

Sydney Seibert ~ Class of 2021

School: Governor Mifflin High School

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YouTube: <https://www.youtube.com/channel/UC8OKfV6waqBIPHbA0F9DvgA>

2019 Level 10 Skills Competed:

Vault: $\frac{1}{2}$ on $\frac{1}{2}$ off front tuck

Bars: Kip hop, front giant, pirouette geinger, kip cast overshoot, giant , giant double back

Beam: Back handspring back tuck, switch leap tuck jump 1/1, front tuck, full turn, tweedle jump-pike jump, roundoff 1 $\frac{1}{2}$ dismount

Floor: Front punch 2/1 full, Front layout- front pike, Front punch 1 $\frac{1}{2}$, 1 $\frac{1}{2}$ turn, switch leap to a tour jete $\frac{1}{2}$

Skill upgrades I am working on:

Vault: $\frac{1}{2}$ on $\frac{1}{2}$ off front layout $\frac{1}{2}$ out (Kaz)

Bars: Weiler Kip, Double tuck 1/1 out dismount

Beam: Back handspring back pike, Wolf jump 1/1, side ariel

Floor: Double back, front 2/1 full front punch, front 1 $\frac{1}{2}$ back layout step out

2018-2019 Season Placements and scores:

Regionals: AA 35.575 (12th)

Career Highlights: Level 9 States: Uneven Bars State Champion and 5th AA

Level 9 Regionals: 2nd on beam

Future Goals: Attending a college with both a competitive women's gymnastics program and a strong academic reputation.