

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 1st – 7th, 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 5th overall and also did all four event finals. Only one other gymnast did all 4 finals. She was 5th on Vault and Beam and 6th 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 5th best gymnast in Canada !

Melissa Clark in the National Category received a Bronze medal for her performance on bars and took 5th Place All Around in her category and 5th 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 !