

J.O Team Newsletter

March/April 2018

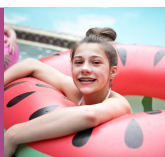
Granite City Gymnastics

Saturday,
March 17th



Speaker Mike Lippert, from A110 Athletics, will be coming in after practice from 12:15-1:15 PM. He will be discussing mental toughness and visualization with the Level 6-9 gymnasts.

Monday,
March 26th



There will be **NO PRACTICE**, Monday, March 26th for levels 6-9.

Saturday,
April 7th



The Minnesota Gophers compete in the NCAA Regionals at Maturi Pavilion on Saturday, April 7th @ 4:00 PM. This is a great opportunity for some team bonding and great gymnastics. Tickets can be purchased on the Golden Gophers website.

Sunday,
May 6th



Change of date for the Team Banquet. We will be debuting the new competition leotard for the 2019-2020 seasons at the banquet!



State Meet Schedule

Friday, March 23rd – Sunday March 25th

Friday, March 23rd	LEVEL 9s (Alison, Elle, Libby, Marley) 12 PM Stretch, 12:20 March In, 3:15 Awards
Saturday, March 24th	LEVEL 7s (Ella C., Elia) 8:00 AM Stretch, 8:20 March In, 11:00 Awards LEVEL 7s (Maddie, Ella S., Olivia) 11:30 AM Stretch, 11:50 March In, 2:30 Awards LEVEL 6s (Claire, Mallory) 3:30 PM Stretch, 3:50 March In, 6:00 Awards LEVEL 6s (Sam) 6:30 PM Stretch, 6:50 March In, 9:15 Awards
Sunday, March 25th	LEVEL 8s (Ava, Raimee, Morgan) 2:30 Stretch, 2:50 March In, 5:15 Awards

Reminder that we need to register for Regionals at the State Meet. Please let a coach know if you do not plan on attending.



Tropical Twist Meet Highlights

Level 3

Ella Z., 1st on Vault (9.25), 2nd on Bars (8.65), 2nd AA (34.175)

Level 4

Kendall D., 4th on Vault (8.4), 5th on Bars (9.0)

Karina K., 3rd on Beam (9.1)

Level 5

Jenna J., 1st on Vault (8.725), 4th on Beam (8.45)

Level 6

Claire G., 1st on Bars (8.975) and Beam (9.45), 2nd AA (35.75)

Sam C., 2nd on Vault (8.95), 4th on Bars (8.6) and Beam (9.15), 6th on Floor (9.05), 3rd AA (35.75)

Level 7

Maddie A., 1st on Beam (9.35), 2nd on Floor (9.3), and AA (36.3)

Katelyn M., 1st on Vault (9.225), 4th on Beam (9.15) and AA (35.9)

Ella C., 4th on Bars (8.85)

Ella S., 4th on Vault (9.05)

Olivia B., 1st on Vault (9.3), 3rd on Bars (8.025), 2nd on Floor (9.025), 1st AA (35.05)

Level 8

Ella S., 3rd on Vault (9.05), 2nd on Bars (8.625) and Floor (9.15), 4th on Beam (9.025), 2nd AA (35.85)

Ava S., 2nd on Vault (9.1), 5th on Bars (8.225), 3rd on Floor (9.125) and AA (35.45)

Raimee J., 4th on Bars (8.45), 5th AA (34.175)

Level 9

Marley M., 1st on Bars (8.1) and Beam (8.95), 1st AA (33.55)

Alison O., 2nd on Vault (8.775), 3rd on Bars (7.975) and Floor (8.9), 2nd AA (33.475)

Libby L., 1st on Vault (8.825), 4th on Bars (7.7), 5th on Floor (8.75), 4th AA (32.775)

Elle G., 5th on Vault (8.4) and Beam (8.025), 2nd on Bars (8.0), 5th AA (32.525)

Gina Morri Meet Highlights

Level 6

Sam C., 8th on Bars (9.05), 7th on Beam (8.95), 10th AA (35.325)

Level 7

Katelyn M., 2nd on Vault (9.325), 3rd on Beam (9.375), 6th AA (35.825)

Maddie A., 6th on Beam (9.175), 8th AA (35.525)

Ella C., 6th on Vault (9.225), 7th on Floor (9.05)

Ella S., 3rd on Vault (9.25)

Elia H., 5th on Beam (9.25)

Olivia B., 2nd on Vault (9.3), 5th on Bars (8.125), 8th AA (34.475)

Chloe N., 7th on Bars (7.975)

Level 8

Ella S., 2nd on Vault (8.925), Beam (9.325), and Floor (9.225), 4th AA (35.675)

Morgan W., 5th on Beam (8.95)

Payton O., 10th on Beam (8.5)

Level 9

Marley M., 10th on Bars (7.75), 3rd on Beam (9.2)



Summer Gymnastics Camps

With summer right around the corner, now would be a great time to sign up for some awesome summer gymnastics camps. Here's a few to check out:

Stout Gymnastics Camp

Week 1 | June 11th – 15th
 Week 2 | June 18th – 22nd
 Week 3 | June 25th – 27th

Hamline Summer Gymnastics Camp

Week 1 | June 17th – 22nd
 Week 2 | June 24th – 29th

Gopher Gymnastics Camp

Day Camp | June 18th - 20th
 Commuter Camp | Aug. 6th - 8th
 Resident Camp | Aug. 5th – 8th

Gustie Gymnastics Camp

Ages 9-18 | June 24th – 28th
 Ages 9-18 | July 15th – 19th
 Grades 7-12 | July 22nd – 26th



Meet Highlights: Northern Lights

Level 6

Sam C., 9th on Bars (8.725), 6th on Beam (9.25)

Claire G., 10th on Bars (8.45), 3rd on Beam (9.05), 10th AA (34.9)

Mallory W., 10th on Vault (8.7)

Level 7

Maddie A., 7th on Vault (8.775), 8th on Bars (8.575), 2nd on Beam (9.25), 10th on Floor (8.7), 5th AA (35.3)

Katelyn M., 3rd on Vault (9.0), 6th on Bars (8.675), 5th on Beam (9.0), 7th AA (34.725)

Olivia B., 2nd on Vault (9.15)

Level 8

Ella S., 2nd on Vault (8.75), 8th on Beam (8.85), 9th AA (34.8)

Raimee J., 10th on Vault (8.55)

Payton O., 8th on Beam (8.175)

Level 9

Marley M., 9th on Bars (8.2)

Meet Highlights: Grand Rapids

Level 3

Ella Z., 2nd on Vault (9.3)

Grace N. 4th in A.A. (34.6)

Level 4

Julia A., 3rd on Beam (9.25) and Floor (8.4)

Karina K., 1st on Vault (9.1), 2nd in A.A. (34.1)

Dakota D., 3rd on Vault (8.9) and Floor (8.45)

Level 5

Jenna J., 1st on Vault (9.2), 2nd on Beam (8.6), Floor (8.4), and A.A. (34)

Haley J., 3rd on Vault (9.05)