

Friendly competition

Fraser gymnasts feature range of talent for a 'beaming' season

BY SUE TEGGART
C & G Sports Writer

FRASER — Fraser High has a proud history of being home to one of Macomb County's premier gymnastics programs.

For the past two years, the Ramblers have finished sixth at regionals and have contended with some of the best programs the state has to offer, namely Troy Athens, Walled Lake United and Tri-Farmington.

One of coach Stephanie Taylor's secrets to successfully keeping her girls motivated and hungry is the use of friendly competition during practices, and the girls have embraced the challenge.

"They're very competitive with each other, in a friendly way, and that pushes them," Taylor said. "It gives them a good motivation to work hard."

Senior co-captain Cara Bahorski said she and fellow captains Jessica Makowiec and Jennifer Huff even challenge each other to "show me up" after each performs a routine in practice.

"We just try and push each other harder," Bahorski said.

So far, the self-motivation is working. At press time, the Ramblers were 3-1. Their lone loss came Jan. 12 against Grosse Pointe United 129.75 to 133.70. Fraser's team has 15 gymnasts, including eight returnees who bring a wealth of experience and skill.

"Some of them have more experience than others," Taylor said. "We have a few gymnasts that are very talented and some that have never done gymnastics before high school, so that's refreshing to see."

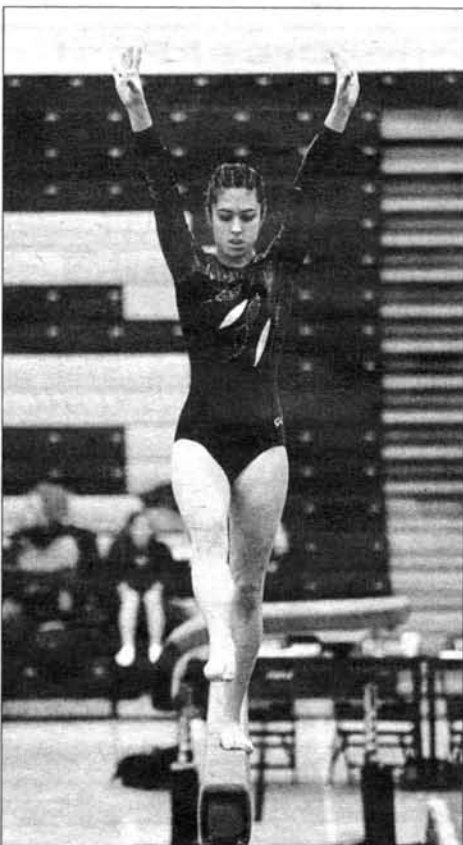
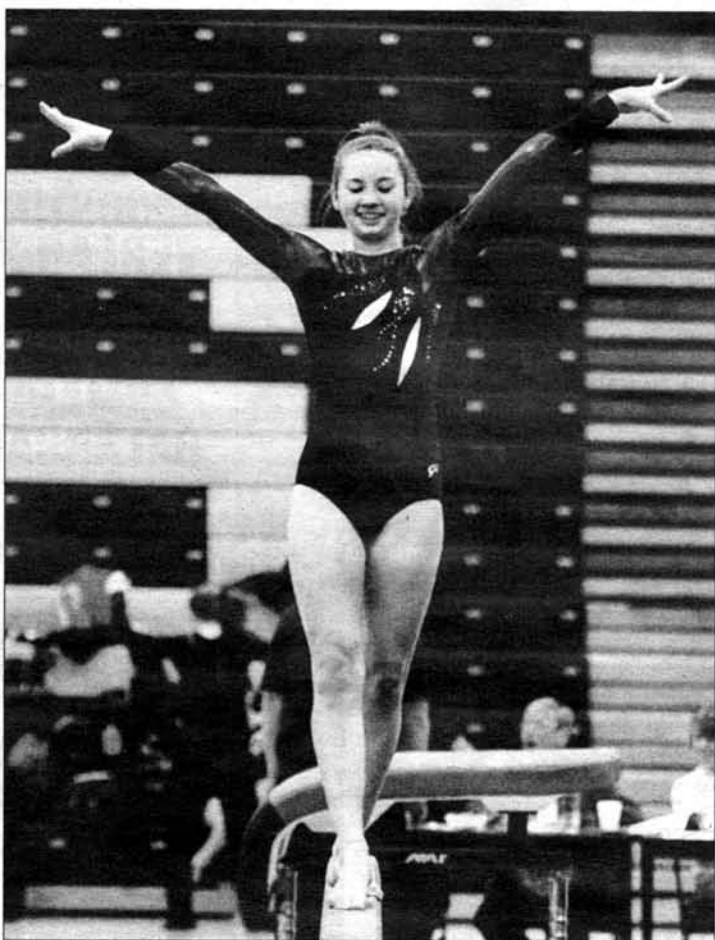
Despite the range of talent, the Ramblers are getting high marks in all-around and shining on the balance beam.

"We started out the season having vault as our strongest event, but we turned the page to beam," Taylor said. "They are pretty sturdy on each event, but they stand out most on beam."

Taylor said gymnasts quickly shift their strength from one event to another by gaining new tricks.

"Things can change in a heartbeat with gymnastics," Taylor said.

"Beam is definitely our strength," Bahorski added. "At the



Above: Fraser High senior captain Cara Bahorski performs on the balance beam during the Jan. 10 Fraser Gymnastics Invite. The squad finished third with 131.80 points. For more photos from the Fraser Invite, see our Web site at www.candgnews.com and click on the Photo Gallery link.

Left: Fraser High gymnast senior captain Jessica Makowiec performs her routine on the balance beam Jan. 10.

Photos by Patricia O'Blenes