

MEDIA RELEASE

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Young Gymnasts Compete at Western Canadian Championships

Adele Lefevre, 9, and Makinli Handley, 10 competed at the Western Canadian Gymnastics Championships last weekend in Prince George, BC. Lefevre competed in the Pre-National Novice Elite category, while Handley competed in the Pre-National Novice Aspire category.

Pre-National Novice is a developmental program working toward elite gymnastics. There is only a handful of athletes who are capable of competing at this caliber at such a young age. The program is developed to try to streamline these athletes into a National level of competition. In the sport of gymnastics, if an athlete wants to be successful at a high level they need to be very dedicated and competing at a high level at a very young age. Both of these girls spend 24 hours per week in the gym training hard to try to reach the next level.

Lefevre qualified for Team BC and competed in the Pre-Novice Elite category. Lefevre's highest finish at the Western Canadian Championships was a bronze medal on the uneven bars where she competed her routine with four bonus elements which gave her the second highest start value in the entire competition. She also finished with a fourth place on the balance beam, fifth on the floor exercise with a final placing of fourth in the all around.

Handley competed in the Pre-Novice Aspire category which is another subdivision of the Pre-Novice program. Handley started competitive gymnastics less than one year ago and has already competed successfully in this program and traveled to Western Canadian Championships in her first competitive season which is unheard of in this sport! Handley was discovered last May in the recreational program at the Okanagan Gymnastics Centre and since then her family has altered their lifestyle with the enormous committed required of this sport. Handley has learned her skills at a tremendous speed and is a great addition to the club.

Over the weekend, Handley finished fifth all around in a large category of eighteen athletes from across the western provinces. Her highest placing at this championship was fourth on the vault and uneven bars.

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