

# Lia Kmiecik - Class of 2021

Coaches: Marco Bravo, Jessica Holtz

[www.phenomgymnastics.com](http://www.phenomgymnastics.com)

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YouTube channel:

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

Or search "Lia Kmiecik" on YouTube

## Accomplishments:

### **Level 10 (2018)**

**2018 High Scores: Vault 9.75 Bars 9.6 Beam 9.4 Floor 9.5 AA 37.225**

2018 Regionals: Vault 9.475 (7<sup>th</sup>) Bars 9.325 Floor 9.25

2018 IL State: Vault 9.625 (4<sup>th</sup>) Beam 9.0 (6<sup>th</sup>) Floor 9.5 (5<sup>th</sup>) AA 36.85 (5<sup>th</sup>)

### **Level 9 (2016 and 2017)**

**High Scores: Vault 9.8 Bars 9.5 Beam 9.575 Floor 9.625**

Eastern Qualifier and Eastern Vault Champ

## Skills:

**Vault:** Competed Yurchenko Full.  
Training Yurchenko 1.5 and Double.

**Bars:** Competed Maloney, bail, giants to double layout dismount.  
Training Maloney to immediate Jaeger and Ray

**Beam:** Competed switch leap straddle  $\frac{3}{4}$ , FF layout, split jump back tuck, aerial cartwheel, RO 1.5 dismount.  
Training FF FF layout, FF layout layout, hitch kick to switch side, cat leap to aerial, RO double back dismount.

**Floor:** Competed RO FF double pike, RO FF 1.5 front pike, Rudi.  
Training RO FF pike full in, front layout front full, front layout Rudi, RO FF 2.5 twist.

## Academics:

4.0/4.0 GPA attending Naperville Central High School