



# NORTHWEST GYMNASTICS TRAINING CENTER

PRESS RELEASE  
Northwest Gymnastics Training Center  
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## Gresham Gym Makes Hard Run at State Team Title...Sweeps Floor

The 2015 Oregon State Gymnastics Championships were held this past weekend, November 20-22, 2015 at the Portland Expo Center. 28-Teams from around the state competed for coveted team and individual titles. Never before had a team from Gresham captured the team title, and NGTC was poised to do just that this year.

Having lost only one meet all season by a total of .05 points, the gymnasts went in with heads held high and anxious anticipation for what could possibly be...And, despite having it's best ever team score, bettering the previous NGTC record of 113.275 by over .5, and recording 113.825, it simply wasn't to be as Metro Gymnastics came from behind to win the Level 3 crown for the 4<sup>th</sup> consecutive year.

NGTC finished a strong second, just .025 points behind Metro, the smallest margin possible within USA-Gymnastics scoring. "That is equivalent to 1/2 deduction for 1 bent arm in one aspect of one routine, and given that 15 of our girls competed over 4-events each, that is an extremely small margin," stated Eric Stinson, Director of Gymnastics at NGTC.

Coach Allyson Allen's Gresham team did outpace 26 other Oregon gymnastics teams, however, including third-place Westside Gymnastics, by more than .4.

When the State Championship concluded, NGTC recorded an astonishing 28 top-3 finishes, including 9 individual State Titles, and a clean sweep of the floor title (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>), and are listed below:

Larissa Bonn,	Level 3,	Vault 9.4, Beam 9.4, Floor 9.4, All-Around 37.825
Allyson Nelson,	Level 3,	Vault 9.5
Ceana Cummings,	Level 3,	Floor 9.65, All-Around 37.875
1 <sup>st</sup> Ceana Cummings 9.65, 2 <sup>nd</sup> Da'Niya Shepherd 9.4, 3 <sup>rd</sup> Maria Buczkowski 9.325 Floor		
Azia Somook-Sprague,	Level 3,	Vault 9.625
Natalie Weed,	Level 4,	Floor 9.275

NGTC wishes to congratulate all the competitors for a great job and classy awards in the face of a difficult defeat.

*Northwest Gymnastics Training Center is a full-service gymnastics training facility for boys and girls in recreational and team gymnastics. Located just off Powell Blvd at Victory Street in Gresham, Oregon, NGTC has been nationally ranked and created numerous Oregon State Champions.*

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