

Karla Frank

Mars School District -Class of 2019- GPA 4.475
All Honors and AP classes
ACT: 30
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YouTube Channel: [Xquisite Gymnastics](#)

X-Cel Gymnastics - Home of Team Xquisite
Head Coach-Lindsey Stancil
220 Executive Drive, Cranberry Twp. PA 16066
lindseystancil@xcelgymnastics.com



Skills:

Vault: Yurchenko Layout

Working: Yurchenko 1/2

Bars: Toe-Hand/ Toe-Shoot to HB, Blind 1/2, Shoot over to HS, Blind 1/2, Front Giant, Double Front

Working: Toe 1/2, Higgins, Maloney

Beam: BHS/LOSO, Full Turn, Tour Jete 1/2, Split Jump/Split 1/1, Front Aerial, Back Handspring/Handspring/1 1/2 Dismount

Working: Front Aerial/Sissone, Switch Yang Bo

Floor: Double Back, FHS/FLO/ 1/1, RO/HS/ 1 1/2, Switch Ring, Cat Leap 1/1, Popa, 2/1 Turn

Working: 3/2, Tour Jete 1/1, Switch Half

Career Highlights:

- 2017: L10 State & Regional Qualifier
- 2017: Accepted as Thai National Team Member
- 2017: L10 Hills Classic- 4th V, 4th BB, 5th FX
- 2017: L10 PKI -2nd BB
- 2016: L10 State Qualifier
- 2016: L10 Twistars – 1st BM
- 2015: L9 Regional Championship – Regional Beam Champion, 2nd B
- 2015: L9 State Championship – 2nd B, 2nd BB