

North Bay Gymnastics Team

CHALK TALK

May 2009

Upcoming Events:

Fri-Sun, May 8-10
Saturday, May 9th

Level 9 Westerns
Spring Break Invite

Bartlesville, OK
Vallejo, CA

Summer Schedule: June 15-August 15
Summer Team Week Off: July 6-10

Birthdays:

May:

8 – Coach Jenny
28 – Chisaski Hagata

State Champions:

Gigi Maligat – Level 7 Bars
Diamond Ward – Level 7 Bars

**Congratulations to Jenna,
who qualified to Westerns!**

HIGH SCORES OF THE SEASON: Meet: Roseville – Midwest-Wine Country – Mardi Gras – Spirit of the Flame – Malibu – States, Regionals

	Level	Vault	Bars	Beam	Floor	AA
Michaela	7	9.05	9.175	8.85	9.30	35.675
Dani	7	9.20	9.725	9.275	9.35	37.075
Gigi	7	9.225	9.60	9.65	9.675	37.425
Lili	7	8.95	9.025	9.00	9.175	34.875
Anya	7	8.225	8.40	8.15	7.60	32.325
Diamond	7	8.75	9.425	8.40	9.225	34.65
Megan	7	8.875	8.65	9.00	9.10	35.375
Diana	8	8.70	9.45	9.175	9.225	36.10
Chelsey	8	8.575	9.10	9.15	9.325	35.775
Bria	8	9.45	9.20	9.05	9.325	36.55
Chisaki	8	9.375	9.275	9.05	9.325	36.75
Carol	9	8.75	8.25	9.475	9.125	35.075
Marissa	9	8.70	8.25	8.825	9.00	33.80
Jenna	9	9.15	9.275	9.275	9.15	36.10

Regional Qualifiers (34.00)

Level 8:
Chelsey Andrada
Chisaski Hagata
Bria Standley

Level 9:
Jenna Hamala

Congratulations Ladies!

“GO BIG” ACCOMPLISHMENTS:

<i>DATE</i>	<i>NAME</i>	<i>SKILL</i>	<i>LOCATION</i>
2/9	Jacquelynne	Back Walkover	Beam
	Ali	Flyaway	Bars
2/11	Bria	RO, Back Half Dismount	Beam
2/10	Michaela	Shootover from swing	Bars
2/12	Michaela	Shootover from cast	Bars
2/16	Heather	Drop Kip	Bars
2/19	Gigi	BHS-BHS	Beam
2/23	Lili	RO, BHS, Back 1.5	Floor
	Sameerah	Cartwheel	Beam
3/2	Heather	Back Tuck off Red Box	Floor
	Anna	Back Tuck off Red Box	Floor
	Kelsey	Back Tuck off Red Box	Floor
	Sophia	Front-Front	Floor
	Celena	Front Handspring Front	Floor
3/4	Malia	Cartwheel Back Tuck Dismount	Beam
		Flyaway Dismount	Bars
		RO, BHS, Layout	Floor
3/7	Breana	Kip	Bars
	Audrey	Double Front	TT to pit
3/9	Ali	Front Handspring Front	Floor
	Giselle	RO, BHS, Back Tuck until Pit	Floor
	Giselle	Back Tuck off Red Box	Floor
	Kelsey	RO, BHS, Back Tuck into pit	Floor
	Aaliyah	RO,BHS, Back Tuck into pit	Floor
	Michelle	RO, BHS, Back Tuck into Pit	Floor
	Jacquelynne	RO,BHS, Back Tuck into pit	Floor
3/11	Jasmine	Back Handspring	High Beam
3/12	Anya	RO, BHS, Full into pit	TT to pit
	Angel	RO, BHS, Full into Pit	TT to pit
3/13	Kristina	RO, BHS, Back Tuck into pit	Floor
	Jacquelynne	Cartwheel, Back Tuck dismount	Beam
	Sammerah	Back Walkover	Green Beam
	Jacquelynne	Back Tuck	Floor
	Heather	Cartwheel Back Tuck Dismount	Beam
3/14	Audrey	Back Walkover	High Beam
	Karyssa	Front Handspring	Vault
	Molly	Standing back tuck	Floor
	Sophia	Standing Back tuck	Floor
	Noor	Flyaway into pit	Bars
	Heather	Back Walkover	High Beam
	Kelsey	BWO-BWO	High Beam
	Heather	Back Tuck off PM	Floor
	Kelsey	Flyaway	Pit bar
	Jasmine	Standing back tuck	Floor
	Audrey	Flyaway	Pit Bar
3/16	Audrey	RO, BHS, Back tuck	Floor
	Sophia	RO, BHS, Back Half	TT to pit
	Malia	RO, BHS, Back Half	TT to pit
	Roz	Cast HS	Bars
3/18	Malia	RO, BHS, Back Full	TT into pit
	Molly	RO, BHS, Back full	TT into pit
3/20	Sameerah	Back Walkover	Beam w/20”
	Giselle	Back Walkover	Beam w/20”

	Angel	RO, BHS, Back 1.5	TT into Pit
3/22	Bria	RO, BHS, Double Back	Floor Into Pit onto Mat
3/23	Lili	Free Hip HS, Giant, Giant, Full Dismount	Bars
	Sophia	Back Walkover-Back Handspring	High Beam
	Molly	Back Walkover – Back Handspring	High Beam
3/24	Kelsey	Tsuk	Vault block into pit
3/26	Gigi	RO, BHS, Full	Floor
3/27	Giselle	Flyaway	Pit Bar
3/30	Molly	Cast Flyaway	Bars
	Kelsey	Layout ½	Vault – pit
	Sameerah	Flyaway	Pit Bar
	Heather	Front Layout	Into Pit
4/1	Heather	Back Extension Roll	Floor
	Heather	Front Handspring	Vault
4/3	Heather	Caught High Bar	Bars
	Sameerah	Caught High Bar	Bars
4/4	Bailey	Single Leg Shoot Through	Bars
4/6	Jasmine	5 Min HS	Wall
	Carolan	5 Min HS	Wall
	Sameerah	Long Hang Kip	Bars
	Heather	Long Hang Kip	Bars
4/8	Molly	Back Handspring-Back Handpring	Beam w/o panel mats
4/9	Celena	Duck under	Pit Bars
4/10	Sophia	Tsuk	Pit
	Jasmine	Tsuk	Pit
4/11	Kelsey	Fly Spring	Floor
	Jacquelynne	Fly Spring	Floor
4/13	Celena	Back Walkover-Back Handspring	Green beam w/o panel mats
4/15	Molly	Tsuk onto mat	Pit onto mat
4/18	Sophia	Round Off Back Dismount	Beam
	Molly	Round Off Back Handspring Full	Pit onto mat
4/23	Molly	RO, BHS, Full	Floor
4/25	Megan	Standing Back Tuck	Floor
	Michaela	Standing Back Tuck	Floor
	Megan	Brani	Beam
	Michaela	Brani	Beam
	Breana	RO, BHS	Floor
	Breana	Squat On	Bars
4/27	Kelsey	Sole Circle	Bars

Memorable Quotes:

Kim: Sameerah, when's your birthday?
Sameerah: April 15th
Kim: That's tax day
Sameerah: I hate taxes.
Kim: Do you know what they are?
Sameerah: ummm....nope.

Michelle: I can beat box. (starts slapping the blue box).

Jasmine: I learn things by watching, no by reading. Well, sometimes by reading.

"Hard work beats talent when talent doesn't work hard." – EJ Lopez

"You have to be as talented mentally as you are physically." – CW

"It doesn't matter if you're talented physically, if you're not talented mentally." – Angel

Jasmine: My finger crotched the bar.

Molly& Lili: Bria is so awesome, I wish I was like her!

Chelsey: Owe!
Chisaski: What?
Chelsey: Cause, I don't know!

Carolan: Do your hands hurt (after an hour of bars).
Sophia: They feel normal.

Bria: Do you know what an alment is?
Carolan: You mean an almond?
Bria: No an alment.
Ali: You mean an omelet?
Bria: Yeah, isn't it like a breakfast thing?

Chisaski: Ha, ha Karma
Carol: Karma!? I'm Karla!!!!
Chisaski: Do you even know what karma is?
Carol: Yeah – it's like a disease?

Featured Gymnast:

Name: Jenna Hamala

Level: 9

Age: 16

Age Began Gym: 7



Favorite Food: Rice Krispie Treats
Favorite Subject: English
Favorite Book: Go Ask Alice
Favorite Movie: A Walk to Remember
What I like about gymnastics: My Teammates
Something we didn't know about Jenna: She is Blond and Asian
Favorite Event: Vault
Favorite Quote: "It's kinda fun to do the impossible." – Walt Disney

**Oregon State Gymnastics Camp
Oregon State University
Corvallis, OR 97331
July 7-10, 2009**

<http://www.oregonstategymnasticscamp.com/index.cfm>

I have coached at this camp for 7 years and I have been the head counselor for 3 years. This would be a great experience for the girls to see what it is like to live on a college campus, meet the team, and have some fun!

If you have any questions, please ask Carolan.

