

Megan Monfredi

Pine-Richland School District -Class of 2017
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YouTube: [Megan Monfredi](#)

X-Cel Gymnastics - Home of Team Xquisite
Head Coach-Lindsey Stancil
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Skills:

Vault: Yurchenko layout

Working: Yurchenko 1/2 & 1/1

Bars: Free Hip, Blind ½, Shoot over, Free Hip/Double Back

Working: Shoot up, Toe Handstand, Tkachev

Beam: Handspring/ Layout, Side Aerial, Back tuck/Straddle quarter, Switch side, RO
1 ½ dismount

Working: Front tuck, Side Aerial/Sissone, 2/1 dismount

Floor: Front through to RO Double back, Front full/ Front Layout, Round off 1½ front
pike

Working: Front Layout/Rudi, RO 1 ½ / F. Layout, 2/1 Twist, Double Pike, Full-In

Career Highlights:

- 2016 – L10 Regional Championship – 4th FX
- 2016 – L10 State Championship – 3rd FX
- 2016 – L10 PKI – 2nd V, 1st BM, 1st FX
- 2016 – L10 Christmas City Classic – 3rd V, 1st FX, 3rd AA
- 2015 – L10 IES Regional Qualifier- V, BB, FX
- 2015 – L10 IES State Qualifier – V, BB, FX
- 2015 – L10 – Pink Invitational – 4th V, 3rd BB, 4th FX
- 2015 – L10 – Magical Classic – 1st FX
- 2015 - L10 – Greater New York Invitational- 5th V, 5th BB, 2nd FX
- 2013- L9 - Eastern Nationals – 3rd FX
- 2012, 2013- L0 -Level 9 Eastern National Qualifier
- 2013- L9 – Regional Championship – 3rd V, BB, 2nd FX, 3rd AA