

# Lisa Wang

Rhythmic gymnast Lisa Wang won the 2006 Rhythmic Senior National All-Around title. She also won the ball and ribbon events, was second in the rope event and fifth in clubs. Wang, who will turn 18 on September 24, is a member of North Shore Rhythmic in Illinois, and is coached by Natasha Klimouk and Dani Takova. Wang is a member of the gold-medal team from the 2005 Pan American Championships and also took second place in the all-around at the 2005 Visa Championships.

Prior to the Visa Championships we asked Wang how her training was going over the summer. She said, "Training has been amazing this summer! In early July, I had the opportunity to go to Montenegro with three of my National Teammates to train with the Russian National Team for two weeks. The training was difficult, but also extremely useful. Each day, we had an hour and a half of intensive ballet with the Russian ballet teacher; then immediately afterwards, it was just non-stop "work, work, work! The Russian coaches tried to show us how to have bigger amplitude, more expression, and pointed out so many little corrections that while on the surface may seem insignificant, actually do make a world of difference in a gymnast's performance. Even though it was difficult for me, it was just an incredible experience being able to learn and train with the best in the world."



The experience seemed to work for Wang as she went on to win her first national senior national all-around title. We asked what it was like to win the competition and Wang said, "It was amazing. I've been working so hard for the last few years, and it is just overwhelming to finally achieve the title of national champion. What was even better was being able to stand up on the podium with one of my close teammates, Ava Gehringer.

Wang just started her senior year at Stevenson High School! She's looking forward to going to college in the future and continuing to train hard in the sport of rhythmic gymnastics.

Her gymnastics goals include improving her international standing and helping the U.S. move to a higher level in the rankings. Wang said, "Now that the Visa Championships are over, I'm going to try and drill new, harder elements for the upcoming season. ✨"

PHOTO DIANE BIDERMAN