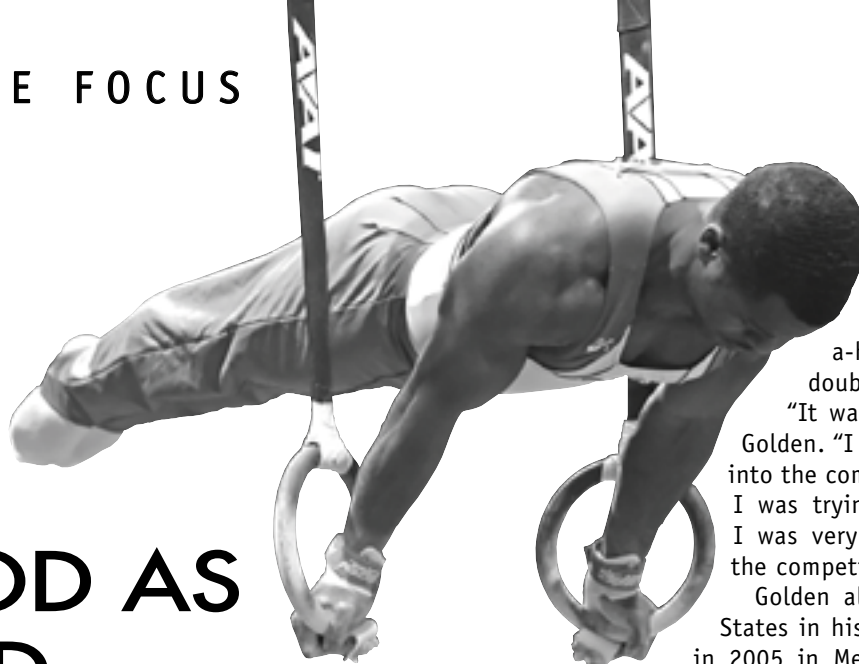


GOOD AS GOLD

SEAN GOLDEN is the defending national champion on rings and vault from the 2005 Visa Championships. This powerhouse athlete is from Camden, N.J., but now resides in Houston, Texas, where he trains with his coach Kevin Mazeika for Team Chevron. He's 23 years old and recently traveled to Moscow, Russia, for the 2006 World Cup. Golden earned the silver medal on vault and finished sixth on his favorite event, floor. Golden's vaults included a Yurchenko two-and-



a-half twist and a Tsukahara double twist.

"It was a great experience," said Golden. "I had some adversity heading into the competition with my back plus I was trying to get over jet lag, so I was very happy with how I did in the competition."

Golden also represented the United States in his first World Championships in 2005 in Melbourne, Australia. He got a taste of what international competition is all about and now has his sites set on making another World Championships team.

As for the future, Golden is working a layout punch Randi and a round off, flip flop, full- and-a-half punch front full to punch front double full. He's working a Yurchenko triple full on vault. Golden hopes his new skills will lead to gold at a World Championships or Olympic Games.

Sean is the youngest of six children, he has three brothers and two sisters. His parents are Ronald and Patricia. ✂

PHOTO: STEVE LANGE