

SOPHIA BELL

Level 10
Class of 2024



CONTACT INFO



Xtreme Gymnastics
725 NW Commerce Dr.
Lee's Summit, MO 64086
816-347-8008

Coach:
Alisha Robinson
alisha@xgtkids.com
816-560-9192

SOCIAL MEDIA

Athlete Sophia Bell sophias_gym_nastics

Gym xgtkids xgtkids xgtkids.com

EDUCATION & BIO

Fort Osage High School GPA 4.1538

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, but after two years, she missed being with her teammates and the team atmosphere and decided to focus on chasing a new dream, to be the top Level 10 gymnast in the country. During her three years as a level 10, she has had lots of success and continues to improve each year. When Sophia is not in the gym, she is interested in learning Spanish, going to her high school football games, playing with her little brother, and of course...shopping!

SKILLS

VAULT

Mastered skills

Yurchenko full

Training

Yurchenko double full, half on - pike off

BARS

Mastered skills

Shaposh to bail-toe snap, double layout dismount, toe hand to Shaposh to bail, reverse (Tkachev)

Training

full pirouette, uprise - clear hip to reverse

BEAM

Mastered skills

punch front, wolf turn 1-1/2, switch leap switch leap, 2 foot handspring - layout stepout, side sumi, round-off double pike dismount, split 3/4

Training

front aerial, front handspring front tuck

FLOOR

Mastered skills

double pike, double tuck, full-in pike, double full turn, switch leap tour jeate half

Training

double layout, front tuck stepout round-off handspring double tuck

HIGH SCORES

Level 10

Vault: 9.85

Beam: 9.65

Bars: 9.6

Floor: 9.775

AA: 38.175

2021- Missouri State Championships- 1st AA, 1st Bars, 1st Floor, 2nd Vault

2021- Region 4 Championships- 2nd AA, 1st Bars, 1st Floor, 2nd Vault

2021- National Championships- 6th AA, 6th Vault, 8th Beam

Jekyll Island Invitational All American Record Holder for All Around and Vault

MEETS THIS SEASON

Tampa Bay Turners Invitational, Vegas Cup, Nashville Nights, Dragon Invitational, Elevate the Stage Toledo, Olympia Crown Invitational