

REGION 5 ALL-STAR TRIP 2013



First instructions from Lori Koch

First instructions from Lori Koch, FINE delegation leader!



Changing of the Guard at Windsor Castle



Double decker bus tour

THANK YOU so much for allowing me to go on the Region 5 All-Star Trip. What a wonderful experience for all who attended!

First I would like to compliment the athletes attending the trip. Having taught middle school for over 30 years I was so pleased with everyone's attitude (gymnasts and coaches! ☺). There was not one argument, one rolled eye, one complaint about being in the lobby at 6 am – no negatives at all! They were happy to learn some history and experience new cultures.

We traveled first to London where we took a double decker bus tour on hardly any sleep. The next day we went to Windsor Castle, saw the Changing of the Guard, and toured the Queen's favorite residence. There was so much to see! That afternoon the girls worked out at Rushmoor Gymnastics. Unfortunately, many of their girls were already in Belgium so they didn't get a chance to work out with gymnasts from another country.

The next morning we left for Belgium. We traveled by train to Brussels and then to Antwerp. We had a little hitch with busses and looked a little odd with 27 people pulling ALL of their luggage about 1 ½ miles down the street to the hotel. We had time that day to see the history and churches and beauty of Antwerp – plus shop! On Thursday we went to Brugge in northwest Belgium which is a beautiful medieval city called "the Venice of Belgium" because of all of the canals.



Buckingham Palace



At Worlds with Alicia Sacramone



The beautiful Antwerp Train Station

However, our real excitement came at World Championships. We were able to see 3 sessions of prelims on Wednesday. I always have felt that winning Worlds is much more impressive than the Olympics because ALL countries are represented as teams. (The Olympics qualify only 16 teams.) The U.S. looked great! On Friday we went to see the All-Around finals. Even though McKayla Maroney was in the top 24 (I believe 5th), only 2 from each country can advance. Simone Biles and Kyla Ross qualified 1st and 2nd respectively into finals and that's how they finished. It was very exciting with a tight finish. Such wonderful gymnastics!

Two others things made this trip fun. The first day of prelims our gymnasts had on their "USA Region 5 Dream Team" jackets. That brought lots of little girls down asking for autographs. Our athletes graciously signed them and gave lots of Region 5 gifts to them. They were thrilled! Also, we had a few visitors during the competition. Steve Penny came and thanked us for coming. Alicia Sacramone also stopped by. Some of us had run into her touring a church. We saw some of the men's team in the laundromat and jogging. Jason MacDonald knows everyone and kept introducing us to people.

Thanks again for this wonderful experience. I hope others will be able to go on an All-Star Trip at some time! REGION 5 ROCKS!!

Hilary Carlson, Region 5 RJD



Signing autographs



Outside the venue



Canal trip in Brugge



The dress up luncheon



We found a store that sold Jaegers, but all the girls had one already!

World Artistic Gymnastics Championships		
Women's All-Around Final		
Results		
1	USA	Simone BILES 60.216
2	USA	Kyla ROSS 59.332
3	RUS	Aliya MUSTAFINA 58.856
4	ROU	Larisa Andreea IORDACHE 57.766
5	CHN	Jinshu YAO 57.632
6	ITA	Vanessa FERRARI 56.732
7	SUI	Giulia STEINGRUBER 56.599
8	CHN	Chensong SHANG 56.132

WHY WE CAME :

GOLD AND SILVER FOR THE RED, WHITE AND BLUE!!!