

# Lauren Puscheck – Class of 2019

## 2017 Eastern Championships Region 5 Team Member

Coaches: Marco Bravo, Jessica Holtz gym phone: 630-375-0055

Youtube: <https://www.youtube.com/playlist?list=PLiNPgSHBFgI-10p5zDpQXIBHrsga0BzP>

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### Accomplishments

#### Level 9:

High Scores:	Vault 9.65, Bars 9.375, Beam 9.25, Floor 9.375, AA 36.975
-2017 Easterns	Vault 9.45 4 <sup>th</sup> , Bars 9.075, Beam 9.1 6 <sup>th</sup> , Floor 9.325 6 <sup>th</sup> , AA 36.95 2 <sup>nd</sup>
-2017 Regionals	Vault 9.475 5 <sup>th</sup> , Bars 8.975, Beam 9.25 5 <sup>th</sup> , Floor 9.175, AA 36.875 5 <sup>th</sup>
-2017 State	Vault 9.55 2 <sup>nd</sup> , Bars 9.325 2 <sup>nd</sup> , Floor 9.150, AA 36.65 4 <sup>th</sup>
-2016 Regionals	Vault 9.475 5 <sup>th</sup> , Floor 9.375 5 <sup>th</sup>
-2016 State	Vault 9.325, Bars 9.375 7 <sup>th</sup> , Beam 9.1, Floor 9.175 6 <sup>th</sup> , AA 36.975 5 <sup>th</sup>

### Skills

#### Vault

Competed:	Yurchenko Layout
Training:	Yurchenko Full, Yurchenko 3/2

#### Bars

Competed:	½ Pirouette to bail, Giant to free hip to double back dismount
Training:	Bail Handstand to Uphill, double layout dismount, Comaneci

#### Beam

Competed:	FF Layout, Split jump back tuck, Switch leap straddle ¼, RO 1 ½ dismount
Training:	FF FF Layout Step-out, side aerial, RO 2/1 dismount, Sissone to Switch leap 1/2

#### Floor

Competed:	RO FF 1 ½ to front pike, Front layout to front pike, Front full, Switch ring to Strug
Training:	Front full to front pike, RO FF 3/2 to front layout, double back, double pike, double full, Strug 3/2

### Academics

High School: Benet Academy; Lisle, IL

GPA: 4.0/4.0

Field of Study: Nutrition/Dietetics

