

**JUMPING, FLIPPING AND LANDING IS NOT AS EASY AS THE GIRLS OF THE GYMNASTICS TEAM MIGHT MAKE IT LOOK.** All this perfection required a lot of hard work, including long practices.

"We practiced every day for three hours a day through the entire season," said **Erika Chrapliwy, 12**, the only senior on the team. These practices were tough on the girls because they had to stay after school every single day.

But practices had their perks. "Practice every day was hard work, but it gave the girls a chance to bond and form really great relationships," said **Christina Terilli, 11**.

Team bonding wasn't always so easy, though. The team had a hard time bonding when there was a frequent shift of members of the team.

"Due to many injuries and lots of girls joining and then quitting the team, we as a team didn't do as well as we had hoped," said **Krista Wesselkamper, 10**.

Indeed, a few girls did leave the team early this year, leaving the rest of the girls without that strong sense of camaraderie. But the rest of the girls trooped on, and with the help of **Coach Ed Schwegler**, who Wesselkamper describes as "a tough, but good coach", the girls managed to end their season successfully.



**Krista Wesselkamper, 10**, adds a little salsa to her routine. Wesselkamper thinks the team had a great season. She said "...although we might not have placed first at every meet, but under our circumstances, we were very successful."

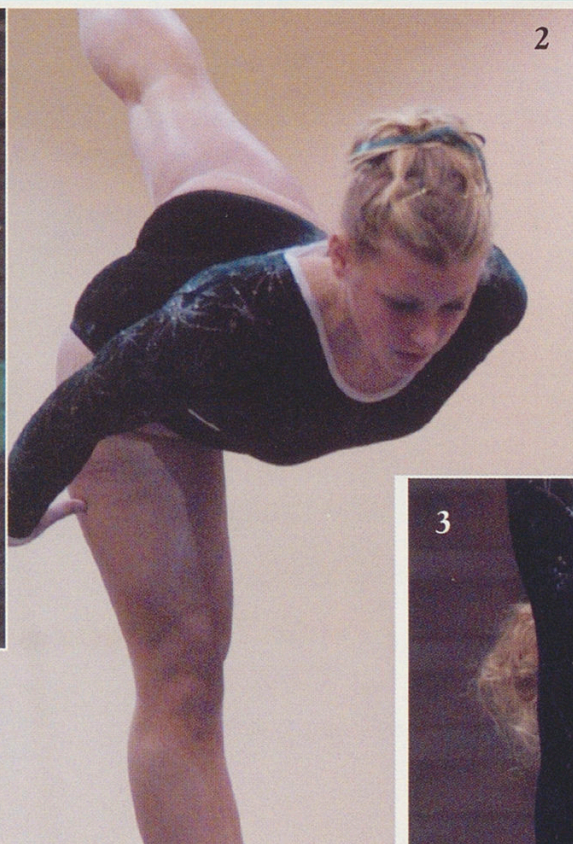


**Reaching for the stars.** Gymnast **Katie Lebuhn, 11**, ends her routine with a graceful pose. Ending a routine with a strength is important for both the judges and the girls.

## Stick it!

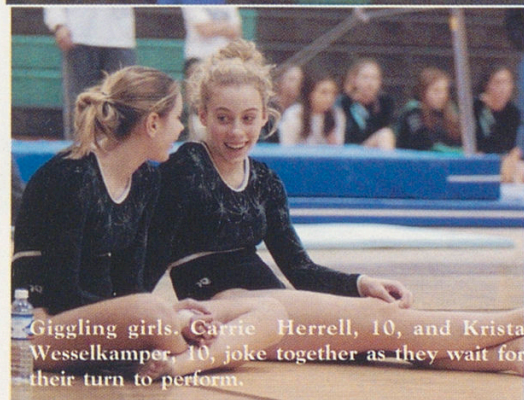
The gymnastics team works through a challenging season

By Kim Andrews



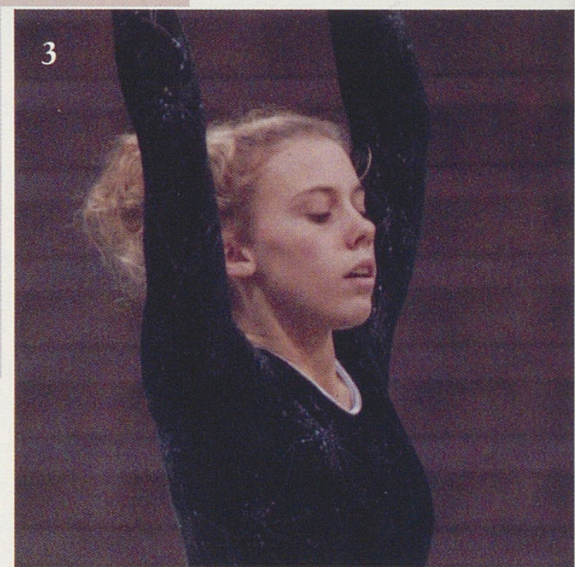
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1. **Jumping and landing.** Two elements of gymnastics that **Carrie Herrell, 10**, has mastered. Here, Herrell executes a jump at a home meet. Herrell and her teammates spend hours each day working on their jumps and lands for these meets, and their hard work pays off. 2. **Flexibility on the balance beam.** **Christina Terilli, 11**, balances a smooth pose during her beam routine. Terilli enjoys her time with her teammates. "This season is great. We have our struggles, but it is a fun and exciting season overall," said Terilli.



Giggling girls, **Carrie Herrell, 10**, and **Krista Wesselkamper, 10**, joke together as they wait for their turn to perform.

3. **Finished!** Breathing a sigh of relief is **Krista Wesselkamper, 10**, after a perfect floor routine. Wesselkamper's favorite meet of the season is districts because "we finally had enough girls to compete in each event and each one of us did really well," said Wesselkamper.



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