

ALICIA SACRAMONE VAULTS TO VICTORY

By LUKI PESZEK



Competition Highlights

- 2005** World Cup, Ghent, BEL: 1st -V, 1st-FX
- 2005** USA / GBR, Lilleshall, GBR: 1st -Team, 1st -V, 2nd -BB, 1st (D)- FX
- 2005** American Cup (World Cup), Long Island, NY: 1st -V, 2nd -FX
- 2004** World Cup Finals, Birmingham, GBR: 1st -V
- 2004** Pan American Event Specialist, Maracaibo, VEN: 1st -V, 1st -FX
- 2004** World Cup, Ghent, BEL: 2nd- V, 4th -FX
- 2004** Pacific Alliance, Honolulu, Hawaii: 1st -Team, 1st -V





Seventeen-year-old Alicia Sacramone is one of the top gymnasts in the world! She's won four gold medals in three World Cup events in 2005. Most recently she won gold medals on her best events, vault and floor, at the World Cup in Ghent, Belgium.

Alicia trains at Brestyan's American Gymnastics in Winchester, Massachusetts, and is coached by Mihaj and Silvia Brestyan. We caught up with Alicia upon her return from Belgium and here's what she had to say!

Q: You started gymnastics at age 9. How did you get involved? Were you successful right away?

A: Before I started gymnastics I did dancing for five years and I would always jump around and do cartwheels, so my mom signed me up for some classes at a local gym. It definitely took some time before I was successful, but it was worth all the hard work.

Q: What is the best part of gymnastics?

A: The best part of gymnastics is competing, the adrenaline and excitement of the competition is incomparable to anything I've ever experienced.

Q: Tell me about your recent trip to Belgium for the World Cup?

A: This most recent trip to Belgium was actually my second time attending the Ghent World Cup. It was a great competition with a lot of talented gymnasts and a very successful competition for Annie (DiLuzio) and myself.

Q: What was it like to win two gold medals and defeat the floor Olympic Champion Catalina Ponor?

A: It was amazing winning two gold medals! The last time I was in Ghent I placed second on vault and fourth on floor, so

those two victories were very special, especially because I defeated Ponor, who had beaten me the previous year.

Q: What are your goals for the rest of this year?

A: My goals are to place in the top five at Visa Championship and make the 2005 World Team.

Q: I see that you'll be a senior next year in High School – what are your plans after graduation?

A: After High School graduation I plan on going on a little vacation with some friends and family and continue training. I also plan on attending college and competing in collegiate gymnastics.



Q: Any thoughts on staying around to compete internationally through the 2008 Games?

A: I'm not quite sure if I'm going to stay around and compete

internationally through 2008, but I haven't ruled it out. I'm keeping my options open and mostly focusing on this year and trying to make it to worlds.



Q: What do you like to do when you're not in the gym?

A: When I'm not in the gym I like to listen to music, go shopping, hang out with my friends, go out dancing, cook, and I love designing clothes in my sketchbook.

Q: Tell me about your family?

A: My mom owns a hair salon and my dad is an orthodontist. I have an older brother Jonathan who is 22. He graduated from Providence College and is working at becoming an actor.

Coach Mihai Brestyan said, "Alicia's mom brought her into our gym in 1997 to give it a try. We knew in the first couple weeks of working with her that she was very talented." He added, "Her strengths are her personality, dance, skills, and power – she's a very springy girl."

ALICIA'S FAVS

Favorite food	Fruit Salad
Favorite event	Floor and Vault
Favorite skill	Triple Twist on Floor
Favorite thing to wear	A tank top and my ripped Hollister Jeans
Favorite Pet	My Yorkshire terrier named Enrique

SACRAMONE'S SCHEDULE

School begins	7:45 a.m.
Workout	1:15-3:30
Homework	3:30-4:30
Workout	4:30-8:30

Some days I stay in school for the whole day and practice from 4:30-8:30.