



929-2869

Grand Traverse Bay

GYMNASTICS

Northern Michigan's Premiere Gymnastics Center

231-929-2869 www.gtbaygymnastics.com

News Release

submitted by
Betsy Van Deirse

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GT Bay Gymnastics Captures Medals “On the Grand”

(Grand Rapids, MI) – The Grand Traverse Bay Gymnastics teams returned to competition this past weekend, led by all-around champions Zahra Mitchell, Macie Macnowski, and Addie Tillman. This is the second meet in a row that Mitchell has won the prestigious all-around gold medal. She had won the Phoenix Born to Fly meet last month in Kalamazoo at Level 5, in the process advancing to Level 6 at the Grand Rapids meet.

Mitchell earned medal finishes on each individual event – first place on bars, second on beam, and third place for bronze medals on vault and floor. Meanwhile, at Level 3, Macnowski medaled in three of the four events – gold on vault, silver on beam, and bronze on floor. Tillman won first place gold on beam and floor enroute to her all-around championship.

Skylar Hawkins of Grand Traverse Bay Gymnastics finished second to Mitchell all-around by just one tenth of a point, winning first place gold on vault and floor. Other gold medal event championships were won by Naima Mitchell (Level 4 vault), Montana Timmer (Level 9 vault), and Norah Reed (Level 4 beam).

Tabitha Pritchard and Olivia Crane took second place silver medals on vault at Level 6 and Level 7, respectively, while Crane added a bronze medal on floor. Lily Doornbos earned four medals on the day, including Level 4 second place silver medals on beam, floor, and all-around, along with a third place bronze bar routine.

Other medalists from the Grand Traverse Bay team included Henri Cossen (Level 3 third place bronze on bars and beam), Lily Doornbos (Level 4 third place bronze on bars), Izzy Brooks (Level 7 third place bronze on bars), and Zoe Butler (Level 6 third place bronze on beam).

The Grand Traverse Bay Gymnastics teams next compete at the Winter Cup Classic in Mt Pleasant, MI January 20 - 22. For more information about Grand Traverse Bay Gymnastics, now located in the Grand Traverse Mall, go to www.gtbaygymnastics.com, or contact Betsy Van Deirse at 929-2869.

Grand Traverse Bay Gymnastics * 1100 Woodmere, Ste A * Traverse City, MI 49686 * 929-2869 * www.gtbaygymnastics.com

“Where Grace Abounds”



Macie Macnowski -Vault & All-Around Gold Medalist



Zahra Mitchell - Bars & All-Around Gold Medalist



Addie Tillman – Beam & Floor Gold Medalist



Skylar Hawkins – Vault & Floor Gold Medalist

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