

Samantha Rose Shannon- Class of 2023

known as Jersey Shannon

2021 Jo National Level 10 Region 5 Dream Team Alternate

Coaches: Marco Bravo, Jessica Holtz

Phenom Gymnastics

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Accomplishments

Level 10

- 2021 Jo Nationals Level 10 Region 5 Dream Team Alternate
- High scores: All round 36.675, Vault 9.75, Bars 9.3, Beam 9.0, Floor 9.325

Level 9

- 2019 Regionals Level 9 Beam Champion
- High scores: All round 36.4, Vault 9.55, Bars 9.2, Beam 9.5, Floor 9.225

Skills

Vault

- Competed: Yurchenko Layout full
- Training: Yurchenko Layout 1.5

Bars

- Competed: blind half to Yeager, bail, giants to double back
- Training: bail handstand, giants to double layout

Beam

- Competed: flipflop layout, side ariel, switch leap switch leap, roundoff 1.5
- Training: FF layout, side-somi, switch leap straddle 3/4

Floor

- Competed: double pike, switch ring to switch side, 1.5 to front pike
- Training: double pike/ full-in, front layout rudy, strug

Academics

Neuqua Valley High School

- Neuqua Business Student of the Quarter 2020
- High Honor Roll Student
- GPA 4.0
- AP and honors courses

Gordon Gregory Middle School

- Star Student Award 2018-2019
- Project Arrow Honors Curriculum
- Straight "A" Student