

sports

Medals all-around for Fort gymnasts at Calgary meet

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The Fort's gymnasts have improved their showing from meet to meet, and the final meet of the season was no exception.

The competitive season ended on a positive note for the girls of the Fort Gymnastics Club when all five gymnasts brought home medals from the Calgary Invitational Meet on June 5.

The Fort brought three P1 Tyros, Kaitlyn Krauskopf, Carly Mak and Meigen Smith; one P1 Argo, Grace Lacoursiere; and one P1 novice, Kayla Sloman, to the event.

The best results came for Smith, whose previous best was a fourth place ribbon on the beam at the May Salto meet. This time, Smith picked up third place overall in her age category from good scores in all four events.

Her score of 11.8 (out of 13) got her the gold on the vault and an 11.3 got her the bronze on the parallel bars. Smith added fourth place ribbons on the beam and on her floor routine.

According to the club's head coach Leane Cameron, Smith completed a kip on the bars, a mounting technique that requires a lot of strength. Cameron noted the move is necessary at the P2



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The five girls of the Fort gymnastics club show off their medals and ribbons from the Calgary meet. L-R (clockwise from back left): Kayla Sloman, Carly Mak, Kaitlyn Krauskopf, Meigen Smith and Grace Lacoursiere.

level but is optional for P1 gymnasts. "She was very happy with three medals," Cameron said, noting these were Smith's first.

Like Smith, Mak's previous best was a ribbon from the Salto meet, but her scores in three of the events were improved for

Calgary. Mak got her first medal, a silver, with an 11.4 on the floor. Cameron said Mak was "thrilled to get a medal on floor" after an off day at the Salto event.

She was fifth overall among Tyros, receiving fifth place ribbons on the bars and beam and a sixth place ribbon for her vault performance.

The event was also good for Krauskopf, who had always previously been mere tenths of a score away from ribboning.

This time, she picked up ribbons on three events and a bronze medal from her 11.4 performance on the vault. Cameron commented Krauskopf had shown marked improvement throughout the season.

The Fort's lone Argo, Lacoursiere, had another good showing, but an off day on the beam likely cost her an overall medal, leaving her with a respectable fourth place overall.

Lacoursiere picked up a silver medal with an 11.6 on the vault, a bronze on the floor and a fourth place ribbon on the bars.

Sadly, she fell off the beam twice during her routine, an automatic two point penalty that brought her score down to an 8.7, placing her in seventh for the event. "She had an off beam day," Cameron said. "It happens. She was absolutely solid at Salto."

Unfortunately for Sloman, there were no other novice age gymnasts at the event. While that meant she received the gold on everything, it also meant she defaulted to that gold.

Still, Cameron said Sloman was scored in her events and did well across the board. In particular, Cameron noted Sloman's score of 11.8 on the bars. Cameron explained that score came after a fall cost Sloman a full point on the event, meaning she almost had a 12.8 of 13 score based on a "very clean, very tight" performance with a stuck landing.

Cameron noted several pre-competition gymnasts also attended the event, but the group was not being scored and received no indication of their performance. "They got trophies and had a lot of fun," she said.

The Fort club finished its season with an in-club mini-meet last Monday evening. Cameron explained one of the club coaches is also a judge, so she was able to provide scores for the pre-competition gymnasts while

the competitive gymnasts used the opportunity to try out some new skills.

"It was just for fun," Cameron said, "It was a good way to end the year."

Looking ahead, Cameron was pleased to note Smith, Lacoursiere and Sloman will be moving up to the P2 division for next year.

In addition, she said four from the pre-competition group will try their hands (and feet) at the competitive level, and two gymnasts who took the year off will return to give the Fort club 11 competitors next season.

"It's been a positive year," Cameron said. "There's been a huge improvement this year."

She said the club hopes to have a camp this summer, and registration for the fall begins August 2. She also noted a competitive acro-dance class being offered that will attend dance competitions with a blend of dance routines and acrobatics.

"We're very excited about that," she said.