



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)

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



twists and TUMBLLES 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

... 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)

It's All About...

YOUR FLOOR, YOUR EXPRESSION

Maren Winkle (11) executing her floor routine with precision. "I love being able to express myself on the floor, and I like the tumbling too," she said.

Photo by Kelton O'Connell

**FLIPPING INTO VICTORY**

Sophia Winkle (9) performing her floor routine. Sophia Winkle said, "My favorite event is probably floor because I like tumbling." Winkle is also on the varsity cheer team.

Photo by Kelton O'Connell

**PASSION INTO PERFECTION**

Zoe Rogers (10) vaulting in style. "My favorite event is vault because it doesn't take very long," said Rogers. "You recover faster than the other events." Rogers wants to excel at vault because it helps increase her team score. Rogers said, "My team is just really nice, and we're all close."

Photo by Kelton O'Connell

**LEAPING FOR GREATNESS**

Allison Manning (12) running up to the vault. Manning joined the team in her senior year, and feels like her biggest obstacle is catching up with the rest of the team. Manning said, "The team has been very encouraging and given me tips on how to catch up." The support of the close-knit team has helped Manning to have a successful first season on the team.

Photo by Kelton O'Connell

**PERFECT LANDING**

Tori Bilohlavek (11) finishes competing her beam routine at The Gymnastics Company in Franklin, IN against Columbus East and Roncalli High Schools. "My favorite part of doing gymnastics is the people," said Bilohlavek. "It is always fun with them." This is Bilohlavek's third year doing high school gymnastics at North and she plans on competing her senior year, too.

Photo by Kelton O'Connell

**BALANCING WITH GRACE**

Ella Buehler (12) working on her beam routine. Buehler said, "This is the smallest team I've been on at North." Photo by Kelton O'Connell

"I have to eat a banana before every meet."

Sophia Winkle (10)

"Starbucks before every meet"

Ella Buehler (12)

"Every meet I have to have Starbucks and the same hairstyle."

Hannah Abel (12)

Velcro or Buckle Grips for Bars?

BUCKLE
45%



VELCRO
55%

Photo by Kelton O'Connell

1. **Sofie Garcia (12)** - "I like buckle grips because they are the same [tightness] every time you use them ... I like that."

2. **Josie Jones (11)** - "I use velcro grips because they are easier to put on."

3. **Allison Manning (12)** - "A girl on the team gave me her [buckle] grips, and I like them because they are more secure."