

My Gymnastics Dreams

By: Nick Spiro

Gymnastics is the biggest part of my life, and it always will be. I am a third generation gymnast and also third year level 9 gymnast at New Hope Academy of Gymnastics in Fountain Valley, CA. I have been to the Olympic Training Center twice, and it's an amazing feeling to train where the Olympians have trained. I have been doing gymnastics ever since I was 5 years old. Even before that, I went on the Tumble Bus in pre-school. It has changed my life so much.

When I first got on to a gymnastics team I was about 6 years old and I trained at USGTC in Aliso Viejo. After four years I switched gyms and trained at South Coast Gymnastics in Irvine. Four years later I switched to New Hope Academy in Fountain Valley. Switching to this gym was one of the very best decisions I have ever made. My coach, Guonian Wu, can always keep me going and will only make me a better gymnast. He is an amazing coach and an amazing person.

My main goal in gymnastics is to someday compete in an international competition. I know the only way I can do this is to train hard and to never give up. One of the main reasons I can keep pushing forward is because of my teammates. They are always there for me. One of them, Yoshi Mori, is a level 10 gymnast and will be attending University of Illinois next semester. He is also a junior national team member, and one of my best friends. Yoshi and a couple other of my teammates are supportive and exciting people. They are all extremely talented gymnasts. And they all have the same dream as I do.

Gymnastics has had an incredibly huge impact on my life. The intense feeling of accomplishment when I'm training in the gym and when I'm competing is hard to describe. I'm very happy that, because of gymnastics, I have formed friendships and bonds that will last a lifetime. If it wasn't for this sport, I wouldn't be the person I am today. It has made me a more energetic, supportive and confident person.