

George Washington Academy

ASA Performance Gymnastics 2015 - 2016

WARM-UP

Stretching
Trampoline

PRE-SHOW

Back Walkover
Front Walkover
Cartwheel
Round Off
Flic Flac
Round Off Flic Flac



PERFORMANCE

Rhythmic Gymnastics Hoop - *Hiba Douche and Ines Mseffer*

Artistic Gymnastics - *Zarah Singleton and Zineb Essaoudi*

Rhythmic Gymnastics - Ball Routine - *Lisa Perez and Lina Moutaouakil*

Artistic Gymnastics - *Sarah Jaques and Rocio Claveria*

Rhythmic Gymnastics Ribbons - *Kenza Bouyaghroumni, Zineb Assime, Ines Elouarradi, Sarah Jaques, and Laila Rachad*

Future Performance Gymnasts

Lina-Maria Bennis, Layan Alsemrani, Marie Bult, Sonia Tagnaouti, Ines Keita, Maya El Azzouzi, Aya Abid-Allah, Yasmine Zaid

Special Thanks to Our Coaches

Khalid Sadir
Meriem Mouhtadi
Mustapha Sadir