

# Desert Gymnews May /June 2009

## Western Nationals

Bartlesville, Oklahoma - May 8th - 10th 2009

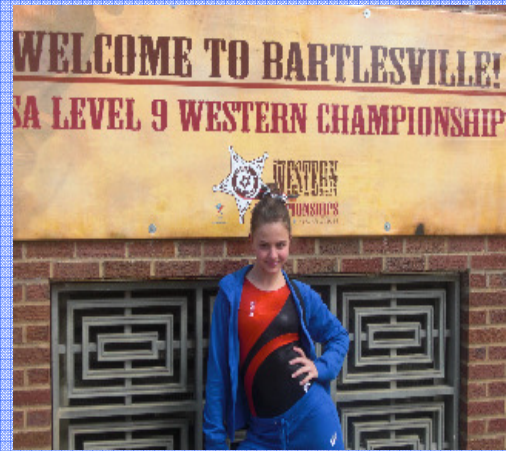
### Skylar Wichert & Brigitte Lescieux

Check out there Outstanding scores and results:

Skylar Wichert 37.45 4th AA, 2nd UB, 5th BB 1st FX

Brigitte Lescieux 36.225 5th AA, 3rd VT, 6th BB

### Congratulations Girls!



Interview with our  
top athletes

### Skylar Wichert

**What is it like to train so many hours a week?** Tiring, but it is fun working on new skills and being with my family, that is what my team mates feel to me.

**What is it like to travel to new cities?** Cool, fun, you get to meet and see different people. Good overall experience.

**What is your favorite healthy snack?** Apples and bananas.

**Can you share one of your secrets of success?**

I have fun, always try my hardest on everything.

### Brigitte Lescieux

**How do you prepare for such an important competition?**

I try to stay focused, try not to get too excited.

**What is your favorite event?**

Vault and Balance Beam.

**What would you want to say to gymnasts who are just getting started?**

Try to keep a positive attitude, try a million times until you get it, work hard and you will succeed, it will pay off.

**How do you deal with your hands hurting on bars?** You just have to keep going, they burn at first and after a while you just don't feel them anymore.

# Desert Elite Dance Team

Want to be part of a Unique Dance Team?

We are still recruiting dancers for our Dance Team.

If you think you have what it takes, please attend  
a master class with Eduardo or Silvana.

Monday, Tuesday or Thursday

7 - 8:30pm

**You will understand why we are so excited!**

Desert Gymcats is taking dance to a new level with a competitive dance team.

We hope to create a unique environment, fostering excellence  
through movement and dance.

*Join us in the beginning...*

*be part of a fun team...*

*work hard to win.*



## Prim & Proper! In Gymnastics Class

For hygiene & safety

- Leotard  
(no tights, tutus or loose attire)
- Hair Pulled back / Neat
- Hair Clips are safer than bobby pins
  - Clean & bare feet
- Studs earrings (no jewelry)

Listen & Follow Instructions

## Rhythmic Gymnastics

Southern California Rhythms

Competition Results

April 26th 2009

Kayla Kalisz

2nd Place

Rachel Werner

1st Place



Congratulations!