

## **Iron Cross Update** **by Nick Spiro**

Since JO Nationals in Ohio, I have been continuing to train extremely hard for this upcoming season as it will be my first year as a level 10. My goal is to make the Junior National Team for a second year and to stay there through out high school.

As part of the Region 1 Select Team (placed top 6 in the region), I was selected to go to the Region 1 Select Team Training Camp which was held this past weekend at Woodward West in Tehachapi, CA. It's an amazing camp that only comes once a year and everyone always looks forward to it. Going to Woodward is such a fun experience because only so many people get selected to go and it's one of the only times where we can bond with each other. This camp is part of what makes our region the number one region in the nation.

This year's camp was three days long and we had workouts for 6 hours a day. Woodward has the best equipment and it makes me more willing to try new skills. In fact, at this year's camp I learned flops on pommel horse and a few other new skills that I was excited to share with my coach when I came home. Just as important as the time spent training was the time I spent bonding with all the gymnasts I only get to see a few times a year. I have a lot of friends that are in other gyms around the region that I don't get to see very often. At camp, we learn from each other, we encourage each other, and we push each other to work harder. And every time I come home from this camp, I am motivated to work harder in the gym and make sure my younger teammates in my gym are working hard as well.

Woodward was a great experience. It's something I've been able to go to for the past 3 years and I look forward to it every year. It is such an honor to go.