

Dear Minnesota Coaches!

The first word that comes to mind is.....WOW! I am so impressed with Minnesota's performances at Westerns and Nationals! Bryon Hough shared that Region 4 was complimented by other regions and the USAG office on the progress that has been made. KEEP UP THE GREAT WORK! Keep learning, keep striving for personal greatness and keep passing it on to your athletes. You are doing wonderful things and I personally am honored to say that I am judging some of the very best gymnasts IN THE COUNTRY!

Listed below is a list of our Minnesota Champions!

Minnesota's Western Medal Winners:

Junior 2:

Maddie Fox - Tags South - 5th V

Junior 3:

Abby Demuse - Tags South - 4th V; 4th UB; 5th AA

Amber Heltemes - TCT - 5th V

Junior 5:

Kaylee Johndal - Jam Hops - 4th V; 6th BM

Junior 6:

Nicole Wangler - Tags South - 1st V

Junior 7:

Kayla Lindemann - Classic - 2nd BM

Junior 8:

Bailey Walker - Tags South - 1st V; 4th FX; 3rd AA

Mackenzie Dent - Classic - 3rd V

Senior 2:

Leah Robinette - Perpetual Motion - 6th UB

Senior 3:

Melanee Pfautz - TCT - 5th UB; 5th AA

Katie Palluck - Gleason's Eagan - 3rd V; 2nd FX

Senior 5:

Jenna Trimble - TCT - 3rd V; 3rd UB; 2nd AA

Jalyss Zapf - Classic - 1st UB; 4th AA

Senior 6:

Jamie Reis - North Shore - 5th UB

Senior 7:

Brittany Deziel - TCT - 1st V; 4th AA

Lori Crow - Tags South - 2nd UB; 2nd BM

Julie Olson - Ultimate - 4th V; 3rd FX

Minnesota's National Medal Winners:

Junior A:

Maggie Nichols - TCT - 1st UB; 5th FX; 7th AA *****National Champion! *****

Junior B:

Hollie Blanske - TCT - 2nd UB; 3rd FX; 5th AA

Hannah Nordquist - TCT - 10th V, 7th FX

Junior C:

Breanna Hughes - TCT - 3rd UB; 9th FX; 5th AA

Maile'ana Kanewa - TGA - 4th V; 9th BM; 5th FX; 8th AA

Lexus Demurs - Midwest - 7th BM

Jessie Deziel - TCT - 4th V

Senior A:

Lucy Meyer - TCT - 6th V; 8th AA

Bailee Zumwalde - TCT - 3rd FX; 9th AA

Senior C:

Amber See - Tags South - 2nd V; 2nd UB; 7th FX; 9th AA

Brie Olson - Ultimate - 7th UB; 7th FX

Please forward any and all pictures that you took at State, Regionals, Westerns and Nationals for Linda Thorberg to use in a slide show at Congress. I would also like to use them at our Minnesota State Congress. Please do this asap.

Coaches...Congratulations again for representing Region 4 and Minnesota with PRIDE! Thank you for your dedication, professionalism and all of your hard work that without a doubt paid off!!!

Have a terrific summer and train hard! I am looking forward to another great year.

Respectfully,
Connie Dickson
MN SACC

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