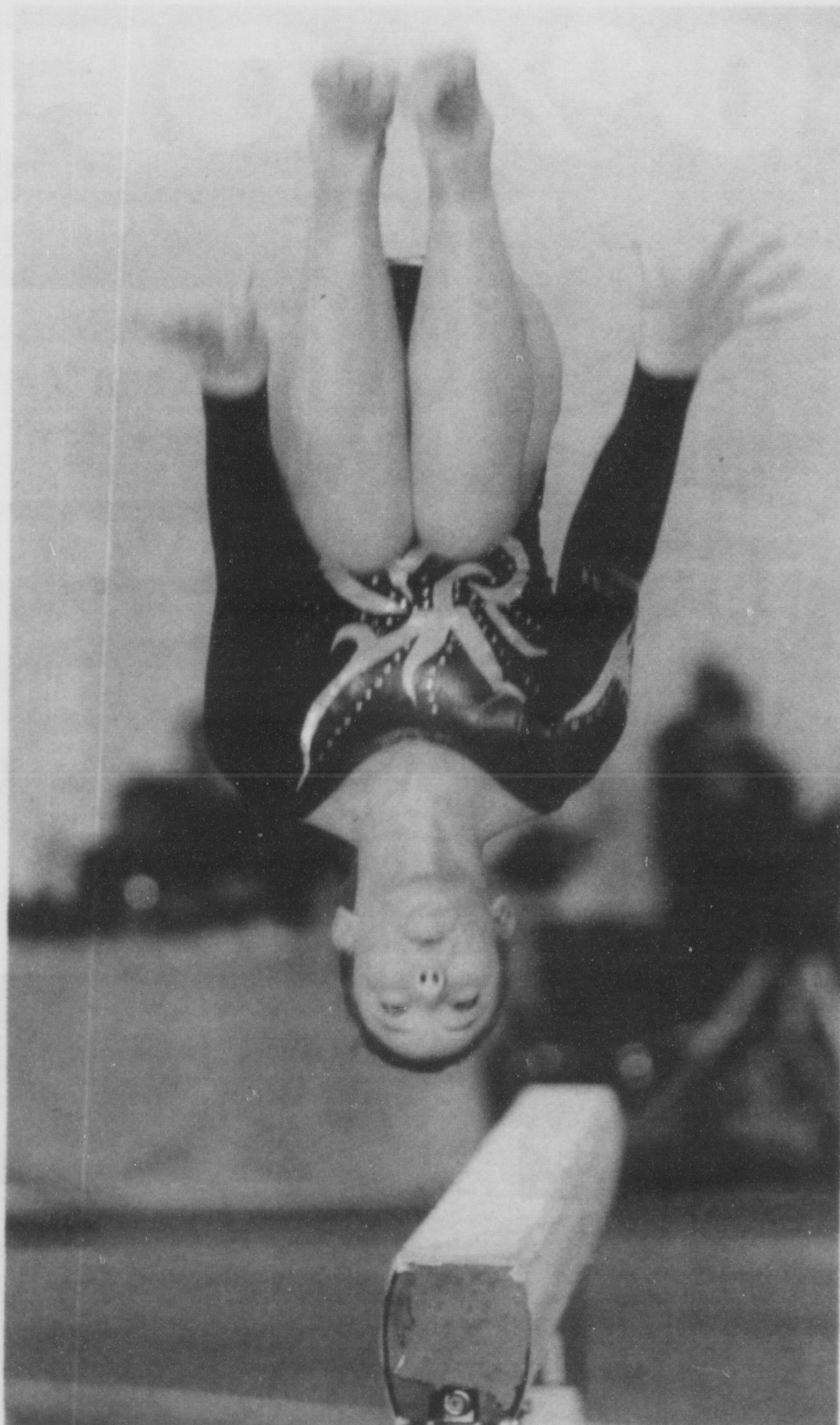


Flippin' out

At right, Milton Springer Alex Robson, 11, delivers her dismount on the beam during the second provincial qualifying meet, held recently at Milton Sports Centre. She was among the host club standouts for the weekend, as the Springers collected 19 medals overall, including seven golds. Madison Riley delivered arguably the most impressive results of the meet, taking second-place honours overall in an especially large (19 gymnasts) nine-year-old Level 5 class. Her best efforts were reserved for the beam, on which she placed third. Robson also earned all-around silver, doing so in the Level 6 ranks, thanks to a golden performance on beam. Improving her overall score by a full three points, Lexi Palka captured overall gold in a small nine-year-old, Level 6 division. She did so on the strength of a first-place finish in her floor routine. Rounding out the club's overall medalists was 12-year-old Level 8 competitor Keiara Jones-Tyrell, who finished first on both vault and beam. The third and final provincial qualifier is slated for February 23 and 24 at Base Borden.

Graham Paine / Canadian Champion (Follow on Twitter @halton_photog)



Another World Cup silver for aerial skier

Gerrits sitting second in world standings

Travis Gerrits' Olympic hopes continue to soar.

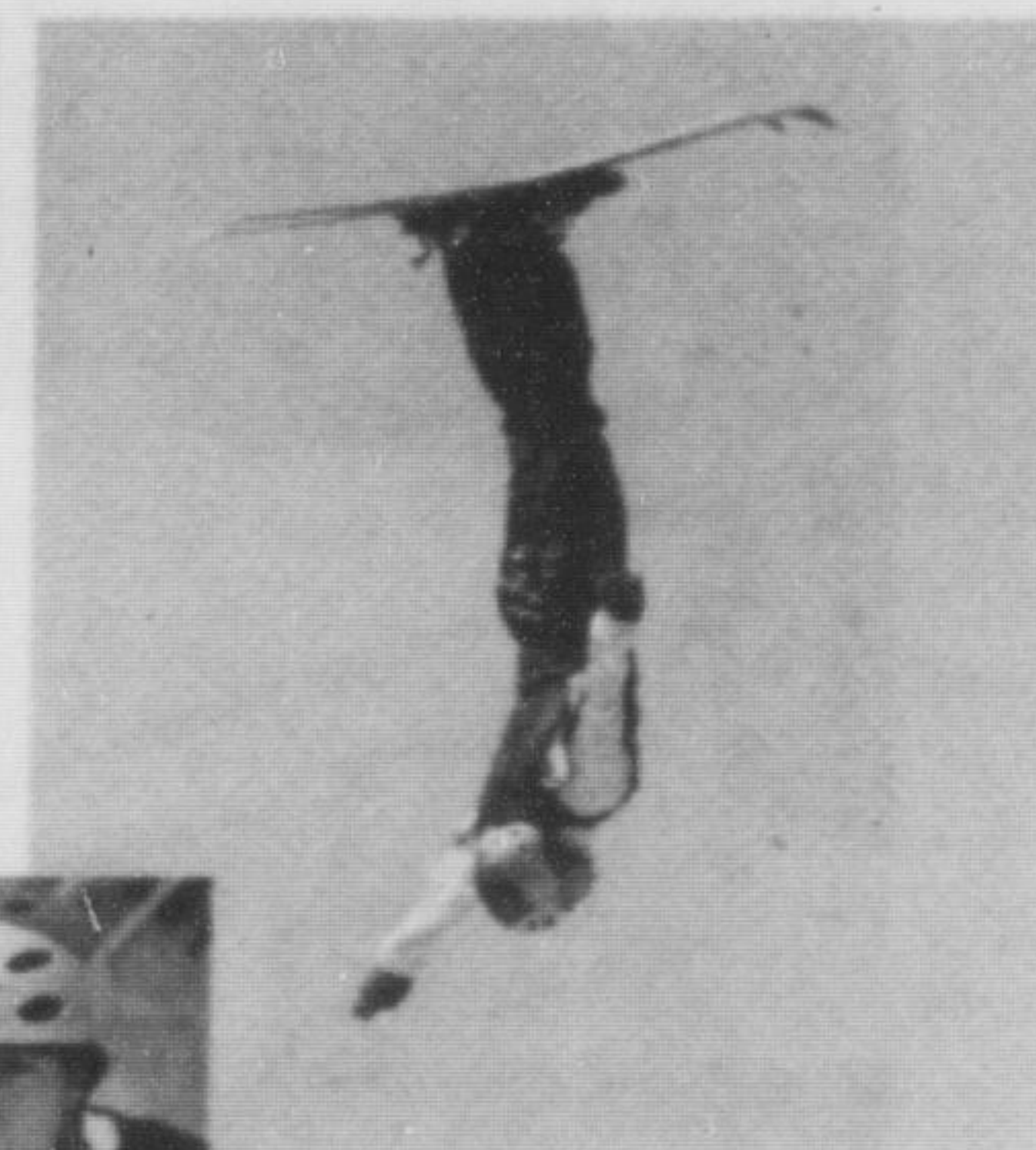
Thriving under the new Olympic format — with an extra round of jumps — aerial skier Travis Gerrits captured his second World Cup silver in three weeks Friday night in Deer Valley, Utah.

With his latest trip to the podium, the 21-year-old Miltonian — who has strong aspirations of reaching the 2014 Winter Games in Sochi, Russia — sits second in the world standings, looking up only at China's Jia Zongyang.

"I'm on top of the world," said a jubilant Gerrits, who scored 115.83 with a full, full, full (triple twisting triple back flip) in the four-man super final — more than a point higher than he did for his first career World Cup silver last month in Val Saint-Come, Quebec. "There's not much I could have done better today, and to get second place with what I did was awesome."

Under the new Olympic format, aerialists have to perform four jumps in total (one qualification jump, then a round of 12, round of eight and a super final of four). As if that wasn't difficult enough, jumpers are not allowed to repeat trick combinations in any of the final three rounds.

Barely eking his way into the second round — placing 11th — Gerrits admits the new format took a mental and physical toll on him.



Travis Gerrits

"Although we use this format in our summer water ramp competition, on snow it was a completely different story. I'm actually super tired," remarked Gerrits, following one of the five events where a podium finish could help earn aerialists an early nomination to the Olympic team. "We'd been standing around for about five hours. You just use so much energy to keep activation levels where they're supposed to be that you'll be ready to jump when you have it." Making Friday's silver even more encouraging was the impressive execution Gerrits delivered of his quad twisting triple in the second last round. It was a marked improvement over the 19th-place finish he had scored with his quad debut two weeks earlier in Lake Placid, New York — where he over-rotated and slapped back on the landing. "I feel like I'm finally on the right track," said Gerrits.

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