

# North Bay Gymnastics Team

# CHALK TALK

October 2009

### Upcoming Events:

Sunday, October 11  
Sat/Sun, Oct 24 & 25  
Saturday, November 7  
Sat/Sun, Nov 14-15  
Sat/Sun, Nov 21-22

Red Line500  
Hollywood Invite  
Zone 5 Championships  
Level 6 States  
Level 5 States

Newark, CA  
Vallejo, CA  
Union City, CA  
Lemoore, CA  
Livermore, CA

### Birthdays:

October:

31 – Malia Forbert

### Sticky Beam Feet Club

**Pacific West:** Shae, Breana, Taylor S, Arabella, Audrey, Sameerah, Heather, Michelle, Noor, Aaliyah, Karyssa, Sophia, Jasmine, Kelsey, Celena, Ali, Jaquelynne

**SLO GymFest:** Bailey, Arianna, Arabella, Shae, Breana, Taylor, Audrey, Sameerah, Heather, Michelle, Aaliyah, Sophia, Jasmine, Malia, Celena, Ali

**HIGH SCORES OF THE SEASON:** Judges, Liberty, Pac West, GymFest, Red Line, Hollywood, Zones, States

	Level	Vault	Bars	Beam	Floor	AA
Shae	4	8.90	7.50	7.925	7.925	31.90
Bailey	4	8.975	DNC	7.825	7.30	23.80
Taylor	4	9.20	8.65	8.35	8.55	34.50
Arabella	4	9.075	7.00	8.775	8.525	32.00
Breana	4	9.15	7.25	8.675	8.375	33.325
Arianna	4	8.925	7.925	7.95	8.25	32.80
Kylie	4	8.525	7.725	7.00	6.95	30.20
Heather	5	8.75	8.55	9.05	8.80	34.70
Michelle	5	8.35	8.425	8.45	8.50	33.20
Audrey	5	8.715	7.925	8.475	8.05	32.475
Sameerah	5	8.45	7.975	7.30	7.35	30.85
Karyssa	5	7.725	8.225	7.90	7.50	30.675
Jaudai	5	8.30	7.10	7.80	7.25	30.10
Jaquelynne	5	8.975	9.35	8.425	8.625	34.80
Celena	5	8.55	9.025	8.75	8.525	34.475
Aaliyah	5	8.95	8.45	8.525	8.70	34.50
Jasmine	5	9.00	8.875	8.35	8.70	34.125
Kelsey	5	8.90	9.125	8.425	8.175	33.60
Noor	5	8.15	8.675	8.75	7.80	32.70
Sophia	6	8.975	8.35	8.725	8.575	34.625
Ali	6	9.00	8.45	8.20	8.275	33.125
Molly	6	9.175	8.95	8.85	8.25	34.25
Malia	6	9.20	8.525	8.525	7.25	33.05

### **Zone Qualifiers:**

**Level 5:  
31.00 AA**

Heather  
Michelle  
Audrey  
Jaquelynne  
Celena  
Aaliyah  
Jasmine  
Kelsey  
Noor  
Sophia  
Ali  
Molly  
Malia

### **State Qualifiers**

**Level 4  
34.50 AA**

Taylor Stump

## **“GO BIG” ACCOMPLISHMENTS:**

<i>DATE</i>	<i>NAME</i>	<i>SKILL</i>	<i>LOCATION</i>
9/7	Celena	BWO-BHS	Beam
9/14	Gigi	Flip Flop Layout	Beam
9/15	Kelsey	Front Handspring Front	Floor
9/17	Jasmine	Front Full	Pit w/mat
9/22	Jacquelynne	Round Off Back Half	Tumble Track to Pit
	Jacquelynne	Mini Giant	Pit Bar
9/24	Megan	Back Full	Floor
	Bria	Double Back	Floor
	Bria	Double Back Dismount	Bars
9/25	Noor	Front Handspring Front	Floor
9/28	Malia	Giant to Flyaway	Bars
10/1	Malia	Giant, Giant Flyaway	Bars
10//9	Molly	Sole Circle	Bars
	Ali	Giant to flyaway on to mats	Pit bar
	Lili	Giant, Giant Double Back Dismount onto mats	Pit bar

### **Memorable Quotes:**

Skyler hugs Aaliyah and says “oh you’re skinny.”

Carolan, I think I should be permitted to wear this cuz I look cute! – Serina

You need to tuck your butt in! – Susie  
Yeah, you need to tuck in your butt. – Carol

“We all face adversity in our lives. And so many times it’s how we react to the hard times that determines our destiny.”  
– Hallmark Books

“You know how some people are black...” – Bria  
“You mean Albino.” – Carol

Stabust, stabust, wanna eat some staburst! – Gigi

“Failure is not fatal, but failure to change might be. – John Wooden

Jaudai – Let’s do 2,300 push ups.  
Serina – You mean two thousand, three hundred?  
Jaudai – Oh no, I’m only in 2<sup>nd</sup> grade.

Carol – My teeth feel itchy.

Audry – I’m on the developmental team.  
Aaliyah – What? You’re mental?

### Featured Gymnast:

Name: Bria Standley

Level: 9

Age: 13

Age Began Gym: 3



Favorite Food: Lumpia

Favorite Subject: History

Favorite Book: Graceing

Favorite Movie: Chocolate Thai

What I like about gymnastics: Meeting & talking to friends, working to the level I want to go

Something we didn’t know about Bria: I have a turtle & I like to sing!

Favorite Event: Floor

### Quotes from SLO:

Kelsey – Look it goes back like a stomach (drawing in the sand).

Ew it’s bubbling (marshmallow)! - ??

It’s on fire! – Carlos

Blow it out! – Carolan

Brenda –We are only going to Applebee’s girls! (hearing the hair dryer)

Serina- I was drying my pants!

I named him Sam, but then he died so I took the name back b/c that’s Sameerah’s name. – Aaliyah?

Kim – I think I’m home sick.

Carolan – Already?

Kim – It’s cold, I think that’s why.

After saluting to compete beam:

Malia – I’m on the wrong side. What do I do?

Carolan – Go on the other side.