

Rebecca Bross Aspires to Succeed

By Luan Peszek

Rebecca Bross is originally from Ann Arbor, Mich., but moved to Plano, Texas, at age 9 as a Level 7 gymnast to train at WOGA with coach Valeri Liukin. She has slowly and steadily climbed the ladder to success in the world of gymnastics.

When asked about his gymnast, Liukin said, "Rebecca is such a hard working gymnast. She never makes a face or gives an attitude, she just works. She's what every coach wishes for. *This Code of Points* is tough and there is no other way but to work hard day in and day out. Talent is only one little part of the equation. No matter how much talent you have, you still have to put in the work. I look forward to coming to the gym everyday to work with Rebecca because she always gives 110%."

Bross first competed in the Visa Championships in 2005 as a 12-year-old and finished 16th all-around, making her first USA National Team. A year later, she not only made the team but she also earned the silver medal on beam and finished fourth in the all-around. Based on her performance, Bross also earned a spot on the Junior Pan American Championships team where she helped her team win gold and also won the individual gold medal on vault. At the 2007 Visa Championships Bross won the junior title and three of the four events. She and her teammates also won the gold medal at the Pan American Games and she finished second in the all-around and first on floor. In early 2008, Bross won the junior all-around title as well as three event titles at the Pacific Rim Championships presented by Gillette Venus.

Bross moved to the senior ranks in 2009 and finished third in the all-around and on beam, second on floor, and sixth on bars. After the world selection camp, Bross had secured her spot on the World Championships team.

In London at the 2009 World Championships, Bross was leading the all-around after three events and heading into one of her strongest events, floor exercise. Bross had the title pretty much in her grip, but unfortunately had an uncharacteristic mistake and fell on her last tumbling pass. Bridget Sloan won the gold and Bross settled for the silver medal. Bross also tied for the bronze medal on bars and tied for fifth on floor. Although she was disappointed, she didn't let it get her down. She immediately went back to the gym, trained harder than ever and most recently won the Tyson American Cup.

Liukin said, "Rebecca is a very explosive and aggressive gymnast, like a sprinter. I'm trying to pull the best out of her. She does big skills and flies high on bars. She is a quick twitch athlete."

Bross admitted she would love the opportunity to go back to London in 2012 for the Olympic Games and re-do that floor routine and take the all-around title, just like her teammates Carly Patterson and Nastia Liukin did in 2004 and 2008. ✕

Photo by John Cheng