

This past weekend a team of five Gymstart athletes (ages 6-7) from Kamloops Gymnastics and Trampoline Centre travelled to Coquitlam to show off what they've been working at in their first testing events of the season. All gymnasts were assessed in two separate events at Winterfest Invitational at Club Aviva: Physical Abilities Testing and Skills Testing. Day one the girls attended physical testing where they are required to perform a number of physical tests to determine their strength, flexibility, power and speed. First time competitors, Emma Guertin and Emily Blower were assessed at level one. They both received silver and achieved personal best. Bella Wood, Amelie Hazel and Christine Strain who are in their second year of testing performed very well. Wood and Hazel tested in level one and both received Gold progressing them to level two. Wood also received the award for highest score in level one. Strain was assessed in level two achieving a personal best and awarded silver.

Day two the girls woke up early to attend skills testing . Guertin and Blower were assessed at level one, excelling on floor and vault receiving Gold. Wood, Hazel and Strain all competed level two for the first time. Strain received two golds on vault and beam, Wood received a gold on floor and Amelie shined on bars with the third highest score in the level two category. All the girls proudly walked out with Silver All Around in skills testing and are looking forward to their next testing event here in Kamloops at the end of February as part of the Wild West Fest Invitational hosted at Kamloops Gymnastics Trampoline Centre February 26-28th.