

# SHARON ADVOCATE

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## Kravets vaults to the top

Karen Kravets, a level 8 rhythmic gymnast, won the 2008 Massachusetts State Championships for rhythmic gymnastics which took place on March 31<sup>st</sup> in Newton. This is the fifth consecutive year that Kravets has won the coveted title.

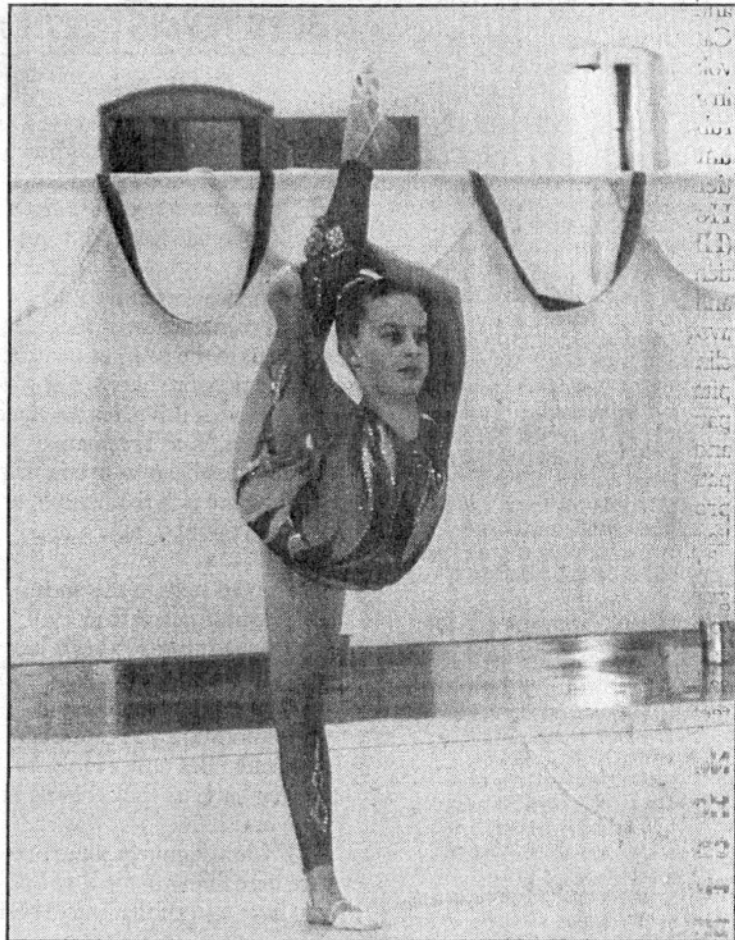
Kravets also placed second in the all-around and first on ball and floor at the prestigious Boston Cup International Invitational that took place in Newton on February 23<sup>rd</sup>.

The sixth grader at the Sharon Middle School won titles in rope, clubs and floor exercise en route to capturing the state all-around crown with a score of 47.200 points.

Last year, Kravets was part of Region 4 team (comprised of gymnasts from six East Coast states), which won the overall event in Junior Olympic Championships – a national competition featuring 140 gymnasts at levels 6, 7 and 8.

Kravets trains three hours a day, five days per week with coach Varduhi Nahapetyan (a former world class rhythmic gymnast from Armenia) at the New England Sports Academy in Westwood.

Rhythmic gymnastics is a sport in which single competitors, pairs, trios or more manipulate one or two apparatus-



COURTESY PHOTO

Sharon's Karen Kravets won the state rhythmic gymnastics title.

es, including rope, hoop, ball, clubs and ribbon. It combines elements of ballet, gymnastics, theatrical dance and apparatus manipulation. The winner is

the participant who earns the most points, as awarded by a panel of judges, for leaps, balances, pivots, flexibility, apparatus handling and artistic effect.