



## WORLD CHAMPION AND ALL-AMERICAN TEEN

**Gymnastics is a sport that I truly love.** I like going to the gym and training. It's fun for me to be with my family and friends doing something that I enjoy. Growing up, I never felt that I had to give something up because of gymnastics. I did all the things other little girls do. I went over to friends' houses to play, went to birthday parties and sleepovers (although not on a meet weekend!), swimming, tubing, t-ball, miniature golf, bike riding, etc. In the winter I went sledding, snowmobiling and ice skating. Even now, I still hang out and have fun with my friends. Sure I miss out on a few things because I'm traveling or at camp but it's because I'm doing what I love to do. I get to experience a lot of things most kids don't get to do like traveling around the world representing my country!

Since I won the all-around at the World Championships, things have gotten a little busier having to add interviews and appearances to my schedule. I just have to work harder at managing my time for school, training, physical therapy and social time. It's been really fun since Worlds. I've gotten a lot of community support. I didn't realize how many fans I really have. I've been a guest of honor at a Milwaukee Bucks basketball game, a Milwaukee Wave soccer game and a Marquette basketball game. I was able to invite some friends along so it gave us an opportunity for a fun night out!

Since I was little, I have always dreamed of being a World Champion. Because my parents own a gym, I have had the privilege to watch and see high-level competition my entire life. I knew I wanted to be one of those elite champions some day. Making the national team at age 10 was really exciting for me. Training at the National Training

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USA Gymnastics asked 2005 World Champion Chellsie Memmel to tell readers how she balances her life with school, gymnastics, family, friends and fun. Chellsie is 17 years old from West Allis, Wis., and tells us how she manages her hectic schedule!



**Left: Chellsie was awarded a letter jacket at her high school for all her international success in gymnastics.**

"I feel that I live a relatively normal life. I go to public school, do homework, hang out with my friends, go to movies, school functions, sporting events and dances. I just happen to be gone for weeks at a time for gymnastics."

—Chellsie Memmel



### Memmel is one of 10 finalists for 2005 Sullivan Award

Fans can vote for their choice for the winner at [sullivanaward.usatoday.com](http://sullivanaward.usatoday.com).

The Sullivan Award, sponsored by the Amateur Athletic Union (AAU), is presented annually to the USA's top amateur athlete. The winner will be announced April 12.

Above: Chellsie is a senior at West Allis Central High School and her classmates made a big sign for her before and after World Championships.

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Center with my USA teammates is awesome. I not only have friends at home, I have friends all over the country because of gymnastics!

I wouldn't trade my life for anything. Not even the untimely injuries! The way I look at it—injuries are going to happen whether you're a gymnast or not. You could fall off a bike or out of a tree or have an accident. I've learned to look at my injuries as a challenge to come back and be stronger and better; to keep positive while doing my therapy and rehab; and stay focused to keep going in this sport!

I feel that I live a relatively normal life. I go to public school, do homework, hang out with my friends, go to movies, school functions, sporting events and dances. I just happen to be gone for weeks at a time for gymnastics. I feel very fortunate that I can see the world through a sport that I love to do.

Left: Prior to heading to the prom, Chellsie and her date stopped off at her parent's gym for photos!