

Alexandra Fochler

Class of 2017

X-Cel Gymnastics - Home of Team Xquisite
Head Coach-Lindsey Stancil
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Skills:

Vault: Yurchenko layout half
Working: Yurchenko Layout 1/1

Bars: Stalder to handstand ½, Jaegar, Overshoot to handstand, Stalder to handstand + toe-shoot to high bar, Double Tuck dismount.
Working: Shaposhnikova, Shaposh ½, Full-out dismount, Endo to Stalder.

Beam: BHS/BLO stepout, side aerial, tuck jump 1/1, switch split leap to split jump 1/1, BT, RO Layout 2/1 Dismount.
Working: Front aerial, tour jete ½, switch split leap ½, front kickover tuck, BLO/BLO

Floor: Double Back Tuck, Switch Ring leap, Tour Jete ½, front layout to front 1/1, 2 1/2 Dismount.
Working: Full-out, Rudi, RO 11/2 to front 1/1, back layout 3/1, back layout 2 1/2+ front tuck, double pike, switch ring leap 1/2 and tour jete 1/1.

Career Highlights:

- 2014: Junior Olympic National Bars Medalist 6th
- 2014: Level 10 Region 7, 2nd Beam, 6th AA & Floor
- 2014: Level 10 PA State Floor Bronze Medalist
- 2012: Junior Olympic NIT Qualifier
- 2012: Level 10 Regional Qualifier
- 2012: Level 10 PA State, 3rd Bars, 5th AA
- 2011: Level 9 Eastern National Qualifier
- 2011: Level 9 PA State: 1st Bars, 2nd AA , 3rd Floor
- 2011: Level 9 Region 7: 2nd AA & Bars, 3rd Beam & Floor