



Alyssa Noel

Birth Date: 7-24-1994
Graduation: 2012
School: Whitanll H.S., Hales Corners
WI
Cumulative GPA: 3.7
Level 9 Gymnast Since 2010

GYMNASTICS ACCOMPLISHMENTS

2009 Level 8 Regionals: 2nd VT, 2nd Ba, 6th FL, 8th AA 2011 State: 3rd VT, 5th BM, 2nd FL, 7th AA

2010 Level 9 WI State: 5th BA, 9th VT

2011 Level 9 Regionals: 7th BA, 8th AA

2010 Level 9 Regionals: 6th VT, 7th BA, 5th BM, 7th AA 2011 Level 9 Westerns: 4 for 4

2010 Level 9 Westerns Alternate

SKILLS

Beam – 10.0 Start

BHS, BHS
Switch Leap, Straddle 1/2
Split jump, tuck 3/4
R/O full dismount

Training:

BHS, Layout

Bars – 9.7 Start

Pirouette
Straddle back
Double tuck dismount

Training:

Blind Front giant

Floor – 10.0 Start

RO, BHS, 1 1/2 front pike
R/O whip 1/2, front pike
R/O BHS full
Switch side, popa
1 1/2 turn

Training:

Double tuck
Double full

Vault - 9.7 start

Yurchenco Pike

Training:

Yurchenco Layout

CLUB INFO

Midwest Twisters Gymnastics

11227 W. Forest Home Ave.

Franklin, WI 53132 (414-517-4676)

E-mail: katieg@midwesttwisters.com Coaches: Katie Giuffre and Rick Nelson

www.youtube.com/user/midwesttwistersWI (Full video available upon request)