



A real workout: Laura Welling (left), a senior at Lady-wood High School in Livonia, has a go on the parallel bars. Gymnastics instructor Bob Koch (above) shows Jody Schostak of Franklin how to arch her back while

Imagine Little Red Riding Hood without a forest.

Only You Con Present Forest Fire

Farmington Observer

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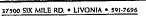
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YOUR ATTIC

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training course for gymnasts.

In the Dynamites, which is part of the Team program for 7- and 8-year-olds, future gymnasts work on strength and flexibility skills year around.

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They compete in national competition such as the one held in Rochester in January. Jody Schostak, 7, of Franklin, passed her second day flexibility test with a 65.5 percent score at the most

with a 50.5 percent event meet.
On this day, Schostak goes through her strength drills with unfettered determination tempered by a childlike gleem. Her best days are ahead.
Nearby, Laura Weiling tackles the uneven bars with the same focity, At 17, though, her gymnastics skill has reached its peak.

The senior at Livonie Ladywood looks forward to coaching and judging. Welling still practices 20 hours a week, going to the center four to five days, in spite of an ankle injury.

"It's asd," Welling said. "I've been here forever. I can't imagine what it will be like without it."

Such is the reality of a sport where rigorous requirements can make a teenager a veteran.

Mahoney admits the burnout rate is high for gymnests. For that reason, the staff tries to keep things upbeat.

Those who reach certain goals might get chocolate shakes, despite a strict regimen regarding putrition. They also get to travel to meets in Ohio and North Carolina.



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