

## State gymnastics

Written by Deb Egenberger  
Thursday, 04 April 2013 13:42 -

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**MEDALISTS:** Members of the Gymnastics West team competed at the 2013 USAG Xcel State Gymnastics Championships March 23-24 in Lincoln. gymnasts who medaled in the all-around competition in the silver division and their coaches were, l-r: Coach Amanda Ristine, Madeline Jorgenson, sixth; Alyssa Demoret, fifth; Helene Keiser, sixth; Katy Bartell, fourth; Megan Burk-holder, tied for third; coach Rebecca Gronewold.

