

# Linda Zivat – Class of 2019

## 2018 Level 10 JO National Qualifier

Coaches: Marco Bravo & Jessica Holtz

Gym Website: [www.PhenomGymnastics.com](http://www.PhenomGymnastics.com)

Gym Phone: 630-375-0055

YouTube Videos: <https://www.youtube.com/channel/UCRZAby6SzFSaTGNkE0idTAW>

Or search "Linda Zivat Gymnastics"

## Accomplishments:

### Level 10:

- 2018 High Scores:
  - Vault - 9.85, Bars - 9.45, Beam - 9.4, Floor - 9.85, AA - 38.1
- 2018 JO Nationals:
  - Vault - 9.675 [10<sup>th</sup> (T)], Bars - 9.225, Beam - 9.275, Floor - 9.5 [9<sup>th</sup> (T)], AA - 37.675
- 2018 Region 5 Level 10 Championships:
  - Vault - 9.725 (2<sup>nd</sup>), Bars - 9.025, Beam - 9.125 (9<sup>th</sup>), Floor - 9.425 [7<sup>th</sup> (T)], AA - 37.3 (8<sup>th</sup>)
- 2018 Illinois Level 10 State:
  - Vault - 9.85 (1<sup>st</sup>), Bars - 9.45 (3<sup>rd</sup>), Beam - 8.95 [9<sup>th</sup> (T)], Floor - 9.85 (2<sup>nd</sup>), AA - 38.1 (2<sup>nd</sup>)
  
- 2017 High Scores:
  - Vault - 9.825, Bars - 8.6, Beam - 9.075, Floor - 9.7, AA - 36.15
- 2017 Region 5 Level 10 Championships:
  - Vault - 9.825 [1<sup>st</sup> (T)], Bars - 7.675, Beam - 8.75, Floor - 9.65 (5<sup>th</sup>), AA – 35.9
- 2017 Illinois Level 10 State:
  - Vault - 9.725 (2<sup>nd</sup>), Bars - 7.85, Beam - 9.075 (6<sup>th</sup>) Floor - 9.5 [2<sup>nd</sup> (T)], AA - 36.15 (12<sup>th</sup>)

## Skills:

	Competed	Training
<b>Vault:</b>	Tsukahara Layout 1/1	Tsukahara Layout 3/2
<b>Bars:</b>	Blind to Bail Handstand to Uphill, Giants to Double Layout Dismount	Deltchev
<b>Beam:</b>	FF Layout Step-Out, Back Tuck to Split Jump, Switch Leap to Switch Half, RO 3/2	FF Layout Step-Out x 2, Punch Front, Double Back Dismount
<b>Floor:</b>	RO FF Double Layout, Strug to Split 1/1, FHS Rudi to Layout Step-Out, RO FF Double Pike	Front Double Full