

COACHES TO ADOPT, AND... PERCENT PAGE MEMBERS, WHO... THE COURSE... THE GROWTH OF SUBMISSIONS.



Grace Flood will compete in the Valery Scherbo Invitational competition in Las Vegas this month.

Pictures: MARK WILSON N26DV202

Grace and dedication



Student gymnast devotes 31 hours a week to training

TO Grace Flood, gymnastics is not just a sport it's a full-time job.

The 13-year-old spends a whopping 31 hours a week training at Prahran's Victorian Women's High Performance Centre, on top of her studies at Lauriston Girls School in Armadale, where she holds a sports scholarship.

Despite the intense training regime, Grace said her dedication paid off at the 2010 national clubs championships held at the Aust-

ralian Institute of Sport in Canberra in November.

She finished fourth in the all-around competition and won bronze on the vault and beam apparatus in her category, international development program level 10.

She said the result followed her success at the 2010 Women's Artistic Gymnastics Championships in Perth in July, where she won bronze on the bars apparatus and

finished sixth in the all-around competition.

"I always have lots of goals I want to complete.

"I just love the happiness I feel after I win a medal or complete a routine," Grace said.

Her ultimate goal is to compete at the Olympic Games and she will move a step closer to her dream when she takes part in the Valery Scherbo Invitational competition in Las Vegas this month.