

Lauren Puscheck – Class of 2019

2017 Eastern Championships Region 5 Team Member

Accomplishments

Level 9:

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

Skills

Vault

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| Competed: | Yurchenko Layout |
| Training: | Yurchenko Full |

Bars

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| Competed: | ½ Pirouette to bail, Giant to free hip to double back dismount |
| Training: | Toe-on to handstand to uphill, Ray, double layout dismount |

Beam

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| Competed: | FF Layout, Split jump back tuck, Switch leap straddle ¼, Switch leap straddle ½, RO 1/1 dismount, RO 1 ½ dismount |
| Training: | FF FF Layout, Switch leap ½, side aerial, front aerial, RO 2/1 dismount |

Floor

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| Competed: | RO FF 1 ½ to front pike, Front layout to front pike, Front full, Switch ring to Strug, Switch ring to switch half |
| Training: | Front full to front pike, double back, double full |

Academics

High School: Benet Academy; Lisle, IL
GPA: 4.0/4.0
Field of Study: Nutrition/Dietetics