love" show for Cirque du Soleil for three years.



► Alexander Hill Rocklin, California

Alexander is a Level 10 Trampoline and Double Mini Level 9 Tumbler. He has medaled the past two years in all three events at the T&T JO Nationals.

He's again qualified to 2011 J.O. Nationals. He is from American Powerhouse.



► Gabriela Valvo Las Vegas, Nevada

Gabriela, is a Level 4 from Brown's Gymnastics. At the State Meet, she won vault, beam, floor and the all-around (37.100) and was runner up on bars. She's coached by Daniel Martinez, Tatiana Lewis, Tiffany Saipale, and Jen Hart.



▲ Mohamed El-Askary Aliso Viejo, California

Mohamed, 7, broke the handstand record for the Southern California Men's State Championships, holding a handstand for 3 minutes and 10 seconds! A Level 7, he took first on floor and fifth in the all-around. He trains at Azarian U.S. Gymnastics Training Center and is coached by Eduard Azarian and Tim Klemppauer.

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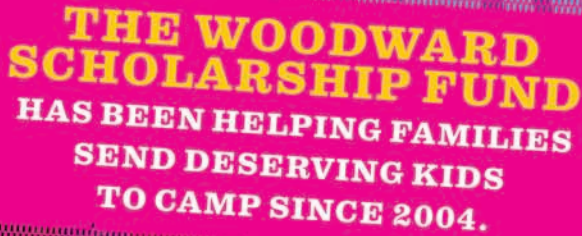
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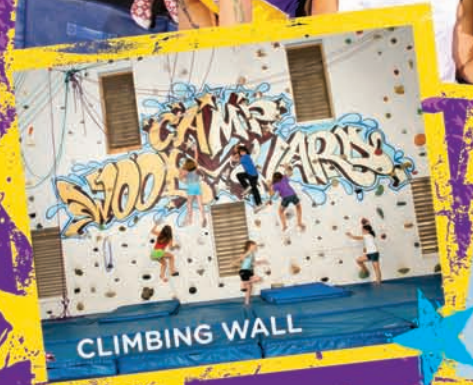


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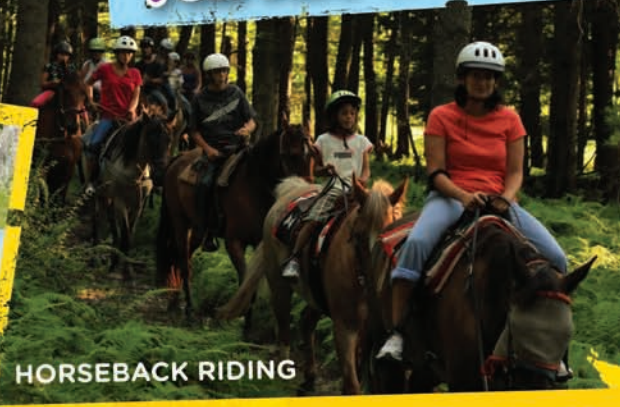
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