

SOPHIA BELL

Level 10
Class of 2024



CONTACT INFO



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SOCIAL MEDIA

Athlete  Sophia Bell  sophias_gym_nastics

Gym  xgtkids  xgtkids  xgtkids.com

EDUCATION & BIO

Fort Osage High School | GPA 4.1842

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 four 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 1.5

Training

Yurchenko Double Full, Half on-Pike off

BARS

Mastered skills

Toe Hand to Shaposh to Bail Handstand,
Double Layout Dismount, Tkachev

Training

Full pirouette, Uprise-Clear Hip to Reverse

BEAM

Mastered skills

Punch front, Wolf Turn 1.5, Switch Leap-Switch
Leap, 2 Foot Handspring- Layout Stepout,
Round-off Double Pike Dismount, Split 3/4

Training

Front Aerial, Front Handspring Front Tuck

FLOOR

Mastered skills

Piked Full-in, Double Layout, Double Pike,
Double Full Turn, Switch Leap Tour
Jeate Half, Front Layout-Front Full

Training

Front Tuck Step out Round-off handspring
Double Pike

HIGH SCORES

Level 10

Vault: 9.825

Beam: 9.45

Bars: 9.725

Floor: 9.9

AA: 38.65

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

*2022 Missouri State Championships- 2nd AA,
2nd Vault, 4th Bars, 1st Beam, 1st Floor*

*2022 Region 4 Championships- 1st AA, 1st Vault,
1st Bars, 4th Beam, 1st Floor*

MEETS THIS SEASON

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