

FLIGHT



T&T Men Win 5 World Cup Medals

Trampoline and Tumbling athletes earned five medals in World Cup competitions in Belgium, Poland and Germany, and made history for several accomplishments including having three men in the top 10 of a world cup. Here's a look at each of the three World Cup events.



Sept. 1 at the Trampoline and Tumbling World Cup in Ostend, Belgium, the USA's Logan Dooley of Lake Forest, Calif., and Steven Gluckstein of Atlantic Highlands, N.J., won the USA's first men's World Cup gold medal when they clinched the synchronized trampoline title. Dooley went on to win the first men's individual trampoline title. Kalon Ludvigson of Pocatello, Idaho, also medaled, taking the men's tumbling silver medal.

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KALON LUDVIGSON

USA Gymnastics: How did it feel to win the gold medal in tumbling at the World Cup in Germany?

Kalon: It was amazing. Going into finals in third, I had the chance to watch the final two competitors compete after I was finished. My coach Justen and I were watching the scores flash on the score board. I had an overall feeling of satisfaction when I saw that I had won.

USA Gymnastics: You also won the silver medal at the World Cup in Belgium and in Poland. Can you talk about each of these competitions?

Kalon: I was happy to win a silver medal in Belgium but I wasn't happy that I lost by 0.1. I had some technical errors on my first of two passes which cost me. My final pass was the highest scoring pass of the entire competition, so without the mistake I could have

won. It was bitter sweet in Belgium. My coach and I decided to be more conservative for the event in Poland. After the first pass in finals I was in first place. After my second pass, which was lower in difficulty than normal, I dropped to second. My coach and I weren't thrilled about my placement, but it's still a World Cup silver medal.

USA Gymnastics: What were your tumbling passes?

Kalon: My two passes I competed in the Germany World Cup were... Roundoff, full-in full-out straight, whip, flic flac, full-in straight, whip, flic flac, full-in double full-out straight (also called a Miller). My second pass was: Roundoff, full-in straight, whip, flic flac, full-in full-out straight, whip, flic flac, full-in full-out tuck.



Heading into the synchronized trampoline finals, U.S. duo Dooley and Gluckstein sat in first place and were the last to compete.

"It was a little nerve-wracking," said Dooley. "[Heading into the competition] I knew Steven was going to hit his routine, and he knew I would hit mine, which is a pretty comfortable place to be. All we had to do was stay together."

Dooley and Gluckstein did not know they were the USA's first World Cup gold medalists until after the medal ceremony.

"We were up in the stands when Ann (Sims, the trampoline program director) told us we were the first," said Gluckstein. "We were shocked and so proud."

In men's individual trampoline, Dooley went on to win a second gold medal, with Gluckstein finishing fifth.

"To go to a World Cup where the USA typically is not expected to get to finals and then have two competing in the finals was exciting," said Dooley. "Then to win two was incredible. It was an awesome experience to hear the anthem; it was overwhelming."

Ludvigson's silver in tumbling rounded out the USA's medal count in Belgium.

"It was disappointing to have a mistake in my first pass and end up in second," said Ludvigson. "I have a few more chances in Poland and Germany to make up for my mistakes. Our original plan was to

do two passes that I know I can hit, but training was going so well that we decided to add difficulty. For Poland and Germany, I will be more conservative and hope that higher execution scores will help me earn gold."

At the World Cup in Zielona Gora, Poland, Sept. 4-5, Ludvigson earned his second World Cup silver medal in two weeks.

In men's synchronized trampoline, the duo of Gluckstein and Dooley, finished just off the awards podium in fourth place. Gluckstein was eighth in men's trampoline. In women's synchronized trampoline, Alaina Williams of Amarillo, TX., and Nani Vercruyssen of Honolulu placed seventh in the finals.

At the World Cup in Salzgitter, Germany, Sept. 12, Ludvigson, 21, won the first USA gold medal in men's tumbling in 10 years.

Team Revolution's Ludvigson, who sat in third place after the senior men's tumbling prelims, won his first World Cup gold medal, the first U.S. tumbling gold medal since Rayshine Harris won in May 1999 in Aachen, Germany.

"It's awesome to know that I'm competitive at the world level, and not only fighting for medals, but GOLD medals.

USA Gymnastics caught up with each of the USA World Cup medalists and talked to them about their successful competitions.



LOGAN DOOLEY



USA Gymnastics: How did it feel to win the USA's first men's World Cup gold medal in synchro at the World Cup in Belgium?

Logan: When Steven and I won the Synchro event, I think we were both as happy as you can get. And we didn't even know right away that we were the first American men to ever achieve that goal. I felt like it represented not only the perseverance and determination of those who have

lead the way for our sport, but it represented the true American spirit.

USA Gymnastics: Tell us about your routine?

Logan: We hit a really good routine, with a 15.6 degree of difficulty, and stayed in good synch for the whole routine.

USA Gymnastics: How did it feel to win a second gold medal on men's individual trampoline?

Logan: Once I realized that I had actually won a World Cup competition, I felt a pretty overwhelming sense of joy. And when I found out that this was also a "first" for the USA, it actually sent a chill through me.

USA Gymnastics: Which event do you like the best – synchro or individual – and why?

Logan: I like both. I tend to put more pressure on myself in individual to complete each skill, but with synchro I concentrate on staying in synch with Steven.

USA Gymnastics: What was the best part of the trip?

Logan: There's no question that the most memorable experience of this trip was standing on the awards podium and feeling this incredible sense of pride as our National Anthem was playing.

USA Gymnastics: You and Steven finished fourth in synchro at the World Cup in Poland – can you talk about that?

Logan: Every competition is a new challenge because you're always striving to do better than you did the last time. Whether it's at the national level or the international level, the pressure is pretty intense. But the World Cup events in Belgium and Poland were even more nerve-wracking because the competition at that level is amazing and you're representing your country. Sometimes the difference of just a tenth of a point will mean the difference between winning gold or placing fourth. It's all in the eyes of the judges. In the World Cup in Poland, we

KALON LUDVIGSON continued

USA Gymnastics: What was the best part of the trip?

Kalon: My favorite part, besides winning of course, was being with all of the athletes.

USA Gymnastics: What is your next goal?

Kalon: My next goal is to train hard and perform well at World Championships in November and hope to come home with a medal!

USA Gymnastics: What is the best part of tumbling?

Kalon: The best part of tumbling is that the sport teaches athletes to push themselves and do things that others don't think are possible.

USA Gymnastics: What is the toughest skill you've ever learned?

Kalon: The biggest skill I've ever done is a triple twisting, triple back. It's called a full-full-full. I've never competed it though.

USA Gymnastics: What is your favorite skill to do in tumbling?

Kalon: My favorite skill is either a Miller (full-in double full-out) or a triple pike.

USA Gymnastics: Walk me through a normal day for you?

Kalon: I wake up at 7:30 a.m. and go for a mile run. I do morning training from 10-12:00 p.m. After morning practice I relax and do homework. My second training begins at 4 p.m. and goes until 6 or 7 p.m. I condition for 30 minutes then run for 2 miles before dinner, and I go to sleep around 11 p.m.

USA Gymnastics: Are you going to school?

Kalon: Yes, I'm taking online classes from Idaho State University and I'm a pharmacy major. ✕

Age: 21

Club: Team Revolution

Coach: Justen Millerbernd

Hometown: Pocatello, Idaho

School: Idaho State University

Major: Pharmacy

LOGAN DOOLEY continued

were just two tenths of a point shy of a medal – but still a pretty nice position for the U.S. in terms of international ranking.



USA Gymnastics: What is your next goal?

Logan: The World Championships.

USA Gymnastics: What is the best part of doing trampoline?

Logan: I think one of the best things about this sport is that it's limitless in its progression. There will never be a maximum degree of difficulty, so there will always be a new challenge.

USA Gymnastics: What is your favorite skill to do on trampoline?

Logan: Barani Ballout 5.1 difficulty.

USA Gymnastics: Walk me through a normal day for you?

Logan: At the gym by 1 p.m. for first training session (1-3:15 p.m.); coaching from 4-6:30 p.m.; second training session (6:30-8:30 p.m.). ✂

Age: 22

Club: World Elite Gymnastics – Rancho Santa Margarita, California

Coach: Robert Null

Hometown: Lake Forest, California

School: Saddleback College

Job: Trampoline Coach

Hobbies: Trampoline, the beach, Trampoline, spending time with friends, and Trampoline!

STEVEN GLUCKSTEIN



USA Gymnastics: How did it feel to win the first gold medal for the USA in synchro at the World Cup in Belgium?

Steven: When Logan and I realized we won the World

Cup we were ecstatic, we were on a high. Once Ann (Sims) told us it was the first gold medal for the USA, we were no longer happy for ourselves, but proud of how far we've brought the sport for our country.

USA Gymnastics: Tell us about your routine?

Steven: Logan and I scored our highest score yet. We stayed almost perfectly in sync.

USA Gymnastics: Did you and Logan talk about winning before your routine?

Steven: No way! We went into this competition hoping for a medal, we didn't care what color it was.

USA Gymnastics: Which event do you like the best – synchro or individual – and why?

Steven: I can't say which one I like better, they are both important and fun. Synchro is a little less stressful because the mistakes that are critical in individual aren't so in synchro, plus synchronized scores are worth much more. We perform our regular routine we do everyday on auto-pilot and divert most of our focus to being synchronized. I like them both for different reasons, and I couldn't do one and not the other.

USA Gymnastics: What was the best part of the trip?

Steven: Hearing the National Anthem from the top of the podium!

USA Gymnastics: What is your next goal?

Steven: My next goal is set for World Championships. I hope to place in the top 15 for individual (scoring above 70) and medal for Synchro.

USA Gymnastics: What is the best part of doing trampoline?

Steven: The best part of trampoline is getting to travel the world to see new things and experience new cultures. Also meeting friends from across the globe and seeing old friends.

USA Gymnastics: What is the toughest skill you've ever learned?

Steven: I have worked Quad tuck into a pit, but the toughest skill I've learned thus far would be triffus rudi out pike (triple front pike with one and a half twists).

USA Gymnastics: What is your favorite skill to do on trampoline?

Steven: Half in Adolf out pike

USA Gymnastics: Walk me through a normal day for you?

Steven: Wake up at 7 a.m. to get ready for an 8 a.m. class. I leave class to go straight to the gym for training. After training I have a 30 minute break before I start work. I'll work for about three hours, sometimes more depending on the day. If a big competition is coming up, like world championships, I'll train again at night after work. I go home, study, sleep, and wake up and do the same thing again. On Sundays I usually sleep in and then go skydiving. ✂



Age: 19

Club: Ultra Twisters

Coach: Tatiana Kovaleva (1996 Trampoline World Champion)

Hometown: Atlantic Highlands, NJ

School: Brookdale Community College

Job: Gymnastics Instructor

Hobbies: Skydiving