

Lauren “Lulu” Zaras

Seneca Valley Intermediate High School
Class of 2021

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YouTube: [Xquisite Gymnastics](#)

X-Cel Gymnastics - Home of Team Xquisite

Head Coach-Lindsey Stancil

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Skills:

Vault: Yurchenko Pike

Working: Yurchenko Layout

Bars: Drop down HB to LB, Kip, Pirouette,
Toe Hecht to HB, Kip, Cast HS, Giant, Double Back
Also has: Toe Handstand

Working: Blind Full, Shoot over.

Beam: FHS/BHS, B.Tuck/Split Jump, Switch Leap/Double Stag Jump,
RO/Tuck 1/1 Dismount

Also has: Double Stag Ring Jump, RO/3/2 Tuck Dismount

Working: Side Aerial, BHS/BHS, 1Arm FHS

Floor: Front Layout/Front Layout, Front Full, RO/BHS/Full, 3/2 Turn,
Switch Leap/Split full

Also has: RO/BHS/3/2

Working: FLO/F. Full, Switch ½, RO/3/2/F Layout, RO/BHS/2/1

Career Highlights:

- 2018 L9 Regional Qualifier
- 2018 L9 State Championship, Bar Champion
- 2018 L9 Parkettes Invitational, 3rd Floor
- 2017: L9 Regional IES Qualifier
- 2017: L9 PA State IES Qualifier:
- 2017 L9 Parkettes Invitational, 6th Floor

