



Four Hawaii elite gymnasts shine at 21st Aalsmeer Flower Cup 2015 March 20-21 in Holland



Hawaii Gymnasts return from The Netherlands all having achieved personal best performances. They all performed the most difficult routines of their life and as 11 and 12 year olds competed in the 17 and under age group against some of the very best in the world. Getting into the top 50 is an achievement. They each did better than this.

Results: All four competed in the 17 and under age group open division (no limit on the difficulty of routines)



Kayttie Nakamura (12, Kaimuki Middle School, 7th grade, Kaimuki) placed 14th overall with the second most difficult routine performed. She barely missed making it into finals.



Sydney Senter (12, Hawaii Baptist Academy, 6th grade, Aiea) placed 19th overall which is outstanding against the experienced much older competitors.



Maia Amano (11, Saint Andrews Priory, 6th grade, Manoa) placed 27th overall due to a sit-down at the end of her routine which dropped her from 15th. This was her first international meet and the first time performing against elite gymnasts.



Alexander Paul (12, Moanalua Middle School, 7th grade, Salt Lake) placed 44th because of an interruption on his compulsory routine. His optional routine was cheered by all because it contained 20 flips in 10 bounces starting with a twisting triple somersault and ending with two double twisting double somersaults.



Hawaii Trampoline



Event: 21st Aalsmeer Flower Cup 2015 March 20-21 <http://flowercup.nl/>

This was an international trampoline championship held semi-annually for over 40 years that included Olympians and top world level gymnasts (N=450). The venue was near the Amsterdam (Schiphol) Airport in a small town called Aalsmeer which is known as the 'Flower Capital of The World' because nearly 70% of all flowers throughout the world are distributed from flower auctions in Aalsmeer and loaded on planes on the freight runways of Schiphol. This is one of the most prestigious trampoline competitions in the world. [See <http://flowercup.nl/> for video and results as well as the history of this event. Detailed results are published at <http://flowercup.nl/results/results-2015/>. Pictures and videos are available at <http://flowercup.nl/pictures/>. GymPOWER sponsored a live video internet feed at <http://www.gympower.nl/kwalificatie-voor-europese-spelen-tijdens-de-flower-cup-2015/> and has after event video (all text in Dutch).]

All four gymnasts compete for the Hawaii Trampoline and Tumbling Club and train at Hawaii Academy in Honolulu. They are coached by Spencer Dupio (with assistants Nani Vercruyssen and Kelsen Onigama). Their coaches were previous Age Group World Championships medalists from Hawaii Academy. Because the coaches were busy with teams competing at a qualifying meet in Utah the same weekend as the Flower Cup in Holland, Dr Max Vercruyssen was brought out of retirement to serve as a substitute coach.

Delegation: Hawaii Trampoline and Tumbling Club (from Hawaii Academy)

Seven individuals traveled to this event from Hawaii. Players included Maia Amano, Kayttie Nakamura, Alexander Paul, and Sydney Senter. Adults traveling were Dr Max Vercruyssen (head coach and judge), Melissa Nakamura (HTT officer), and Coach Robin Amano (HTT officer). The delegation represented Hawaii and not the United States with Hawaii warm-ups and the Hawaiian flag.

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