

# EAGLE'S WINGS ATHLETICS - BOYS TEAM - MEET RESULTS, PICS, & INFO

## MEET: MUSCLE MAN CHALLENGE

**DATE: SEPTEMBER 18, 2016**

**KEY:** MJ-Mat Jumps; HH-Handstand Hold; LL-Leg Lifts; PH-Pommel Horse; PO-PullOvers; SR-Still Rings; RC-Rope Climb; VL-Vertical Leap; T-TIE

**NOTE:** The scores won't always reflect the exact number of seconds, repetitions, &/or inches that the boys did due to multipliers involved at times.

#:	GYMNAST:	AG:	LVL:	MJ	pl	HH	pl	LL	pl	PH	pl	PO	pl	SR:	pl	RC	pl	VL	pl	AA:	pl	RANK
1	Daniel	8-9	5	95	1	8	4	56	1	4	5	81	2	37	4	30	1T	23	5	334	3	13
2	Zach H.	10-11	5	97	3T	8	8T	20	12	3	10	45	7	36	9	20	11T	33	8T	262	12	20
3	Asher	10-11	5	88	8	4	12T	40	7T	1	11T	39	10	37	8	20	11T	14	13	243	13	22
4	Tarak	10-11	5	97	3T	8	8T	50	3T	1	11T	42	8T	27	10	30	6T	40	6	295	8	16
5	Carson	10-11	6	100	1T	56	5T	40	7T	19	7	33	12	54	3	30	6T	44	5	376	7	9
6	Joshua	10-11	6	100	1T	36	7	70	1	22	4	69	2T	22	13	50	1T	28	11	397	5	8
7	Alex	10-11	5	87	9	6	10T	50	3T	1	11T	21	13	26	11	50	1T	33	8T	274	10	18
8	Micah	12-13	6	100	1	14	9	8	11	1	8T	18	10	30	6	60	1T	48	6	279	9	17
9	Jordan	12-13	6	94	3T	24	7	44	2	3	7	51	3T	37	4	50	5T	28	11	331	7	15
10	Peyton	12-13	6	Did not compete.																		
11	Will L.	12-13	8	85	10T	16	8	14	10	1	8T	30	7	5	11	30	11	46	7	227	11	23
12	Grayson	12-13	6	91	5T	44	4	30	3	7	5	33	6	24	9	50	5T	54	3T	333	6	14
13	Nathan	12-13	6	97	2	38	5	28	4	1	8T	51	3T	26	7	40	7T	54	3T	335	5	12
14	Will H.	12-13	6	89	8	8	10T	22	6T	0	9	9	11	25	8	60	1T	54	3T	267	10	19
15	Andrew	14+	5	97	7	6	10	38	7T	1	13	24	12	60	1	90	7T	52	8T	368	10	10
16	Skyler	14+	8	86	12	70	7	38	7T	29	4	48	8	3	13	100	6	42	12	416	9	7
17	Ian	14+	JD	93	9	32	9	42	6	5	10T	60	7	33	8	110	5	52	8T	427	8	6
18	Geryk	14+	9	113	1	202	4	60	2	54	2	81	2	37	6	120	2T	78	3	745	3T	3
19	Ben	14+	10	98	6	4	11T	26	12	26	6	42	10	25	9	90	7T	46	10	357	11	11
20	Tyler	14+	10	Did not compete.																		
21	Louis	14+	10	95	8	260	2	50	3T	37	3	78	3	47	3T	120	2T	58	6	745	3T	3
22	Paul	14+	JD	74	13	4	11T	30	9T	11	9	39	11	7	12	60	11	36	13	261	12	21
23	Zach P.	14+	10	104	3	250	3	62	1	70	1	90	1	47	3T	160	1	90	2	873	1	1
24	Mason	14+	10	112	2	378	1	44	5	22	7	66	5T	41	5	120	2T	56	7	839	2	2
25	Brett	14+	E	91	10	132	5	30	9T	28	5	45	9	36	7	40	12	44	11	446	7	5

<b>GRAND=6-14+" TOTALS/PLACES:</b>	629	1	1292	1	348	1	244	2	465	2	286	2	730	1	390	1	<b>4384</b>	<b>1ST!</b>
<b>"SR=10-14+" TOTALS/PLACES:</b>	429	1	1090	1	242	2	190	2	318	1	208	2	520	1	282	1	<b>3279</b>	<b>1ST!</b>
<b>"JR=6-9" TOTALS/PLACES:</b>	95	2	8	2	56	2	4	3	81	2	37	2	30	2	23	3	<b>334</b>	<b>2ND!</b>

THE TOP 4 SCORES WERE TAKEN FROM EACH EVENT TO CALCULATE THE "JR" 6-9 AND "SR" 10-14+ TEAM SCORES. (We had one JR).  
 THE TOP 6 SCORES WERE TAKEN FROM EACH EVENT FROM ALL AGES TO CALCULATE THE GRAND CHAMPION TEAM SCORE.



**Second Place 6-9 year old team!! First Place 10-14+ team!!  
 First Place Grand Championships Team!! First Place  
 Champion - Muscle Man Award - Zach P.!**



Note: If comparing/contrasting these results above to last year's, then understand that it is only possible if your son was in the same age-group, and he did the same choices. Having the Muscle Man Challenge when we do is such perfect timing since it finishes our first Macro Cycle of "Mass-Building" (Off-Season). We now are in the 2nd Macro Cycle (Preseason) - helping us focus on body positions, skills, sequences, and routines that our new strength will help us better to accomplish!  
 Anyway, when we discuss the results with the boys at gym we will go over all the details. The boys know we will be hitting some weak points more intensely based on their performances.

**GREAT  
JOB  
BOYS!**

The boys had a great meet! They are getting stronger!! The other coaches and I are proud of our boys!! Nearly every boy improved a lot in their all-around scores from the past! :)

**EWA BOYS ROCK!!**