



Kristin L. Kowalchyk
 6110 Dallas Lane
 Plymouth, Minnesota 55446
 (763) 557-6643
 awkow@aol.com
 www.olympicgymnasticsacademy.com



USAG Level 10 Competitor with Olympic Gymnastics Academy, Plymouth, Minnesota
 Junior at The Breck School, Golden Valley, MN AP History Student
 GPA: 3.82/4.00 State History Day Finalist
 Expected Graduation: June 2009 Varsity Letter Award in Girls Golf

GYMNASTICS ACCOMPLISHMENTS

- 2008 USAG Level 10 Regional Championship, Senior B, 4th Place Vault, 4th Place Beam, 5th Place Floor
- 2008 USAG Level 10 Senior B, Region IV National Team, 1st Alternate
- 2008 Kurt Thomas Invitational, Level 10, Age 16, 2nd Place Beam, 9.625
- 2007 USAG Level 10 National Championship, Junior D Qualifier/Region IV National Team Member
- 2007 USAG Level 10 Regional Championship, Junior D, 5th Place Vault, 6th Place Floor
- 2007 USAG Minnesota State Championship, Level 10, Ages 9-16, 4th Place Floor
- 2007 Harley Davidson Meet, Level 10, Age 16, 1st Place Beam, 9.50
- 2006 USAG Level 9 Western Nationals, Senior A, Balance Beam Champion, 9.525
- 2006 USAG Level 9 Western Nationals, Senior A, 6th Place Vault, 9.175; 7th Place Floor, 9.45
- 2006 USAG Level 9 Western Nationals, Senior A, 10th Place All-Around, 36.75
- 2006 USAG Region IV Level 9, Senior A, 4th Place Floor, 9.125; Minnesota Region IV Team Member
- 2006 USAG Minnesota State Champion, Level 9, All-Around, ages 14-15, 36.35
- 2006 USAG Minnesota State Champion, Level 9, Floor, ages 14-15, 9.15; Beam ages 14-15, 9.30
- 2005 USAG Region IV Level 9 Regional Championship, Junior C, 4th Place Vault, 6th Place Floor
- 2005 Hills Invitational Level 9, Beam Champion, 9.575
- 2004 USAG Region IV Level 9 Championship, Qualifier
- 2001-2003 State Championships, Level 8, Qualifier; USAG Women's Gymnastics Competitor since 1999

2008 COMPETITIVE SEASON SCORES - LEVEL 10

High Scores

Vault:	9.25	Kurt Thomas Invitational, February 2008
Uneven Bars:	8.55	Minnesota State Championships, March 2008
Balance Beam:	9.625	Kurt Thomas Invitational, February 2008
Floor Exercise:	9.30	Winter Challenge Invitational, January 2008
All-Around:	35.80	Rising Stars Invitational, March 2008
	35.75	Minnesota State Championships, March 2008
	35.75	Rising Stars Invitational, March 2008

SKILLS

Competed

Training

Vault:	layout tsukahara	handspring front layout tsukahara with 1/2 twist
Uneven Bars:	blind to counter handstand double back	giant hop full reverse hecht
Balance Beam:	punch front mount punch front back tuck switch leap tuck full front full dismount split jump tuck full	back handspring layout straddle jump back tuck
Floor Exercise:	double tuck front full punch front stepout to back double full switch side - tuck 1-1/2	triple full double pike front handspring layout punch front full punch front full, punch from layout

COACH CONTACTS

Louie Johnson /Katalin Deli
Olympic Gymnastics Academy
17200 Medina Road, Suite 500
Plymouth, Minnesota 55447
(763) 553-0636
coachlouie3@aol.com