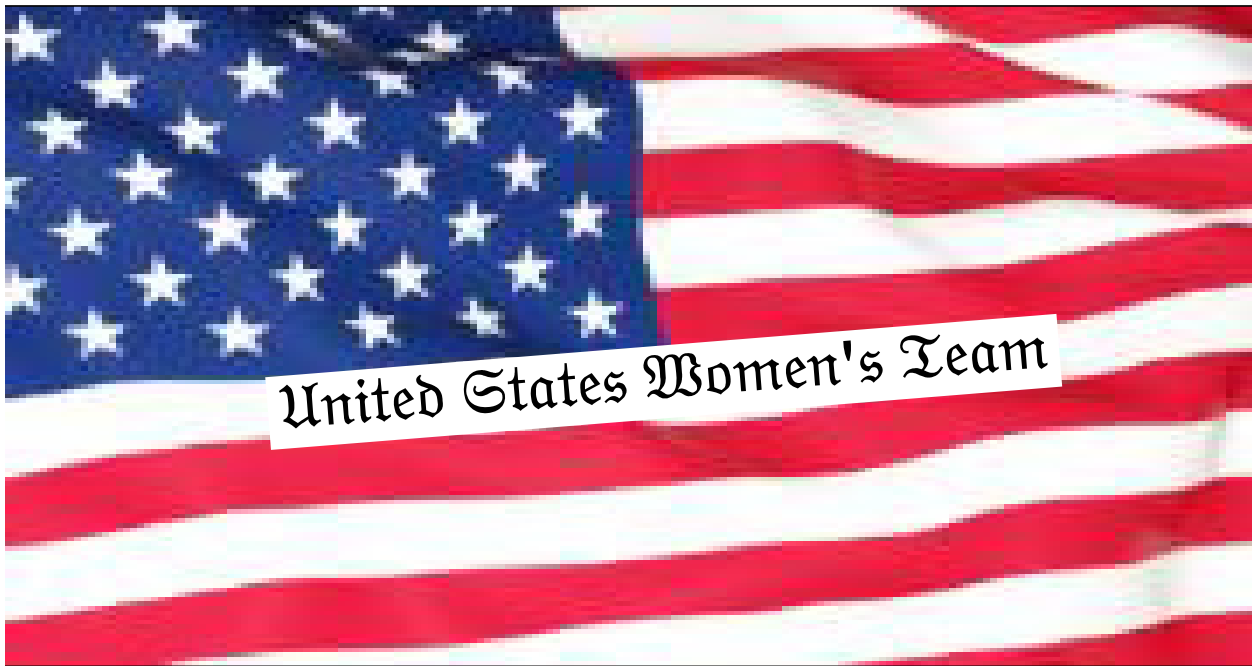


# Gymnastics Masters Team World Cup



Dekade	Name
30	Lena Ning
30	Sydney Callahan
40	Leilah McCarthy
50	Alison Wright
50	Lori Vollkommer
50	Andrea Zimmer
60	Vera Deutsch



# LENA NING

**Favorite Event: Beam**



**Favorite Skill: Flyaways**

I started doing gymnastics as a toddler, after my parents noticed that I liked to roll on the furniture and climb up the walls at home. They enrolled me in gymnastics classes as a positive way to channel that energy. I competed in USAG and YMCA gymnastics throughout most of my childhood. A highlight was YMCA Nationals in San Diego in 6th grade, which included a trip to the zoo where I saw a panda for the first time! I also did gymnastics in Alaska, and competed at the "Top of the World Invitational" in Fairbanks when it was negative 20 degrees outside, which is not quite the best weather for leotards. I had to stop competitive gymnastics in high school, when my family moved to a rural area with no gyms nearby. I tried some other sports for a few years, but was ecstatic to have the opportunity to return to gymnastics with the Cal Gymnastics Club at UC Berkeley when I started college. I went on to compete in the NAIGC (National Association of Intercollegiate Gymnastics Clubs) for 11 years, with a long break to focus on my medical training, making a comeback in 2018. I now train at 5280 Gymnastics, and I am very grateful to be a part of the adult gymnastics community!

**DECADE: 30s**

**Career:** Healthcare



# SYDNEY CALLAHAN

**Favorite Event: Floor**



**Favorite Skill: Reverse Flyaway**

I began my gymnastics career at age 3 when I was doing chin ups in a mommy and me class. I started competing Women's gymnastics at age 5 and loved every minute, especially when I learned my first floor routine. Performing gave me so much confidence and led me to pursue theater, dance, and cheerleading alongside my gymnastics training.

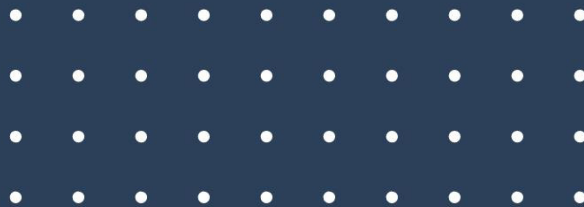
I was undefeated during my senior year of high school and went on to win the Massachusetts state championship. After high school, I competed for the University of Maryland club team for four years.

After graduating college, I decided to learn something new and started Men's gymnastics. It has been a big challenge, but a lot of fun! Last year I began learning the trampoline and tumbling events, so I now compete in a total of 14 gymnastics events.

I am completely in love with gymnastics and the challenges, friendships, and triumphs it brings to my life. It will always be a part of who I am and I hope to never stop!

## DECADE: 30s

**Career:** Executive Director of Programs & Staff at Urban Roots (a non-profit teaching farm)





# LEILAH MCCARTHY

**Favorite Event: Uneven Bars**



**Favorite Skill: Double Flyaway**

I started gymnastics at age 11 and competed through the YMCA in high school. In college I helped to found the gymnastics club at The Ohio State University and started competing in the NAIGC. After college I moved to California where I met my husband, who is also competing in this competition, at the UC Berkeley gymnastics club. I took a 5 year break from gymnastics while focusing on the flying trapeze, but otherwise have been doing gymnastics ever since. Over the past 25 years I have competed with 9 different NAIGC teams.

I have always loved gymnastics and have found it to be great for both my physical and mental health as an adult for many of the same reasons it benefits children. I can't really think of a better way to maintain physical strength and flexibility and mental focus as I age. In addition to the physical benefits, all the friendships I have made over the years mean the world to me. I am excited to see the recent growth in popularity of gymnastics among older people as they start to realize that they don't have to stop past a certain age. It is my hope that this competition can help to continue that growth.

**DECADE: 40s**

**Career:** Spacecraft  
Navigation Engineer



# ALISON WRIGHT

**Favorite Event: Beam**



**Favorite Skill: Any skill with flight!**

**DECADE: 50s**

**Career:** Personal Trainer

I started gymnastics at the age of 3. I trained in a private gym until high school, then chose to compete Varsity gymnastics throughout high school.

2 years ago, to my absolute shock, I came across an article about “adult gymnastics”! I was instantly interested in getting back into the sport. It was something that I was never able to fully get out of my system. Finding a gym that offered adult gymnastics though was not easy. After dozens of phone calls, I found a gym that was willing to start up an adult program.

After 34 years away from the sport, I had my first competition season in '21-'22. Getting back into the gym after all that time felt amazing. I had a great season back. I was 3rd from Nationals ('22) when I landed wrong in practice. I tore ALL the ligaments in BOTH ankles! I missed the chance to compete at Nationals and ended up spending the summer in a wheelchair.

After 6 months recovering, even though my ankles weren't fully healed, I decided to jump back into the sport and get ready for the next season. Even though I've had to water down skills and cut back on training time, it's been an amazing experience to be back doing what I love.





# LORI VOLLKOMMER

**Favorite Event: Uneven Bars**



**Favorite Skill: 1/2 on 1/1 off vault**

Gymnastics began at age 9 and continued until a career-ending injury at age 16. Coming back at age 49 because of unfinished business! I work out with the team girls and have competed with them in Bermuda and London! I've learned many new skills as an adult including giants on strap bar!

**DECADE: 50s**

**Career:** Self-employed:  
administrator and asset manager



# ANDREA ZIMMER

Favorite Event: Vault



Favorite Skill: 1/4 on 3/4 off vault

I did gymnastics from age 12-16. I loved the feeling and challenge of the sport. Vault feels like you are flying! When I was 49, I found out about a gymnastics club that offered adult classes. I was hooked. I started off thinking my arms were going to fall off, and training once a week, to now training up to 3 times a week, and knowing that something will pretty much always be sore. This sport is worth it.

DECADE: 50s

Career: Personal Trainer



# VERA DEUTSCH

Favorite Event: Beam



Favorite Skill: Drop Down on Beam

Did gymnastics when 1st or 2nd grader, offered at school then moved on to club. Loved it, competed, was pretty good. Won local and regional meets, did national meets. Had an accident and dislocated and fractured my left elbow when 11 or 12. I didn't have the strength to quit after that accident and continued till the age of 14 when I went into track and field, running but I never stopped loving gymnastics. Fast forward 39 years I found out that there were adult gymnastics classes and went for it. It was scary to just do a forward roll as I got dizzy! However I loved it and started going once a week and started building back some skills. I started competing Xcel in 2019. My happiness was cut short by being hit by a car while crossing the street in March 2019, but I built back up and competed again early 2020. Then came the pandemic and was out of the gym for 1 year. It was very difficult to find a gym that allowed adults, a lot of gyms closed or went out of business. I did find a nice gym 50 miles from home and started going there in 2021. Unfortunately only once a week, it is far and I have a full time job and business. And started competing again summer 2021. I love gymnastics! I know I do get deductions due to my slightly bent elbow, but I just swallow those deductions and keep on doing it. It keeps me healthy and happy and ballanced.

DECADE: 60s

Career: Dentist