

EAGLE'S WINGS ATHLETICS - BOYS TEAM - MEET RESULTS, PICS, & INFO

MEET: RICKY DECI INV.

DATE: JANUARY 9, 2010

LEVEL 7s:

#:	GYMNAST NAME:	AG:	FX:	pl	PH:	pl	SR:	pl	V:	pl	PB:	pl	HB:	pl	AA:	pl	RANK
1	Drew Sikora	10-11	12.30	35	8.10	31	13.00	36	12.60	33	9.70	37	6.40	36	62.10	36	4
2	Christopher Bowling	10-11	13.70	23T	10.50	20T	13.80	25T	13.90	19T	11.70	27T	11.40	24T	75.00	25	3
4	Drew Huck	10-11	13.50	25T	12.80	9	14.30	10T	13.90	18T	12.30	23	13.30	10T	80.10	13	2
3	Cole Wilhelm	12-13	14.80	2	12.00	4	14.00	2T	13.80	4T	12.00	5	14.20	1	80.80	3	1
EVENT TEAM TOTALS:			42.00		35.30		42.10		41.60		36.00		38.90		235.90		
EVENT TEAM PLACES:			6		3		5T		6T		8		3				

LEVEL 7 TOTAL TEAM SCORE: 235.90

LEVEL 7 TEAM PLACE: 5th



First meet of the season for the L7-10s!!!

As expected these boys had some big ups and downs. Each showed some cool new skills that they had never competed before, and they all improved a lot from the mock meet.

We will be doing intense weak point training to prep for future meets.

LEVEL 8 & 9:

#:	GYMNAST NAME:	AG:	FX:	pl	PH:	pl	SR:	pl	V:	pl	PB:	pl	HB:	pl	AA:	pl	RANK
1	Chandler Guvernator-L8	12-13	12.80	4	8.30	15	11.00	11	11.10	13T	10.80	12T	SCRATCH		54.00	16	2
2	Cameron Lake-L9	12-13	13.20	5	8.30	23	10.20	22T	12.90	4	11.80	14T	11.00	7	67.40	15T	1



Similar to above, these boys also had ups and downs. I was very pleased with how they were able to bounce back from some mistakes. During this session there was a boy from another team who got hurt on p-bars and was taken away by paramedics, but we were notified that was fine. Chan and Cameron were able to stay focused despite the scar

LEVEL 10s:

#:	GYMNAST NAME:	AG:	FX:	pl	PH:	pl	SR:	pl	V:	pl	PB:	pl	HB:	pl	AA:	pl	RANK
1	Evan Fitzgerald	14-15	11.30	13T	SCRATCH		12.30	5	13.00	5	11.50	8T	8.70	13	56.80	14	1
2	Logan Doughty	16-18	12.40	11	SCRATCH		SCRATCH		11.50	12T	10.80	12	10.20	11	44.90	14	2



These boys did some big skills they have worked on for a while. They were permitted based on how they felt to go for bigger and more difficult values. Some skills had falls and others were great.

It will take some time and lots of weak point training combined with the new conditioning program that is specifically designed for the season before the boys become consistent on their skills and routines.