

TWISTING TALES



Elmwood Gymnastics Academy Team Monthly News



Introducing Mindy Roussel

Head Coach

I began my gymnastics journey at age 4 and continued onto competitive gymnastics until level 9 where I suffered a career ending injury. While recovering from my injury I crossed the bridge from athlete to instructor. I graduated from LSU with an Athletic Training degree, that allowed me to work with a group of Orthopedic Surgeons and Physical Therapist located in southeast Florida. I quickly learned that southeast Florida was not for me, so I returned to Louisiana and began coaching gymnastics again and haven't looked back!

IN THIS ISSUE

- MEET YOUR NEW HEAD COACH: MINDY ROUSSEL
- CLASS OPENINGS
- ARTISTIC WINS
- GYMNAST OF THE MONTH
- TIDBIT OF THE MONTH



CLASS OPENINGS

Parent and Me: Mondays at 4pm, Saturday at 9:15am and 11:30am

PreK classes: Mondays at 5:30pm

Artistic: Fridays at 6:30pm

Tumbling: Monday at 5pm and Saturday at 10:30am

Contact Alaina at alaina.wertz@ochsner.org or Coach Mindy at mroussel@ochsner.org

Elmwood's Regional Qualifiers



Xcel Regionals in Foley, Alabama May 6th-8th 2022

Xcel Silvers - Louisiana State Team: Autumn Border, Emma Morson

LA all stars: Natalia Uhlich, Arabella Bowman, Emerson Gordon

Xcel Gold - Louisiana State Team: Alyssa Pesantes

LA all stars: Mary Catherine Zamora, Gabby Griffith, Samera Hubbard, Claire Troxler

Level 6, 7 & 8 Regionals in Myrtle Beach, South Carolina April 29th-May 1st 2022

Level 6 - Louisiana State Team: Sarah Smith

LA all stars: Kate Mogabgab, Maggie Hava

Level 7 - LA all stars: Kasey Orlando, Camryn Romaguera

Level 8 - LA all stars: Arianna Puglis, Meghan Mocklin

Level 9 & Regionals in Concord, North Carolina April 22nd-24th

Level 10 - Regional qualifiers: Victoria Roberts, Emily Voss, Ava Buquoi



Gymnast of the Month

Kasey Orlando – Level 7 gymnasts

1st place all around at X GAMES Invitation Gymnastics Competition in Prairieville, LA.

Kasey has been a gymnast at Elmwood Gymnastics Academy since 2015.