



STEVEN

JEFFREY



GOLDEN GLUCKSTEIN BROTHERS

By Luan Peszek

The Gluckstein brothers, Steven and Jeffrey, won the junior and senior individual trampoline titles at the 2010 Trampoline and Tumbling Pan American Championships in Daytona Beach, Fla. Steven, who will be 20 years old on June 24, won the senior title while Jeffrey, who turned 17 on February 25, won the junior title. Both gymnasts train at Head Over Heels Gymnastics in Atlantic Highlands, N.J., and are coached by Tatiana Kovaleva.

Loretta Gluckstein, the boys' mother, started them in gymnastics when they were young. The boys loved trampoline the most so they pursued that direction in the sport. Steven is the 2009 U.S. Trampoline Champion, winner of the 2009 Frivolten Cup and 2010 Pan American Champion. Jeffrey is the 2008 and 2010 Pan American Champion and the 2008 and 2009 U.S. Trampoline Champion in the junior division.

Regarding his win at the Pan Ams, Steven said, "Winning gold medals was a great victory and a great opening to this year's international season! Nothing says your hard work pays off like a gold medal." Jeffrey said, "To win the Pan Ams was an amazing experience. It's great when you train hard and it pays off!"

We asked each of the brothers what it is like to train and compete with one another. Steven said, "Training and competing with my brother is excellent, but it also has its cons. It is great in the fact that you have not only a teammate but also a family member always with you,

and both being competitive people, we use that to our advantage. We always try to one-up the other. I think the hardest part of training together is watching Jeffrey have a rough training or bad competition. It's ok when it's yourself because you feel you can deal with it, but not having control over it isn't fun."

Jeffrey said, "It's good that we compete against each other. We push each other to the top of our game. We butt heads here and there, but what can you say, we're brothers."





JEFFREY

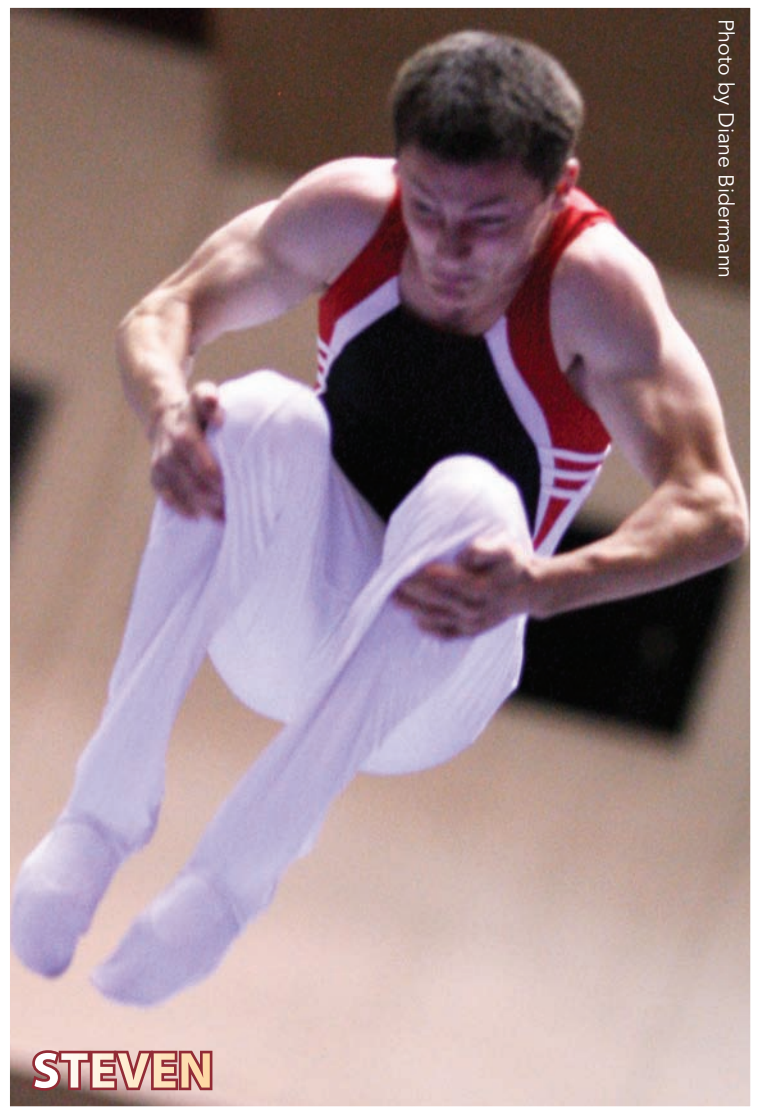


Photo by Diane Bidermann

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To read the full interview with the Gluckstein brothers, go to www.usa-gymnastics.org.

And, how will the brothers deal with the situation when they are both competing at the senior level in the fall? Steven said, "I am excited to compete with Jeffrey at the senior elite level. I think it will push us to be better than the other, which will help us both. I always wish for him to do his very best, and myself a little better. I think silver looks good on him! Ha ha."

Jeffrey said, "It'll be different for sure. I remember competing against him when we were still juniors and thinking, 'Wow, he's really good.' Now it's time for both of us to step up to the plate and take on the competition."

When asked if it is scary jumping on the trampoline as high as they do, Steven said, "It is the exact opposite of scary. You don't realize how high you actually are because your mind is focusing on everything except how scary it is. You have no time to think about how high you are."

Jeffrey explains how you learn difficult skills for the first time. "I tend to break down the skill by doing lead up

drills, with my coach Tatiana Kovaleva guiding me through each phase of the skill. Once that is complete, I move the skill into a pit. From there I put it together on the trampoline, itself, with someone holding the mat."

Steven is a full-time student at Brookdale Community College, just finishing up his second year. He plans to transfer to Rutgers, the State University of New Jersey, Business School in the fall. Jeffrey is finishing his junior year in high school and plans to attend Brookdale Community College after graduation.

Look for the Gluckstein brothers to keep winning medals. Steven's long-term goal is to medal at a World Championships and Olympic Games! Jeffrey's goals are to take the spot and win the Youth Olympic Games this summer and to compete in the 2012 and 2016 Olympic Games.

Let's hope all of their goals come true! ✘