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GYMNAST OF THE MONTH **Meliah Velez**

Coaches comments:

Meliah is gymnast of the month because of her work ethic. She earned first place in all of her events and in the All Around in her recent meet in Southington. I am very proud of her!
- Coach Mandy

How did you get started in gymnastics?

My cousin does swimming and my brother does basketball at the YMCA. I knew I wanted to do something too. I came here to gymnastics and everyone was so nice I knew I wanted to stay. It is like my second family here. I have been here one year.

What is your favorite gymnastics event/apparatus?

My favorite is the bars. I do my routines. It took a while to put them together. It was hard work. I was really happy about how I did in my last meet.

What is your next goal? I want to keep on moving up and getting better.

What would you tell a friend about gymnastics?

I would tell a friend keep working hard and keep trying.



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