

Cassie Benning

Graduation Class of 2012

Height 4' 11 " Weight 93 pounds

Roseville High School Current GPA 4.0

Special points of interest:

- 2002-2005 National TOPs B team member
- 2004 Made level 7 State Team, 5th on beam, 2nd on bars
- 2005 Level 8 State Bars Champion, 2nd on beam, 3rd All Around
- 2006 level 9 State Championships 2nd bars, 3rd All Around
- 2006 Level 9 State Team
- 2006 Regional Championships 3rd place bars
- 2006 Western Qualifier
- 2007 Level 9 Regional Championships 3rd place floor-petitioned this year
- 2008 Level 10 State Championships 3rd on bars, 3rd on beam, 3rd in All Around
- 2008 US Challenge-Pre-Elite 2nd on vault and bars, 4th in all around
- 2009 Level 10 State Championships 3rd on vault and beam, 4th in All Around
- 2009 Regional Championships 3rd on floor, 8th all around
- 2009 Qualified to NIT as 1st alternate for National Championships
- Did not fall off the beam for 5 years in a row

Highest Event Scores

Vault 9.55 Bars 9.45
Beam 9.65 Floor 9.475
All Around 37.275

Personal Characteristics: Hard working, focused, energetic, good role model, independent, respectful

Skills Competed

Vault

- Yurchenko layout
- Yurchenko Full

Bars

- Tkachev
- Stalder to hand, stalder to shoot to high bar
- Higgins to "L" grip giants
- Double Layout

Beam

- Flip flop, Layout step out
- Aerial Cartwheel
- Switch leap 1/2 turn
- Sheep jump
- 2 flip flops to double twist
- Back Tuck

Floor

- Double Pike
- Double Tuck
- Double twist
- Whip, Whip 1/2 front Layout
- Front Layout, Front Full, Front Pike
- Switch Ring, Switch Leap full turn

Skill Currently Working On:

Vault

- Yurchenko double twist (pit only at this point)

Bars

- Hindorf from a stalder (Ricna)
- Double layout with a full twist (have done this on the real bars)

Beam

- Front Aerial (I have this)
- Back tuck 1/2 turn (Getting there)
- Layout off the side with 1 1/2 twist (I have this already)

Floor

- Double Arabian
- Full in, pike out
- Front double twist

Coaches Comments:

Cassie is one of the hardest working gymnasts that I have ever had the opportunity to coach. She is focused on her goals and works every day to achieve them. She is small and healthy and has no history of ankle or knee injuries. Every gymnast in the gym looks up to Cassie. She started out as a shy and quiet athlete and blossomed into a wonderful, mature, teenager. Cassie is strong on every event and competes well on every event. She has unique bars and always gets the attention of judges and coaches on this event, however, she went 5 years without falling in a beam routine also.