



ATHLETE FOCUS

AVA GEHRINGER

Twenty-year-old Ava Gehringer of Evanston, Ill., trains at North Shore Rhythmic Gymnastics Center and is coached by Natasha Klimouk and Dani Takova. Gehringer won the 2009 Rhythmic National All-Around title at the Visa Championships in Dallas this past August. In addition to the all-around, Gehringer won all four event titles – rope, hoop, ball and ribbon.

We asked Gehringer her thoughts on sweeping the competition and she said, “Winning the all-around title and all four events was incredible. I never technically set that goal for myself simply because

the goals I set for myself usually consist of what I can control rather than what I cannot. However, in the back of my mind I always thought that if I pushed myself hard enough and wanted it enough I could do it. Honestly, though, the best part of Visa Championships for me was the combination of winning the all-around and being named Sportsperson of the Year again. That meant more than anything.”

Gehringer, who started rhythmic gymnastics at age 5, also earned a spot on her second Rhythmic World Championships Team. She traveled to

Mie, Japan, this past September for the competition and finished 34th all-around. When asked if she was pleased with her performance in Japan, Gehringer said, “Overall I was really pleased with how I performed. I was able to show how hard I’ve worked for this opportunity and although I made a few minor mistakes I couldn’t have asked for much more. Following the World Championships, Gehringer moved from Illinois to New York to attend New York University as a full time student. She’s studying journalism and Russian and Slavic studies for now. ✨