

Gymnastics



Codi Halterman, a Senior at Treynor High School, was the speaker at the Treynor Optimist Club on September 11. She has been in gymnastics since age 7, but also has played piano since that age. She now teaches piano, coaches gymnastics, and plays percussion in marching band, concert band, and jazz band.

Codi studies gymnastics at Omega Gymnastics in Papillion. She competes in the balance beam, uneven bars, vault, and floor routines. She works out six days a week. She said her greatest challenge is the uneven bars because she is tall for a gymnast.

According to Codi, the keys for gymnastics are determination, a positive attitude, working together as a team, and motivation. Although gymnastics is an individual competition, cheering for other team members and coaching younger girls helps the team work together.

Due to her intense workout schedule, Codi likes to eat with the boys at school. She eats a lot, so she feels more comfortable eating with hungry boys.

This summer Codi went to Pennsylvania for a three week camp. She has met several world championship players.

She made friends with Bridget Sloan who she admires. Bridget Sloan was the 2009 All-Around World Champion and the 2009 All-Around U.S. National Champion. Sloan was a member of the silver medal U.S. women's gymnastics team at the 2008 Olympics.

Codi says she would like to compete in college next year, but not internationally. Gymnastics is very hard on your body. Codi said many competitive players grow several inches after they quit competition.