



Allison "Ali" Lowe

Level 9

Class of 2020



Accomplishments

- 2018 Paramount Elite Gymnastics MVP Vault
- 2018 Level 8 Region 1 Championships: 3rd Place AA, 3rd Place Vault, 3rd Place Beam
- 2018 SoCal State Championships: 3rd Place AA, 2nd Place Bars, 3rd Place Beam, 3rd Place Floor
- 2018 Long Beach Open: 1st Place AA, 1st Place Vault, 2nd Place Bars, 3rd Place Beam, 3rd Place Floor
- 2018 Brestyans Invitational: 1st Place AA, 1st Place Vault, 1st Place Bars, 2nd Place Beam, 2nd Place Floor
- 2018 Chris Wallers Heart of the Champion: 1st Place AA, 1st Place Vault
- 2017 Level 8 Region 1 Championships: 2nd Place AA, 2nd Place Vault and Floor, 3rd Place Beam, 5th Place Bars
- 2017 Brestyans Invitational: 1st place Vault, 1st Place Bars
- 2017 San Diego Classic: 3rd Place Bars
- 2017 Team OC Classic: 2nd Place Vault
- 2016 Paramount Elite Gymnastics MVP Vault
- 2016 Level 7 Region 1 Championships: 1st Place Vault, 2nd Place AA, 3rd Place Beam and Floor, 5th Place Bars
- 2016 SCEGA California Classic: 1st Place AA, 1st Place Vault, 2nd Place Beam
- 2016 Brestyans Invitational: 2nd Place Vault, 3rd Place Bars, 3rd Place AA
- 2015 Pan-American Maccabi Games Team USA Junior Women Gymnastics Alternate

Information

Paramount Elite Gymnastics, Van Nuys, CA
Coach Sarah Korngold, sarah@pegsport.com (818) 237-8404
Milken Community High School, Los Angeles, CA GPA 4.12
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Routines

Vault

Front Handspring Front Tuck

Bars

½ Pirouette Shoot-Over
Clear Hip Handstand
Toe-on Toe-off
Giant, Giant, Double Back

Beam

Switch Leap Switch Leap
Back Handspring Back Tuck
Full Turn
Ariel
Split Jump Half
Switch Half
Round-off Full

Floor

Front Lay Out Front Lay Out
Full One and A Half Front Pike
Double Turn Passe
Switch-Side Popa
Switch Half
Working Double Pike, Tour Jete Half