

Meredith Kowalski - Class of 2024

Gym Phone: 630-362-2102 Gym Email: gymphenom@sbcglobal.net

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Skills

Vault Competed: Yurchenko Layout

Bars competed: Blind straddle Jaeger, Toe-Handstand to bail to a toe shoot to HB, double back dismount

Bars Training: full out dismount

Beam Competed: Switch leap to switch leap, BHS layout series, side Ariel/front Ariel, Split half, Ariel/cartwheel 1 ½ dismount

Beam Training: Side Sumi, Switch leap to switch leap half, round off 1 ½ dismount, BHS BHS layout series

Floor Compete: Double tuck, Front full to front pike, Front layout to front full, Switch ring to tourjette ½, 1 ½ leg up turn

Accomplishments

2023: Level 10

- Regionals: Beam (9.30)
- State: Beam (9.425)

2021: Level 10

High scores: Vault (9.300) Bars: (9.325) Beam: (9.600) Floor: (9.150) AA: (36.675)

- Nationals
- National Qualifier
- Regionals
- State

Academics

Adlai E. Stevenson High School — Lincolnshire, Illinois

GPA: 4.2

National Honor Society

Illinois State Scholar