

Jana Bieger



Birth Date: 11/12/1989
Program: Women's Artistic
Level: Senior
Residence: Coconut Creek, FL
Club: Bieger International Gymnastics
Coach: Andrea Bieger

🔗 Biography

Bieger was a replacement athlete on the 2008 U.S. Olympic Team. She won three silver medals (all-around, floor exercise and team competition) at the 2006 World Championships, the most by a U.S. athlete. She also took fifth on bars.

Bieger's family (parents Andrea Bieger and Wolfgang Heiden) opened Bieger International Gymnastics in March 2007. Bieger is coached by her mother, an Olympic gymnast who competed for West Germany, who is also Bieger's role model.

🔗 Personal Information

Hometown: Coconut Creek, FL

Began Gymnastics In: 1996

How did you get involved?: I would play around in the gym in Germany from the age of 2 because my mom was a coach there. Then we moved to the United States and I started gymnastics at Level 3 with my mom.

Favorite Gymnastics Thing: It's a fun and challenging sport. It never gets boring and you learn something new everyday.

Favorite Event: Vault, bars, beam and floor

Goals: To stay healthy, and to compete internationally for the USA

Grade: Beginning college

🔗 Interests Outside the Gym

Favorite Music/Book: pretty much all music/Twilight

Favorite TV Show: Grey's Anatomy

Favorite Food: Fajitas

🔗 National Competition Results

2009 Visa Championships, Dallas, Texas: 4th-UB; 6th-AA

2009 CoverGirl Classic, Des Moines, Iowa: 8th-VT, UB

2008 U.S. Olympic Team Trials - Gymnastics, Philadelphia, Pa.: 3rd-UB; 6th-AA, BB; 13th-VT, FX

2008 Visa Championships, Boston, Mass.: 4th-UB; 6th-AA, UB(T); 8th-BB

2007 Visa Championships, San Jose, Calif.: 7th-UB; 8th-AA, BB; 11th-FX

2007 U.S. Classic, Battle Creek, Mich.: 1st-UB; 2nd-VT; 7th-BB

2006 Visa Championships, St. Paul, Minn.: 2nd-VT; 3rd-AA, BB; 4th-UB; 5th-FX

2006 U.S. Classic, Kansas City, Kan.: 2nd-UB; 5th-VT(T); 9th-AA; 10th-BB

2005 Visa Championships, Indianapolis, Ind.: 3rd-AA, VT, UB; 4th-BB; 5th-FX

2005 U.S. Classic, Virginia Beach, Va.: 2nd-AA, UB; 3rd-BB, FX; 6th-VT

2004 Visa Championships, Nashville, Tenn.: 1st-VT; 3rd-AA; 5th-UB; 6th-FX (Jr. Div)

2004 U.S. Challenge, Rochester, N.Y.: 1st-VT; 2nd-AA, FX; 4th-UB; 5th-BB (Jr. Div)

2004 American Classic, Ontario, Calif.: 1st-VT; 2nd-AA, BB, FX, UB (Jr. Div)

2003 National Championships, Milwaukee, Wis.: 3rd-VT; 5th-FX; 9th-BB

2003 U.S. Classic, San Antonio, Texas: 3rd-VT; 4th-AA, FX; 7th-UB; 9th-BB

2003 Podium Meet, Fairfax, Va.: 1st-VT; 2nd-AA; 3rd-BB; 4th-UB; 7th-FX

🔗 International Competition Results

2008 Italy-Spain-Poland-USA competition, Jesolo, Italy: 1st-Team

2008 Pacific Rim Gymnastics Championships, San Jose, Calif.: 1st-Team, UB; 2nd-AA; 3rd-BB
2006 World Cup, Stuttgart, Germany: 1st-UB, FX; 6th-BB
2006 World Championships, Aarhus, Denmark: 2nd-Team, AA, FX; 5th- UB
2006 Pacific Alliance Championships, Honolulu, Hawaii: 1st-Team, VT, FX; 3rd-AA
2006 World Cup, Cottbus, Germany: 1st-VT; 2nd-BB; 3rd-UB
2006 World Cup, Cottbus, Germany: 1st-VT; 2nd-BB; 3rd-UB
2005 World Championships, Melbourne, Australia:
2005 Pan American Championships, Rio de Janeiro, Brazil: 1st-Team; 2nd-VT; 3rd-FX; 6th-AA
2005 USA/SUI, Maggigen, Switzerland: 1st-Team; 2nd-AA, BB
2005 USA/GBR, Lilleshall, Great Britain: 1st-Team; 2nd-VT; 3rd-AA, BB
2004 Olympiad Elite, Ensenada, Mexico: 1st-Team, VT, UB, FX; 2nd-AA
2004 Pacific Alliance Championships, Honolulu, Hawaii: 1st-Team, VT; 2nd-AA, BB (Jr. Div)

LEGEND: AA = All Around | **VT** = Vault | **UB** = Uneven Bars | **BB** = Balance Beam | **FX** = Floor Exercise | **(T)** = Tie