



JANA BIEGER

Sixteen-year-old Jana Bieger won three gold medals at the 2006 Pacific Alliance Championships in Honolulu, Hawaii, including team, vault and floor. On vault she performs a Yurchenko one-and-a-half twist as well as a front handspring layout front half. On floor her routine is loaded with tumbling difficulty including a double layout for her first pass, a punch front full into a triple twist for her second pass, a double Arabian third pass, and she dismounts with a high pike double back.

She said, "It feels great to win two individual event golds. I was

really confident coming into this meet and I just told myself to hit and have fun with it, and I definitely did on floor."

Regarding the Pacific Alliance Championships, Bieger commented after event finals saying, "We did awesome. We swept all of the golds and went 1-2 on the three events that we could. We just cheered for each other and supported each other."

Bieger, who is the 2004 Junior National Vault Champion, also experienced success at the 2006 30th Turnier der Meister in Cottbus, Germany, winning the gold medal on vault, the silver medal on beam and the bronze medal on bars. This competition took place March 25-26.

This 2005 World Championships team member trains at Boca Twisters in Boca Raton, Fla. She's coached by her mom Andrea who is a three-time Olympic gymnast from West Germany. Bieger is completing her 10th grade year via a home school program. She has one brother, Nikolai, and her father is Wolfgang Heiden. ✕