

SOPHIA BELL

Level 10
Class of 2024



CONTACT INFO



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SOCIAL MEDIA

Athlete  Sophia Bell  sophias_gym_nastics

Gym  xgkids  xgkids  xgkids.com

EDUCATION

Fort Osage High School | GPA 4.0

Sophia started gymnastics at the age of four as a way to safely channel her "no fear" energy. It took a few years to find the right gym fit, but in 2013 Sophia came to Xtreme Gymnastics as a level 4 and found her gym home. In 2017, she decided to chase her dreams and began training to qualify as a HOPES/Jr. Elite. Over the last two years she has competed in both Elite Qualifiers and Level 10 meets where she has had lots of growth and success in both. When Sophia is not in the gym, she is interested in learning Spanish, being a part of student council, playing with her little brother, and of course...shopping!

SKILLS

VAULT

Mastered skills

Yurchenko full, layout full

Training

Yurchenko double full, double full layout

BARS

Mastered skills

Shaposh to Pak full, double layout dismount, half pirouette to toe snap, toe hand to Shaposh to bail

Training

full pirouette to double, pike reverse, 1 1/2 pirouette

BEAM

Mastered skills

Handspring layout layout, split jump front tuck, punch front, wolf turn 1 1/2, jump full, switch leap switch leap, roundoff handspring double pike

Training

side sumi, punch front half

FLOOR

Mastered skills

double pike, double tuck, front double full to front tuck, full-in pike, switch leap switch side half, double full turn, 1 1/2 to round-off handspring double tuck

Training

double layout

HIGH SCORES

Level 10 / Elite

Vault: 13.4/9.7

Bars: 10.85/9.075

Beam: 12.4/9.15

Floor: 12.1/8.825

AA: 48.5/36.75

2018 Missouri State Championships- 1st Bars

2018 Reg. 4 Championships- 1st AA, 1st Vault, 2nd Bars

2018 Western Nationals Qualifier- 9th AA, 3rd Vault

Parkettes HOPES Compulsory- 5th AA

MEETS THIS SEASON

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