

Lauren “Lulu” Zaras

Seneca Valley Intermediate High School
Class of 2021

LaurenZaras@iCloud.com

YouTube: [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 Pike

Working: Yurchenko Layout

Bars: Kip, Squat on, KCH,
Blind ½ / Bale to HS, Kip, Toe Hand/Toe Hecht to HB, Giant,
Double Back

Working: Blind Full, Tkatchev

Beam: BHS/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, 1Arm FHS, Front Toss

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

