

Linda Zivat – Class of 2019

2018 Level 10 JO National Qualifier

Coaches: Marco Bravo & Jessica Holtz

Gym Website: 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 [10th (T)], Bars - 9.225, Beam - 9.275, Floor - 9.5 [9th (T)], AA - 37.675
- 2018 Region 5 Level 10 Championships:
 - Vault - 9.725 (2nd), Bars - 9.025, Beam - 9.125 (9th), Floor - 9.425 [7th (T)], AA - 37.3 (8th)
- 2018 Illinois Level 10 State:
 - Vault - 9.85 (1st), Bars - 9.45 (3rd), Beam - 8.95 [9th (T)], Floor - 9.85 (2nd), AA - 38.1 (2nd)

- 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 [1st (T)], Bars - 7.675, Beam - 8.75, Floor - 9.65 (5th), AA – 35.9
- 2017 Illinois Level 10 State:
 - Vault - 9.725 (2nd), Bars - 7.85, Beam - 9.075 (6th) Floor - 9.5 [2nd (T)], AA - 36.15 (12th)

Skills:

	Competed	Training
Vault:	Tsukahara Layout 1/1	Tsukahara Layout 3/2
Bars:	Blind to Bail Handstand to Uphill, Giants to Double Layout Dismount	Deltchev
Beam:	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
Floor:	RO FF Double Layout, Strug to Split 1/1, FHS Rudi to Layout Step-Out, RO FF Double Pike	Front Double Full