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WELCOME TO THE GODWIN GIRLS GYMNASTICS HOME PAGE...

Please check back frequently, as we will be updating this page regularly.

~The competition schedule has been posted...Please check back occasionally, as some of the meet dates and locations may change.

~We are halfway through a great gymnastics season!



PRACTICE CALENDARS 2009-2010

JANUARY 2010

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 No Practice	2
3	4 Practice 4:00-6:00	5 Practice 4:00-6:00	6 Godwin VS Henrico, Hanover and Deep Run @ Deep Run	7 Practice 6:15-8:15	8 Practice 4:00-6:00	9
10	11 Practice 6:15-8:15	12 Practice 6:15-8:15	13 Practice 6:15-8:15	14 Godwin VS Henrico, and LD @ Stonewall Jackson Middle School	15	16
17	18 NO SCHOOL PRACTICE 10:30-12:30	19 PRACTICE 4:00-6:00	20 Henrico County Meet @ Gymquest	21 Practice 4:00-6:00	22	23 Aloha Invitational @ Jackson High Manassas, Va
24	25 Practice 4:00-6:00	26 Practice 4:00-6:00	27 Practice 4:00-6:00	28 Practice 4:00-6:00	29 Practice 4:00-6:00	30

EXAMS

CHECK BACK FOR THE FEBRUARY SCHEDULE...

COMPETITION SCHEDULE 2009-2010

Here is the updated competition schedule...Please check back as some of the meet dates and locations may change.

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Wednesday, December 2nd

Godwin VS Atlee, Henrico, Varina @ All Smiles

Wednesday, December 9th

Godwin VS Patrick Henry, Goochland, Varina, Lee Davis, Atlee @ All Smiles

Thursday, December 17th

Godwin VS Freeman, Varina @ Godwin

Wednesday, January 6th

Godwin VS Deep Run, Henrico, Hanover @ Deep Run

Thursday, January 14th

Godwin VS Lee Davis, Henrico @ Lee Davis

Wednesday, January 20th

Henrico County Meet @ GymQuest

Saturday, January 23rd

Aloha Invitational @ Stonewall Jackson High School (Manassas, Virginia)

Saturday, February 6th

Districts/Regionals @ Hanover

Friday, February 19th & Saturday, February 20th

Team/Individual State Meet @ TBD

TEAM AND INDIVIDUAL STATS

2009-2010








Home	December 2nd–	TEAM RESULTS: 1st–Atlee (135.55), 2nd–Godwin (120.40), 3rd–Henrico (112.75), 4th–Varina (98.45)
Practice Schedule		INDIVIDUAL RESULTS: Vault: 2nd–Emily (8.6), 5th–Anna (8.2), 6th–Nicole (8.1)
Competition Schedule		Bars: 3rd–Emily (8.8)
Team/Individual Stats		Beam: 1st–Emily (8.9), 4th–Katie (7.9)
		Floor: 1st–Emily (9.3)
		All Around: 1st–Emily (35.6)
Photos	December 9th–	TEAM RESULTS: 1st–Atlee (138.525), 2nd–Lee Davis (126.4), 3rd–Godwin (124.575), 4th–Varina (108), 5th–Patrick Henry, 6th–Goochland
Meet the Coaches		INDIVIDUAL RESULTS: Vault: 4th–Emily (8.55)
2009-2010 Team Roster		Bars: 2nd–Emily (9.0)
		Beam: 1st–Emily (9.4)
		Floor: 1st–Emily (9.325)
		All-Around: 1st–Emily (36.275)
	December 17th–	TEAM RESULTS: 1st–Godwin (115.575), 2nd–Douglas Freeman (105.5), 3rd–Varina (98)
		INDIVIDUAL RESULTS: Vault: 2nd–Nicole (8.25), 3rd–Katie (8.2), 4th–Kathleen (8.15)
		Bars: 1st–Nicole (7.5), 4th–Hannah and Kathleen (7.1), 5th–Jennifer (6.25)
		Beam: 1st–Anna (8.35), 2nd–Katie (7.625), 3rd–Cailin (7.325)
		Floor: 1st–Anna (7.55), 3rd–Hannah (7.35), 6th–Nicole (7.05)

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MILLS GODWN GYMNASTICS

MEET THE COACHES

 Home	~Kacy Williamson – Head Coach Coach Williamson is going into her third year as head coach for the Godwin gymnastics team, for the 2009-2010 season, and 6 th year overall, coaching a high school team. She was a competitive gymnast for 8 years, before deciding to stop as a level 9 gymnast and join her high school team. Coach Williamson continues to take and adult gymnastics class, and has even been in an adult gymnastics competition.
 Practice Schedule	
 Competition Schedule	
 Team/Individual Stats	~Carolyn Roscoe – Assistant Coach One of the assistant coaches for Godwin's 2009-2010 gymnastics team. Coach Roscoe brings seventeen years of dance experience to the team and a growing understanding of and appreciation for the intricacies of gymnastics. Coach Roscoe believes in not only building competitive gymnasts, but also fostering a well rounded athlete who accepts her responsibilities to the team, her academics, and her role as a student leader within Godwin. Off the mats, Coach Roscoe teaches English 11 th grade and AP 12 th grade students.
 Photos	
 Meet the Coaches	
 2009-2010 Team Roster	~Anna McLaughlin – Assistant Coach Coach McLaughlin is a new member to the coaching staff at Godwin for the 2009-2010 gymnastics team. Coach McLaughlin is from a southwest suburb of Chicago, IL. She graduated from the University of Tennessee in May of 2009 with a B.S. in Education in Sport Management with a minor in Business Administration. While at UT, she coached a competitive girls gymnastics team at a local club. She was a competitive gymnast for thirteen years and a gymnastics coach going on nine years. Coach McLaughlin is currently a Master's student in VCU's Sport Leadership program, and also a Graduate Assistant for VCU's Men's Track and Field Team. Upon graduation, she hopes to continue to coach high school gymnastics and one day open her own gymnastics gym.

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2009-2010 GYMNASTICS ROSTER

NAME	EVENTS
Jennifer	Bars
Cailin	Bars, Beam, Vault
Alexa	Beam, Floor
Jhalishia	Beam, Floor, Vault
Lauren	Beam, Floor
Anna	Beam, Floor, Vault
Emily	Bars, Beam, Vault, Floor
Roxanne	Beam
Nicole	Bars, Floor, Vault
Simone	Beam
Hannah	Bars, Floor
Katie	Beam, Vault
Kathleen	Bars, Vault