

Emily Cyphers

Seneca Valley School District - Class of 2019 - GPA 4.55

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YouTube: [Xquisite Gymnastics](#), [Emily Cyphers](#)

Xcel Gymnastics - Home of Team Xquisite

Head Coach- Lindsey Stancil

220 Executive Drive, Cranberry Twp. PA 16066

lindseystancil@xcelgymnastics.com

Skills

Current Level: Level 10

Vault: Yurchenko Layout 1/1

Working: Yurchenko Layout 1 ½

Bars: Hindorff/ Shoot-over/ Toe ½ / Piked Endo/ ½ Pirouette out/ Squat-on/ In-Bar Front Dismount

Working: Toe Full, Blind Full, Piked In-Bar Front Dismount

Beam: B. Handspring/B. Pike, Full turn, Switch leap/Switch ½ / B. Tuck, F. Kickover/Split Jump, 2/1 Dismount

Working: BHS/LOSO

Floor: In Routine: Double Pike, Front Full/FLO, Rudi/Split Jump, Switch leap/ Popa, 1 ½ turn, Switch Side
Also Has: RO/ 3/2 / FLO and Front Full, RO/BHS/ 2/1

Working: Full-In, 5/2, Front 2/1

Career Highlights:

- 2017: L10 State & Regional Championship Qualifier
- 2016: L10 Regional Championship – 7th Vault, 12th AA
- 2016: L10 State & Regional Qualifier
- 2015: L10 PA State Championship – 5th V
- 2014: L9 Eastern Nationals - 5th BB, 6th FX, 4th AA
- 2014: L9 Regional Championships - 5th BB, 6th FX, 2nd AA (T)
- 2014: L9 State & Regional Qualifier

