

## BROSS IS ONE OF 10 FINALISTS FOR WOMEN'S SPORTS FOUNDATION'S SPORTSWOMAN OF THE YEAR

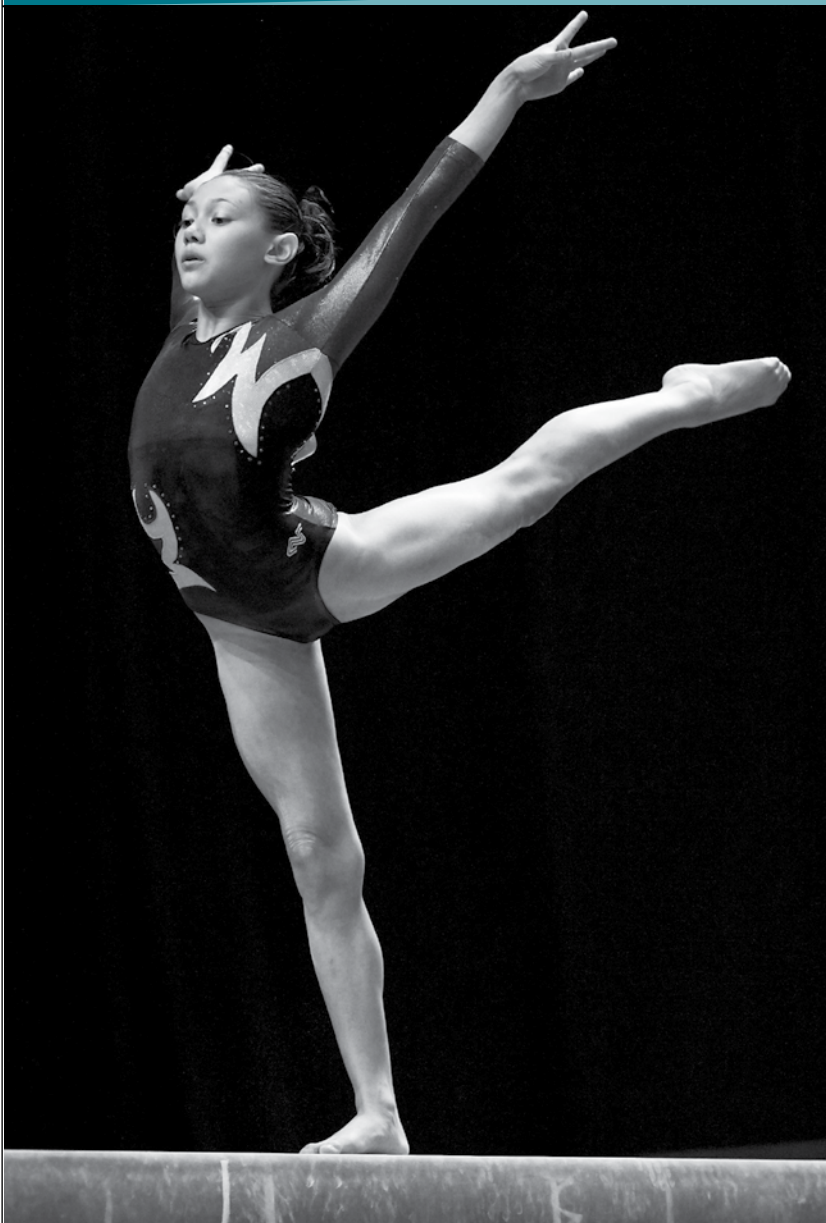
### 2009 world all-around silver-medalist **Rebecca**

**Bross** of Plano, Texas, is one of 10 finalists for the Women's Sports Foundation's Sportswoman of the Year award. The winner, along with the Team of the Year recipient, will be announced at the 31st Annual Salute to Women in Sports awards gala on Tuesday, Oct. 12, 2010, in New York City.

An impressive list of elite athletes from 20 different sports is vying for the evening's top honors. Athletes were considered for the 2010 ballot based on their athletic achievements between August 1, 2009, and July 31, 2010. Bross, who trains at WOGA, has had an exceptional 2010, following her silver-medal finish in the all-around at the 2009

World Championships. The 17-year-old began 2010 by winning the Tyson American Cup. At the 2010 Pacific Rim Championships, she won the all-around title, along with gold medals for beam and floor and the silver medal for bars. Bross also anchored the women's team that won the team gold medal at the Pac Rim. At the CoverGirl Classic, the tune-up for the Visa Championships, Bross won the title for bars. Although the Visa Championships held in August 2010 fell outside of the award's timeframe, Bross became the U.S. champion in the all-around, bars and beam, in addition to finishing second on floor. She was recognized as the U.S. Olympic Committee's Female Athlete of the Month for May 2010. ✧





## KYLA ROSS, RISING TO THE CHALLENGE

By Luan Peszek

**A**t age 13, Kyla Ross is already a two-time junior national all-around champion. Ross, who turns 14 on Oct. 24, is from Aliso Viejo, Calif., and trains at Gym-Max with her coaches Howie Liang and Jenny Zhang.

Kyla is an elite gymnast at the top of her sport, but she's also just a typical 13-year-old girl, who likes pop music and the TV show Hannah Montana. She joined her first gym in 1999 at age 3 in Greenville, S.C. Her family then moved to Richmond, Va., where she enrolled in another gym, and finally to California in 2005. When

asked why she started gymnastics, her mom Kiana said, "Kyla was born with muscles, it was a little strange. She had a wiry body and was very active. She was exposed to a gymnast performing at her dad's baseball game and was intrigued by all the flipping. I knew I had to get her into gymnastics." She added, "When the club told me they wanted to put her on team, I had no idea what all of that was about."

Kyla gets her athletic ability honestly. Her 6'5" dad, Jason, is a former professional baseball player in the AAA minor leagues. He played in the league for six years and moved around a lot in the south before heading to California. Kyla also has two siblings, a 12-year-old sister who plays volleyball and an 8-year-old brother who plays football and baseball.

A fun fact about Kyla is that she loves to hang out with her family, and she and her dad love to cook! Her mom said, "Kyla is a great cook."

Kyla just started the 8th grade at Aliso Viejo Middle School. She attends school from 8:45 a.m. until 12:30 p.m., hitting her four core courses and an independent PE. She is an excellent student and takes all accelerated classes. She then goes straight to the gym and trains from 1- 7:30 p.m. three times a week and from 1-9 p.m. two days a week, plus a practice on Saturday.

Kyla's favorite thing about gymnastics is the constant challenge that motivates her to keep going. And, looking at her results, she's had an extraordinary amount of success in her short time at the elite level.

Not only has she won the junior national all-around title two years in a row, but she also won first place on beam in back-to-back national championships (2009-10) and also won the vault title at the 2009 Visa Championships. In 2010 she placed third on vault and floor exercise.

At the 2010 Pacific Rim Championships in Australia, Ross led her team to the gold medal and also finished second in the all-around in the junior competition. She won the gold medal on vault and silver medals on bars and floor. At the 2010 City of Jesolo Trophy meet in Italy, Ross took second in the all-around among the juniors. At the 2009 Junior Pan American Championships, she helped her team win the gold medal and also won the individual gold medals in the all-around, bars and beam and the silver on floor.

Ross will once again lead the U.S. Team at the 2010 Pan American Championships in Guadalajara, Mexico, Sept. 2-5.

Good luck to Ross and Team USA, which includes Gabrielle Douglas of Virginia Beach, Va./Excalibur Gymnastics; Brenna Dowell of Odessa, Mo./GAGE; Sarah Finnegan of Lake Latawanna, Mo./GAGE; McKayla Maroney of Laguna Niguel, Calif./All Olympia; Ross; and Sabrina Vega of Carmel, N.Y./Dynamic Gymnastics. ✧



## PHANTOM GYMNASTICS PROVIDES UPDATE ON BELLA TUCKER FUND

**P**hantom Gymnastics in Hampstead, N.H., wants to pass along a Bella Tucker update to the gymnastics community. This is a follow-up to the magazine and website articles that ran earlier this year about Bella Tucker, a young gymnast who came down with a near fatal infection on Easter and underwent quadruple amputation surgery. Below is the update prepared by Cathie Lowell of Phantom Gymnastics, Bella's gym.

We are happy to report that Bella's spirits are high despite a few setbacks and additional operations during the last month. She has been in both the Children's Hospital and the Spaulding Rehabilitation Hospital in Boston. She has begun some physical therapy to strengthen her core, getting her ready for the Shriner's hospital in Philadelphia where the real work will begin. Bella will receive prosthetics and she and her family remain hopeful and encouraged. Bella celebrated her ninth birthday on Aug 12. She continues to have lots of visitors and has learned to use her electric wheel chair, which she operates with her elbow, to get around the hospital and garden. She spends time playing games and visiting with friends. She's also become proficient with her iPad, which allows her to use Facebook to view and respond to posts!

# SPOTLIGHT



Thank you to USA Gymnastics and the gymnastics community, who have helped create awareness for Bella's cause and raise thousands of dollars for the family. USA Gymnastics provided a booth at the Visa Championships Fan Fest, where the Phantom Gymnastics Team did an exhibition in conjunction with a fund raising campaign. Many gymnastics clubs visited the booth and took the 10.0 campaign back to their gyms to help out.

Cards, well wishes, teddy bears and more have been sent from gymnasts from all over the world. Many little girls have sent their own allowance money as a donation. Gymnasts have set up lemonade stands, made t-shirts to sell, and have come up with some very creative ways to help raise money for Bella. Local gyms in New Hampshire have done some amazing work with a chin-up-a-thon from NEGTC raising more than \$14,000, Gym Village with another \$10,000, Elite Cheer in Massachusetts another \$10,000, and Phantom Gymnastics earned \$25,000 for the Bella Tucker fund. Eight other local gyms also raised money to help with Bella's medical

expenses. The New Hampshire gymnastics association also played a critical role with funds and awareness and is planning a meet where all of the donations will go to the BellaTucker Fund. Gymnastics' vendors have also made donations, including \$1,000 from Snowflake Leotards.

Everyone's generosity and thoughtfulness are what have helped Bella get through this very tough time. It keeps her smiling and feeling special and that makes all of the difference! It really has been inspiring to see how much strength exists in the gymnastics community to make such a big difference in the life of a fellow gymnast. Thank you all for your kindness and support! For more information, please visit [www.Bellatucker.org](http://www.Bellatucker.org).

- **Cathie Lowell, Phantom Gymnastics** ✨

