

Gymnast of the MONTH

Alisandra (Ali) Edmonds

GymHawks Gymnastics



As the daughter of an athletic trainer, Ali Edmonds has been surrounded by gymnastics her whole life! Ali basically grew up in the Univ. of Wisconsin-Whitewater gymnastics gym while her mom worked with the Warhawks as the athletic trainer. After watching the college team that she looked up to chase their dreams, rack up the accolades and win championships, Ali decided to set some goals of her own and start competing!

Now, Ali has dreams of competing in collegiate gymnastics and maybe even one day competing in the Olympics. Congratulations to our April Gymnast of the Month, sponsored by Woodward Gymnastics.

What's your favorite part about doing gymnastics?

There is always something to get better at! It's a non-stop challenge!

As we get ready to wrap up the last few remaining weeks of the school year, what skills are you working on these days?

Kip on bars
Cartwheel on beam
Front handspring over the vault table

What are some of your short-term and long-term gymnastics goals?

For my short-term goal I want to make it to Level 4 (I'm a Level 3 now!). Long-term, I would love to make it to the Olympics and also compete in college gymnastics!

Think back to one of your favorite moments from competing this season...

Placing fourth in the All-Around at the Midwest Twisters Hal's Harley-Davidson Gymnastics Invitational in Milwaukee, Wis., back in February was one of my favorite moments of this season!

How has gymnastics changed or influenced your life?

It has made me more confident and physically stronger.

Who is your role model and why?

Everyone that does gymnastics because they can have great success doing something that's very difficult!

Tell us about your extracurricular activities, including school-related, club-related, community service or volunteer projects:

I'm a part of my school orchestra - I play the viola! I'm also part of Student Council and Safety Patrol, and I take part in afterschool "Gross Science" class where we get to dissect things! Outside all that, I also play the piano and recently attended the 'Young Authors Conference' and was able to meet different authors and illustrators of children's books.



Ali's Favorites!

Food:
Pizza

Song:
"Fighter" by Jamie Grace

Store:
Bath and Body Works

Movie:
"Flicka"

Book:
Any of Jacqueline Woodson's books

TV Show:
Dance Moms

Motivational Quote:
"Never give up!"

Color:
Purple

Skill:
Round-off, back handspring

Event:
Floor

Famous Gymnast:
Gabby Douglas



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