

# Lia Kmiecziak - Class of 2021

Coaches: Marco Bravo, Jessica Holtz

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## Accomplishments:

### **Level 10 (2018 and 2019)**

**High Scores: Vault 9.75 Bars 9.6 Beam 9.4 Floor 9.5 AA 37.775**

2019 JO Nationals: Vault 9.65 (10<sup>th</sup>) Bars 9.575 (13<sup>th</sup>) Beam 9.225 Floor 9.325  
AA 37.775 (13<sup>th</sup>)

2019 Regionals: Vault 9.4 (8<sup>th</sup>) Bars 9.45 (5<sup>th</sup>) Beam 9.125 Floor 9.25 AA 37.225 (6<sup>th</sup>)

2019 IL State: Vault 9.7 (6<sup>th</sup>) Bars 9.45 (6<sup>th</sup>) Beam 9.25 (7<sup>th</sup>) Floor 9.075 AA 37.475 (5<sup>th</sup>)

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** 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 Ray, Maloney to immediate bail, Maloney back uprise to immediate Hindorff,  
full twisting double layout dismount

**Beam:** Competed switch leap straddle  $\frac{3}{4}$ , cat leap to switch side, FF layout, split jump  
back tuck, aerial cartwheel, RO 1.5 dismount.  
Training FF FF layout, FF layout layout, cat leap to aerial, RO double twisting dismount,  
RO 2.5 dismount.

**Floor:** Competed RO FF double pike, RO FF 1.5 front pike, Rudi.  
Training RO FF double layout, RO FF full in, front double full, front layout Rudi, front  
tuck step out to double back.

## Academics:

**4.0/4.0 GPA**, Naperville Central High School