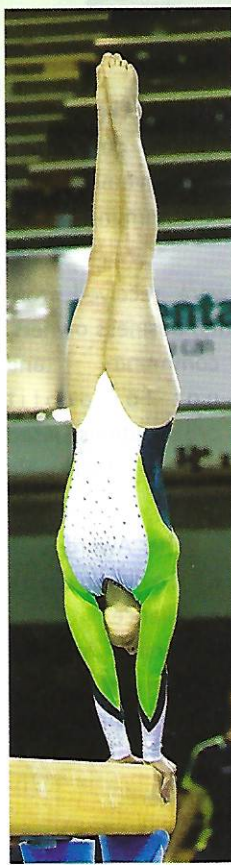


Leap of Faith

A local gymnast wins the Resilience Award after overcoming setback



PULLENVALE school girl Lucinda Rowan's positive attitude and steadfast commitment to her gymnastics training were recognised at Splitz Gym's annual Awards Night last weekend when she won the club's inaugural Resilience Award.

Lucinda (pictured above in competition, with her trophy, and practising with a leg brace on), who was competing in Level 4, broke her foot badly seven weeks before State Championships in September. She needed to wear a boot for the first three weeks of her recovery, but this did not prevent her from training.

"Lucinda missed one training session in the lead up to States and that was two days after she broke her foot when she was having her boot fitted," Splitz coach Elise Baglot said, adding that Lucinda was training 14 hours a week.

"She always had a smile on her face, despite her frustration at not being able to train properly. We concentrated on maintaining her upper body and core strength."

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Lucinda, 9, went on to compete at the State Championships, held at the Sleeman Sports Complex at Chandler, but only on three of the four apparatus. This meant she could not achieve an overall placing.

"Lucinda showed great dedication and commitment to her training and we were so proud of her determination to make it to States," Elise said.

"Gymnastics is such a great sport for promoting life skills such as resilience, discipline, dedication, and commitment. Lucinda exemplifies all of these, which is why she won the award."

Splitz also announced, amongst other winners, Level 8 gymnast Olivia Watson from Upper Brookfield, who was also awarded Senior WAG gymnast of the Year.

Congratulations girls!