

Lia Kmiecik – Class of 2021

Coaches: Jessica Holtz, Marco Bravo

www.phenomgymnastics.com

Gym Phone: 630-375-0055

YouTube:

<https://www.youtube.com/channel/UCKpMxgkIY72VNuDC3m6RWaA>

Level 10:

Training level 10 for 2017/2018 season

Level 9:

High Scores: AA 37.9, Vault 9.8, Bars 9.5, Beam 9.575, Floor 9.625

2017 Regionals and Easterns: Injured

2017 State: AA 37.675--2nd (T), Vault 9.525--5th, Bars 9.45--2nd, Beam 9.2--4th,
Floor 9.5--2nd

2016 Eastern Championships: Vault 9.525--1st

2016 Regionals: AA 36.975--6th Vault 9.625--1st, Bars 9.3--4th, Floor 9.525--3rd

2016 State: AA 36.775--4th, Vault 9.575--2nd, Beam 9.3--6th, Floor 9.3--3rd

Vaults Competed: Yurchenko layout

Vaults Training: Yurchenko full, Yurchenko 1 ½, Yurchenko double twist

Bar Skills Competed: Pirouette bail handstand, toe handstand immediate double back dismount

Bar Skills Training: Ray, double layout dismount, front giant

Beam Skills Competed: Switch leap split jump back tuck, switch leap back tuck, switch leap straddle half, switch leap split half, FF layout, 1 ½ dismount

Beam Skills Training: FF FF layout, FF layout layout, cat leap to aerial cartwheel, switch leap split full, switch side leap, double back dismount, double full dismount

Floor Skills Competed: Front layout front layout, front layout front pike, RO FF double full, RO FF 1 ½ to front pike

Floor Skills Training: RO FF double back, RO FF double pike, front layout front full, front layout front 1 ½ twist, front full front pike, RO FF 2 ½ twist

Academics:

6th-8th Grade: Straight A's

Naperville Central High School, class of 2021

