

BOUNCING BACK

Injuries This Season

"This past year I found out that I have a fracture in my back."

Hannah Abel (12)

"I've gotten a concussion, had a hip injury, and [an] ankle injury"

Sophia Winkle (9)

"This season I had two concussions from cheer stunting."

Josie Jones (11)

"Some of my practices have been limited from hurting my ankle."

Sofie Garcia (12)

"I got knee surgery in November, and it slowed me down."

Maren Winkle (11)

"I've had reoccurring back problems coming into this season"

Josie Mann (10)

twists and TUMBLES

OVERCOMING OBSTACLES

For the nine athletes on this year's gymnastics team, perfection doesn't just mean having the perfect routine, but it comes with the perfect mindset too. For many gymnasts, overcoming mental blocks is the biggest obstacle they face during meets. Gymnasts may have practiced a skill with ease the previous day, but freeze up during competition.

Ella Buehler (12) said, "I get a good amount of mental blocks, but I have definitely overcome a lot of them this year." Mental blocks are common throughout the gymnastics community. In fact, most of the gymnasts on the North team have admitted to having them. Mental blocks can come in a variety of different ways, like forgetting a skill, feeling frozen, or just having a heavy brain fog. What helps these girls overcome them?

"On beam, I have a mental block if anyone cheers for me," said Josie Mann (10). "My team sits in complete silence, and that really helps me." Although many gymnasts have different needs from the team, they can all agree that the tight knit community of the North gymnastics team brings them closer together and helps to

propel them forward in their careers as gymnasts.

Josie Jones (11) said, "[my team] helps during meets, just cheering me on, screaming during my routine, helping me get through it and not focus so much on the skill. They help me remember to have fun."

Having the right support system can mean everything for one's performance as an athlete, and many athletes find that without the right team, they aren't the same athlete.

The strong support of this team has played a big role in bringing the team to the state finals.

"State's a long day, but it's such a fun experience," said Sofie Garcia (12). "I'm so glad we got to do it as a team four years in a row."

An important aspect of the support system is the coaching. Garcia said, "I am going to really miss our head coach Andrea (Smith). She ... has really helped me grow as a gymnast and as a person."

Garcia placed fourth in the state on both beam and floor.

Story by Hattie Wisler

PREPARING FOR SUCCESS

Hannah Abel (12) spraying her grips before she begins on bars. Abel says, "My favorite thing about bars is the way that your grips hit the bar. It's so satisfying."

Photo by Kelton O'Connell



It's All About...

... pre-meet
superstitions.

"I listen to country music before meets."

Maren Winkle (11)

"I have to hear my parent's voice before my first event."

Zoe Rogers (10)

