

# SARA BECK

Level 10  
Class of 2021



## CONTACT INFO



Xtreme Gymnastics  
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Coach:  
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## SOCIAL MEDIA

Gym  xgtkids  xgtkids  xgtkids.com

## EDUCATION

Central High School | GPA 4.35

Hi, I'm Sara. I have been in gymnastics since I was 3 years old. When I'm not in the gym, I am either working or watching Netflix. I drive 1 hour and 20 minutes to practice every day. This is my 1st year as a level 10 and I have qualified for regionals. I have found a new love for competitive gymnastics after I moved to Xtreme gymnastics following a short break from the sport. I have worked to get back to where I was and in a few short months, have grown so much as a gymnast. Not only have I gotten back to where I was, I have surpassed those skills and continue to improve and grow. Every day is a day for growth. I look forward to the 2019/2020 season.

## SKILLS

### VAULT

*Competition ready*  
Yurchenko layout

*Training*  
Yurchenko full

### BARS

*Competition ready*  
Clear-hip bail, toe snap,  
double tuck dismount

*Training*  
Full pirouette, tkachev,  
and bail handstand

### BEAM

*Competition ready*  
Full Turn, back handspring layout series,  
side ariel, beat jump split 3/4, back tuck  
split jump combo, switch leap switch half,  
roundoff 1 1/2 dismount

*Training*  
Round-off double tuck dismount, round-off  
double full dismount, split full, and front ariel.

### FLOOR

*Competition ready*  
Double pike, front layout front layout,  
double tuck, front full front tuck,  
switch ring switch half, switch leap, double turn

*Training*  
Full in and front 1 1/2

## HIGH SCORES

Vault: 9.375  
Bars: 8.325  
AA: 35.700

Beam: 9.150  
Floor: 9.300

## MEETS THIS SEASON

Wisconsin Dells Safari Invitational, Biles International  
Invite, Rolling Thunder, Jekyll Island Invitational, Cupid  
Classic, Olympia Crown Challenge, Elevate the State