

# Panthers' Highlights at Nationals 2009

The Panthers Gymnastics Club had 4 Gymnasts at the Canadian Gymnastics Championships this year.

- Gabrielle May**, High Performance Senior
- Melissa Clark**, National Open
- Tristyn Sitarz**, National Novice
- Emily Blackner**, National Novice

Over 400 participants were gathered for these championships in Hamilton, Ontario to compete in different categories. The event was held from June 1<sup>st</sup> – 7<sup>th</sup>, 2009.



All Panthers Gymnasts did finals and performed very well to earn medals and ribbons.

In the top category, HP Senior (the best gymnasts in Canada), **Gabrielle** came 5<sup>th</sup> overall and also did all four event finals. Only one other gymnast did all 4 finals. She was 5<sup>th</sup> on Vault and Beam and 6<sup>th</sup> on Bars and Floor Exercises in Finals.

CBC covered the 2 first events live. It was an unusual format for most of the girls having to deal with live media coverage.

**Gabrielle** is now the 5<sup>th</sup> best gymnast in Canada !

**Melissa Clark** in the National Category received a Bronze medal for her performance on bars and took 5<sup>th</sup> Place All Around in her category and 5<sup>th</sup> on Floor Exercise.



In the Novice Category, we had two members participating. Both brought medals home !

**Tristyn Sitarz** took the Silver on Vault and was crowned National Novice Champion on Bars !

**Emily Blackner** grabbed the Bronze on Uneven Bars.

The Women's team took a nice tour of the Niagara Falls on the Sunday before coming back home.



**Congratulations everyone !**