

Mia LaFratta – Class of 2024

Coaches: Marco Bravo, Jessica Holtz

www.phenomgymnastics.com

Gym Phone: 630-375-0055

Accomplishments:

2019 - Level 9

High Scores: Vault 9.125, Bars 8.900, Beam 9.050, Floor 9.475, AA 36.125

2019 Regionals: Qualifier

2019 State: 7th Place Beam, 6th Place Floor

2018/2019 – Level 8

High Scores: Vault 9.525, Bars 9.725, Beam 9.450, Floor 9.550, AA 37.700

2018 Regionals: 4th Place Vault, 7th Place Bars, 7th Place Floor, 5th Place AA

2018 State: 8th Place Vault, 1st Place Bars, 4th Place Beam, 7th Place Floor, 2nd Place AA

Skills:

Vault: Competed: Yurchenko pike

Training: Yurchenko layout

Bars: Competed: free-hip giant half to Pak salto pirouette, giants to double back dismount

Training: Tkatchev release, giants to double pike/layout dismount

Beam: Competed: front handspring back tuck, switch leap split jump back tuck, leg above full turn, Gainer pike dismount, sideways split-half

Training: front toss, switch half

Floor: Competed: Roff whip-half front layout, Roff whip-half front layout, Roff BH 1 ½

Training: Roff BH double back, Roff whip half front full, Rudi

Education:

Hubble Middle School, Wheaton, IL

High Honor Roll, Straight A's, Honors/Accelerated Classes