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# THE TUMBLE TIMES

[www.gmskids.com](http://www.gmskids.com)

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## Did You Know?

According to Wikipedia, gymnastics developed from "beauty practices and fitness used by the ancient Greeks, including skills for mounting and dismounting a horse, and circus performance skills."

## Mark Your Calendar

March 3- Alpha/Beta Graduation

March 10- Recreational Meet at Apex

April 14 & 15- GMS Home Meet

**\*\*Please, check out the website for picture updates.**

## The EAGL Championships To Be Held at Comcast Center March 30

The University of Maryland will host the East Atlantic Gymnastics League (EAGL) Championship at the Comcast Center March 30 at 6:00 p.m.

This is the first time since 1999 that the University of Maryland has hosted this event. The championship will include the league's eight members: George Washington University, North Carolina State University, Rutgers University, the University of Maryland, the University of New Hampshire, the University of North Carolina, the University of Pittsburgh and West Virginia University.

GMS is selling discounted tickets in the office for \$12 for adults and \$10 for children. The organization that purchases the most tickets by Feb. 28 will take the floor for a 10-minute performance.

## Mental Skills For Gymnasts Should Be Simple

Distractions are common for training athletes, but according to *Gymnastics USA*, gymnasts should concentrate on the moment. Gymnasts can be mentally prepared for any event by following these four tips.



1. Visualize Your Best Routine
2. Ignore Distractions
3. Think Positive Thoughts
4. Enjoy The Sport and Being A Gymnast

## Arlington Aerials Invitational Results

### Level 4

Ages 6-7

#### Floor

2. Tori Edwards

Age 9

#### Vault

2. Kelsey Van Gorder

### 4th Place Team

### Level 5

Age 9

#### Vault

2. Gabriella Cabrera

Age 10

#### Vault

3. Shelby Blanton

### 7th Place Team

### Level 6

Ages 10-11

#### Vault

1. Courtney Brown

3. Ciara Hunter

#### Bars

1. Lauren Golden

2. Noa Caperton

3. Meika Doorly

#### Beam

2. Noa Caperton

#### Floor

1. Lauren Golden

2. Noa Caperton

#### All Around

1. Noa Caperton

2. Lauren Golden

3. Ciara Hunter

Ages 12 & up

#### Vault

3. Haylea Wisniewski

#### Beam

2. Haylea Wisniewski

### 2nd Place Team

### Level 7

Ages 9-12

#### Vault

2. Megan Klein

3. Kalia Batistas

#### Bars

1. Megan Klein

2. Leah Turner

3. Kalia Batistas

#### Beam

1. Leah Turner

3. Kalia Batistas

#### Floor

2. Leah Turner

3. Megan Klein

#### All Around

1. Megan Klein

2. Leah Turner

3. Kalia Batistas

Ages 13 & up

#### Vault

2. Tandeecce

Mazloum

#### Bars

1. Tandeecce

Mazloum

#### Floor

1. Abby Smith

2. Tandeecce

Mazloum

#### All Around

1. Tandeecce

Mazloum

### 1st Place Team

### Level 8

#### Vault

2. Morgan Northrup

3. Sara Mogavero

#### Bars

1. Sara Mogavero

#### Beam

3. Morgan Northrup

#### Floor

1. Morgan Northrup

3. Erin Turner

#### All Around

1. Morgan Northrup

2. Sara Mogavero

### 2nd Place Team

**VAUSAG Multi-Level Sectional  
#1 Results**

**Level 4**

Age 8

- 7. Sabrina Hostetter 36.600
- 54. Emily Viega 32.850
- 58. Shelby McClurg 32.725

Age 9

- 18. Kacey Embrey 35.500
- 33. Kelsey Van Gorder 34.900
- 62. Isabella Land 34.075
- 69. Abby Whitacre 33.625

Age 12

- 1. June Mumo 36.500

**Level 5**

Age 10

- 28. Shelby Blanton 33.975

Age 11

- 26. Katharine Brendle 32.050

Age 12

- 11. Ariella Nelson 34.250
- 14. Josey Wease 33.850

**Congratulations to the Level 4 & 5 gymnasts who have qualified for states: Ariella Nelson, Josey Wease, Shelby Blanton, Abby Whitacre, Isabella Land, Kacey Embrey, Sabrina Hostetter and Kelsey Van Gorder!**

**ON TV**

Watch the Tyson American Cup on NBC March 3 1:00-3:00 p.m.



GMS Meet Results

**Level 4**

Ages 6-8

Uneven Bars

- 5. Sabrina Hostetter

Beam

- 3. Shelby McClurg

Ages 9-11

Vault

- 5. Kacey Embrey

Beam

- 4. Kacey Embrey

Floor

- 4. Isabella Land

**Level 5**

Ages 7-9

Vault

- 5. Gabriela Cabrera

Ages 10-11

Vault

- 5. Shelby Blanton

Ages 12 & up

Vault

- 2. Ariella Nelson

- 3. June Mumo

Floor

- 4. Ariella Nelson

**Level 6**

Ages 8-11

Vault

- 1. Courtney Brown

- 2. Noa Caperton

- 4. Lauren Golden

- 5. Emma Nowak

Bars

- 2. Noa Caperton

- 4. Lauren Golden

Beam

- 2. Noa Caperton

- 3. Lauren Golden

- 5. Emma Nowak

Floor

- 2. Lauren Golden

- 3. Emma Nowak

All Around

- 1. Noa Caperton

- 2. Lauren Golden

- 5. Lindsay Klein

Ages 12 & up

Bars

- 3. Haylea Wisniewski

Beam

- 1. Haylea Wisniewski

All Around

- Haylea Wisniewski

**Level 7**

Vault

- 1. Tandece Mazloum

- 2. Abby Smith

- 3. Kalia Batistas

- 4. Airielle Jenkins

- 5. Alexis Williamson

Bars

- 1. Megan Klein

- 2. Leah Turner

- 3. Tandece Mazloum

- 4. Joanna Labban

- 5. Airielle Jenkins

Beam

- 1. Kalia Batistas

- 2. Joanna Labban

- 3. Megan Klein

- 4. Alexis Williamson

- 5. Tandece Mazloum

Floor

- 1. Leah Turner

- 2. Kalia Batistas

- 3. Megan Klein

- 4. Abby Smith

- 5. Samantha Brosnahan

All Around

- 1. Kalia Batistas

- 2. Megan Klein

- 3. Leah Turner

- 4. Tandece Mazloum

- 5. Airielle Jenkins

**Level 8**

Vault

- 1. Kelly McKay

- 3. Erin Turner

- 4. Morgan Northrup

- 5. Sara Mogavero

Bars

- 2. Kelly McKay

- 4. Erin Turner

Beam

- 1. Morgan Northrup

- 2. Sara Mogavero

- 4. Erin Turner

Floor

- 1. Morgan Northrup

- 3. Sara Mogavero

- 4. Erin Turner

All Around

- 1. Morgan Northrup

- 2. Sara Mogavero

- 3. Erin Turner

Top Flight Columbia Challenge

**Level 7**

Ages 7-9

Vault

- 3. Leah Turner

Bars

- 1. Joanna Labban

- 2. Leah Turner

Beam

- 2. Leah Turner

Floor

- 2. Leah Turner

- 3. Airielle Jenkins

All Around

- 1. Leah Turner

Ages 10-11

Bars

- 1. Kalia Batistas

- 3. Alexis Williamson

Floor

- 2. Kalia Batistas

All Around

- 2. Kalia Batistas

Age 12

Vault

- 3. Megan Klein

Bars

- 2. Megan Klein

Beam

- 3. Megan Klein

Floor

- 1. Megan Klein

All Around

- 2. Megan Klein

Ages 13-14

Bars

- 2. Tandece Mazloum

**Level 8**

Ages 12-13

Beam

- 3. Kelly McKay

Floor

- 1. Morgan Northrup

Ages 14-15

Beam

- 1. Erin Turner

**Congratulations to the Level 7 team, who placed second at the Top Flight Columbia Challenge!**



