

BOUNCE TO THE TOP

The top two juniors in the U.S. for men's and women's trampoline, Steven Gluckstein and Erin Blanchard, have ties to the 1996 World Champions in Trampoline, Tatiana Kovaleva and Dmitri Poliaroush.

Steven is coached by Tatiana in New Jersey and, since Dmitri is the USA Gymnastics National Team Coordinator and lives in Louisiana, Erin is certainly coached by Dmitri as well as her personal coach Tara Guidry.

We caught up to Gluckstein and Blanchard prior to their trip to Belgium for the Flanders Cup and the World Cup, respectively, and asked about their wins at the Pacific Alliance Championships and their training in the sport. Here's what they had to say!



Erin Blanchard

Q: What was it like to win the Pacific Alliance?

Erin: I was very excited. I thought I did a strong routine. It was my second international competition since I've been back to the sport.

Q: I heard that you quit the sport for a while. Can you tell us when and why you stopped and when and why you returned?

Erin: I stopped training in 2003 because I needed a break. My heart wasn't in it anymore. I needed some time off. During the summer I was training about 18 hours a week and during school I trained about 12 hours. I tried track and cross country at school and had a lot of success. I came back last summer (August 2005) because I missed trampoline. Nothing I did gave me the joy that trampoline gave me so I decided to go back into training. I'm very glad I made this decision. It's probably the best thing I've done!

Q: How long do you train now?

Erin: Prior to the events in Hawaii and Belgium I've been training twice a day for two hours each time, six days a week. The hard work is paying off for me now.

Q: Tell me about your school?

Erin: I'm a high school sophomore. I go to school during the day and train right after school and again at night.

Q: What do your workouts include in addition to actual trampoline work?

Erin: We do a lot of conditioning for trampoline like stomach work, running, other cardio, and some ballet training, too.

Q: What's the best thing about trampoline?

Erin: I like working hard and seeing my efforts pay off at the competition. I like to see the excitement on my coaches' faces.

Q: I understand that the Pacific Alliance was your last junior event and you're now going senior. How does that feel?

Erin: Yes, when I go to Belgium for the World Cup I'll be a senior. I'm going in with a good attitude. I know I'm going to be competing with the top girls but I'm going to give it everything I've got.

Q: What is your most difficult skill on trampoline?

Erin: A full in, full out pike.

Q: How did you get started in trampoline?

Erin: I was 5 and it started out as a summer activity to get involved in something. I loved gymnastics and the Olympics. I was always rolling around the house. My mom decided to enroll me in trampoline.

Q: Tell us about your family.

Erin: I live with my mom who is a 3rd grade teacher, my dad who is a general manager of a warehouse company, and my older brother who is a body builder.

Q: What are your plans after high school?

Erin: I want to go to college but I'm not sure where yet. I want to be a pediatric nurse. I like working with kids. I like helping kids and making them feel better.

Q: What is your ultimate goal in Trampoline?

Erin: The 2008 Olympics! That's the biggest competition besides World Championships and that's always been my goal. That's where I want to go.

Erin's Favorites

Color: yellow

Restaurant: Johnny Carinos

Sport (other than trampoline): artistic gymnastics – especially Nastia Liukin

Book: To Kill a Mocking Bird

Movie: Pretty Woman

TV Show: I don't watch much TV but I do like Becker

Music: I listen to everything – country, oldies, hip hop, R&B, etc.

Activities: Swim, Read a good book

Birthdays: November 20, 1989 – 16 years old

Hometown: Youngsville, La.

Gym: Trampoline and Tumbling Express



Steven Gluckstein

Q: What was it like to win the Pacific Alliance?

Steven: It was great. I went to Germany in March and won my division at the Grenzland Cup so winning back to back meets was great. It wasn't my best performance at the Pacific Alliance but a win is a win.

Q: Why wasn't it your best performance.

Steven: I just wasn't jumping well that day. I was a little sore I guess.

Q: How long do you train each day and week?

Steven: I train six days a week, two and a half hours per day.

Q: What do you like about trampoline?

Steven: Everything. It's a lifestyle. It's what I live for. I like the hard workouts, the fun days in the gym, and the traveling. I like everything about it.

Q: What is your most difficult skill on trampoline?

Steven: Either my Triffus (three flips) piked or Miller straight (triple twisting double layout).

Q: Tell me about your school?

Steven: I'm a sophomore at Henry Hudson Regional School in Highland, N.J. It's located next to the Sandy Hook National Park and it's on the beach. My friends and I go straight from school to the beach sometimes. If I'm not at home, school or the gym I'm at the beach.

Q: What is your favorite class?

Steven: My favorite class is biology.

Q: What are your plans after high school?

Steven: Hopefully, I'll attend Rutgers University. I haven't decided what I want to study yet, but maybe business.

Q: Tell me about your family.

Steven: I have a younger brother, 13, who also jumps. He's a jr. elite and an up-and-comer. I have an older sister, 19, and she attends Rutgers University. My mom is Loretta and my dad is Steve.

Q: What's it like to have a younger brother in the sport?

Steven: It's awesome. I get to watch him progress just like I did.

Q: What is your ultimate goal in Trampoline?

Steven: My short term goal is to go to World Championships in 2007 and do well. My long term goal is to become World Champion and also an Olympian.

Q: What's it like having a world champion as your coach (Tatiana Kovaleva)?

Steven: It's awesome. She's great. She's gone through it all and knows what we're going through. She knows what's best for the athlete.

Q: Regarding your upcoming trip to Belgium to compete in the Flanders Cup, are you hoping to make it three gold medals in a row?

Steven: Yes of course. If I win it will be my fifth international gold medal.

Good Luck.

Steven's Favorites

Color: Blue

Food: All food! I can't narrow it down

Sport (other than trampoline): I run

cross country

Movie: Eurotrip

TV Show: That 70's Show

Music: All music. I listen to mostly rock

and alternative rock.

Activities: Going to the beach

Birthdays: June 24, 1990 – Steven turns

16 this June!

Hometown: Atlantic Highlands, New

Jersey

Gym: Head Over Heels