

2021 Winter In Paradise

Rotation Schedule

Jan 15-17, 2021

Session: 1 -- Level 4,5,XG,XP&Opt

Saturday, January 16, 2021

Open Warmup 8:00 AM Timed Warmup 8:20 AM

Compete 8:40 AM

Awards 10:00 AM

Squad A Gold Coast
Squad B Tnt
Squad C Tnt
Squad D Rising Stars

Num Gymnasts: 17

Squad: A  3				Squad: B  6					
Vault	701	8	Aubrey Kenimer	Gold Coast	Bars	601	6	Natalia Kryvonos	Tnt
Bars	901	XG	Emma Lutwin	Gold Coast	Beam	603	6	Evelyn Walsh-Watson	Tnt
Beam	1001	XP	Logan Friedemann	Gold Coast	Floor	604	6	Nathalie Dumont	Tnt
					Vault	605	6	Tereza Knopp	Tnt
						606	6	Mia Coble	Tnt
						607	6	Caitlyn Gray	Tnt
Squad: C  4				Squad: D  4					
Beam	405	4	Sophia Morante	Tnt	Floor	401	4	Margareta Loukas	Rising Stars
Floor	406	4	Loren Hilliard	Tnt	Vault	402	4	Valeria Derkach	Rising Stars
Vault	501	5	Brooklyn Buske	Tnt	Bars	403	4	Makala Orpali	Rising Stars
Bars	502	5	Chauntel Baker	Tnt	Beam	404	4	Gabriella Pulli	Rising Stars

Gymnast	Vault	place	Bars	place	Beam	place	Floor	place	All-Around	place

Coaches:

- General stretch/warm-ups: We will not be permitting athletes to run around the floor for warm-ups.

Plan on having your athletes do stationary cardio warm-ups such as jumping jacks or running in place.

-All sessions will be a modified traditional format: warm up first event-- compete.

- Gymnasts Should Bring: Gymnasts should bring their own bag/box of chalk, hand sanitizer, water bottle, etc.

Spectators: Please we recommend only two (2) spectators (no more than three 3 family members per athlete).

This is to follow capacity and social distancing guidelines. Spectator will check-in with athlete. Chairs will be distanced

Masks/Facial Coverings are required by Palm Beach County to be worn by individuals over the age of 2.

Athletes, Coaches, Judges, Staff & Spectators must wear masks at all times.

Athletes may remove mask while active, competing, and social distancing. Masks must be worn at all other times.

Stay Home If: Please stay home if anyone in your household has had onset of illness with symptoms compatible with COVID-19. Symptoms include: Fever (>100.1), cough, shortness of breath or difficulty breathing, chills, muscle pain, headache, sore throat, and new loss of taste or smell. Please also stay home if you or your competing athlete has been in close contact with an individual who has tested positive for COVID-19.

Meet Site: Gold Coast Gymnastics, Inc
1420 Rupp Lane
Lake Worth Beach, FL 33460

Meet Results: www.gcgym.com
Over flow parking at BC Coffee (brown building) NO Parking at BLUE OR WHITE BUILDING

We are taking extra health and safety precautions to keep everyone safe at our competition. Please note that there is an inherent risk of exposure to COVID-19 in an any public place where people are present. By attending this event, you voluntarily assume all risks related to exposure of COVID-19. If you have any underlying conditions, exhibiting symptoms of COVID-19 or have been in contact with someone confirmed or suspected of COVID-19 symptoms, we ask you that you stay home

2021 Winter In Paradise

Rotation Schedule

Jan 15-17, 2021

Session: 2 -- Level 1

Saturday, January 16, 2021

Open Warmup 10:50 AM Timed Warmup 11:10 AM

Compete 11:30 AM

Awards 12:15 PM

Squad A Tnt
Squad B Gold Coast
Squad C Miami Beach Gym
Squad D Rising Stars

Num Gymnasts: 17

Squad: A				Squad: B					
									
3				3					
Vault	103	1	Sophia Meisel	Tnt	Bars	115	1	Ella Bennett	Gold Coast
Bars	113	1	Peyton Holt	Tnt	Beam	116	1	Addison Forrest	Gold Coast
Beam	117	1	Aniella Brown	Tnt	Floor	118	1	Olivia Lafferty	Gold Coast
Squad: C				Squad: D					
									
7				4					
Beam	107	1	Shirel Amsellem	Miami Beach Gym	Floor	101	1	Alexa Reinardy	Rising Stars
	114	1	Federica Pallares	Miami Beach Gym	Vault	102	1	Anndee Fishel	Rising Stars
Floor	106	1	Gema Mont	Miami Beach Gym	Bars	111	1	Clare Criscuolo	Rising Stars
	100	1	Storey Hendler	Miami Beach Gym	Beam	112	1	Hailey Wilson	Rising Stars
Vault	108	1	Matilda Musumeci	Miami Beach Gym					
	109	1	Zoey Schwartz	Miami Beach Gym					
Bars	105	1	Piper Scorza	Miami Beach Gym					

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2021 Winter In Paradise

Rotation Schedule

Jan 15-17, 2021

Session: 3 -- Level 3 & XS

Saturday, January 16, 2021


Open Warmup 12:50 PM Timed Warmup 1:10 PM

Compete 1:30 PM

Awards 2:20 PM

- Squad A Rising Stars, Tnt
- Squad B Gold Coast, Miami Beach Gym
- Squad C Tnt
- Squad D Rising Stars

Num Gymnasts: 17

Squad: A  4				Squad: B  4					
Vault	1101	XS	Montserrat Mendez	Rising Stars	Bars	311	3	Gabby Gonzalez	Gold Coast
Bars	1102	XS	Amelie Oliveria Fortinho	Rising Stars	Beam	312	3	Gaelle Cardenas	Gold Coast
Beam	1104	XS	Natalia Hernandez	Tnt	Floor	305	3	Mia Montalenti	Miami Beach Gym
Floor	1106	XS	Allison Schweisthal	Tnt	Vault	308	3	Ava Marmol	Miami Beach Gym
Squad: C  4				Squad: D  5					
Beam	301	3	Allesandra Landrum	Tnt	Floor	302	3	Alexandra Lewis	Rising Stars
Floor	303	3	Gabriela Meisel	Tnt	Vault	306	3	Annabel Reinardy	Rising Stars
Vault	304	3	Aubrey Amend	Tnt	Bars	307	3	Emma Szczepanski	Rising Stars
Bars	313	3	Ziyah Green	Tnt	Beam	310	3	Jenise Demosthene	Rising Stars
						309	3	Ellis Blanco	Rising Stars

Gymnast	Vault	place	Bars	place	Beam	place	Floor	place	All-Around	place

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Rotation Schedule

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Session: 4 -- Level 2 & XB
Open Warmup 3:10 PM Timed Warmup 3:30 PM

Saturday, January 16, 2021
Compete 3:50 PM Awards 4:50 PM

Squad A Miami Beach Gym
Squad B Gold Coast
Squad C Gold Coast
Squad D Rising Stars, Tnt

Num Gymnasts: 23

Squad: A  7				Squad: B  5					
Vault	201	2	Jiavanna Sarnicola	Miami Beach Gym	Bars	206	2	Josephine Berglund	Gold Coast
	202	2	Emma Goldstein	Miami Beach Gym	Beam	210	2	Keira Welch	Gold Coast
Bars	203	2	Victoria Sadovnik	Miami Beach Gym	Floor	213	2	Chloe McIndoo	Gold Coast
	204	2	Ella Saenz	Miami Beach Gym	Vault	214	2	April Meeker	Gold Coast
Beam	207	2	Isabella Murillo	Miami Beach Gym		215	2	Caylee Depew	Gold Coast
	208	2	Grace Porri	Miami Beach Gym					
Floor	212	2	Avery Tolston	Miami Beach Gym					
Squad: C  6				Squad: D  5					
Beam	801	XB	Rebecca Morris	Gold Coast	Floor	205	2	Adrianna Lewin	Rising Stars
Floor	802	XB	Lacey Barnes	Gold Coast	Vault	209	2	Mallory Migliano	Rising Stars
Vault	803	XB	Olivia Addesa	Gold Coast	Bars	211	2	Sophia Morgan	Tnt
Bars	804	XB	Valentina Serpa	Gold Coast	Beam	216	2	Lilly Brouillette	Tnt
	808	XB	Chloe Farren	Gold Coast		805	XB	Brylee Davis	Tnt
	807	XB	Lauren Reiter	Gold Coast					

Gymnast	Vault	place	Bars	place	Beam	place	Floor	place	All-Around	place

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