

Lia Kmiecik – Class of 2021

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, Vlt 9.525--5th, Br 9.45--2nd, Bm 9.2--4th, Fx9.5--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 to Bail Hstand, Toe Hstand to Double Back Dismount

Bar Skills Training: Ray, Double Layout Dismount

Beam Skills Competed: Switch leap to Split Jump to Back Tuck, Switch Leap to Straddle ½,, FF layout, 1 ½ dismount

Beam Skills Training: FF FF Layout, FF LO LO, Cat Leap to Aerial Cartwheel, Switch Leap to Split Full, Double Back Dismount, Double Full Dismount

Floor Skills Competed: Front LO to front LO, RO FF Double Full, RO FF 1 ½ to Front Pike

Floor Skills Training: RO FF Double Back, RO FF Double Pike, Front Layout to Front Full, Front Layout to Front 1 ½ twist, RO FF 2 ½ twist

Academics:

6th-8th Grade: Straight A's

Naperville Central High School, class of 2021