



## Locals represent 10.0 club well

**GateHouse News Service**

Posted Apr 01, 2010 @ 03:34 PM

Acton, Mass. —

Acton and Boxborough athletes who compete for 10.0 Academy of Gymnastics in Stow have been having a stellar competitive season.

The girls range in age from 6 to 16, and compete in either the Junior Olympic program, which includes 10 increasingly difficult ability levels, or the Prep Op program, which consists of five ability levels.

Depending on program and level, the gymnasts work out anywhere from three to 20 hours per week, year-round. Typically, all gymnasts compete all four Olympic events: vault, uneven bars, balance beam, and floor exercise. The gymnasts are coached by 10.0 Academy owners and head coaches Dave and Christalle Auger, along with Prep Op head coach Lindsey DiTullio and J.O. coach Kathy Ostberg.

During this season, the athletes and teams from 10.0 Academy have had numerous first-place finishes on individual events, and have won multiple team awards.

Acton resident LilaRose Forsythe, who competes in the Prep Op Rookie division was the first place all-around medalist in this year's Judge's Cup; Hannah Parlman and Bethany Tsiaris, also from Acton, were first and second place all-around in the Prep Op Novice division at the Starstruck Invitational in Atlantic City, N.J., helping their team to a first-place finish.

Merriam School sixth grader Lily Acton competes in the Prep Op Intermediate division and has helped her team place first in every meet this season with strong individual performances and several first place finishes on bars, beam, and floor.

Jaime McAuliffe, a Boxborough resident, has won first place all-around in several meets this season, including the Starstruck Invitational, Sterling qualifier, and the 10.0 Candy Cane Classic.

Grace Acton and Abigail Bowman are both Level 3 gymnasts from Acton, and have both been first-place all-around winners several times this season, including the Starstruck Invitational, the Whip City Invitational, and the 360 Gymnastics Kick Off Classic.

Boxborough residents Lara Caradimitropolo and Caroline Utz, along with Acton resident Megan Milligan are members of 10.0's Level 4 team. They have all turned in excellent performances this season, with uniformly strong floor routines, contributing to their team's several first-place finishes.

ABRHS students Riley Acton and Shari Heller are consistently strong contributors to 10.0 Gymnastics' Level 9 competitive team, which won the Whip City Invitational, the 360 Gymnastics Kick Off Classic, and was second place at the Cape Cod Invitational.

Heller excels on balance beam and floor exercise, and has placed first in these events several times this season. Acton excels on vault and uneven bars, and placed first on bars at the 10.0 Candy Cane Classic, Whip City Invitational, and was first place on vault, bars, floor exercise, and all-around at the Kick Off Classic.

All of the athletes, teams, and coaches are looking forward to their upcoming culminating meets of the season, which will include state, regional, and national meets for some gymnasts.

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