



Class of 2025

Avery Aaron-Brush

2023 HIGHLIGHTS:

- Eastern Nationals - 3rd place Bars
- Eastern Nationals Qualifier
- Region 8 - 3rd Place Bars, 4th place Vault, 5th place AA
- Regional Qualifier
- Alabama State Meet - 1st place Bars, 2nd place Floor, 5th place AA

Hello! My name is Avery Aaron-Brush.

I am a level 9 gymnast at Mountain Brook Gymnastics near Birmingham, Alabama. I am an upcoming Junior and will graduate in May of 2025. My goal is to compete competitively in college. My favorite event is bars. I currently have a 3.68 gpa at Vestavia Hills High School. I am in the American Sign Language Club. I have been on the A/B honor roll every semester. I am a member of the National Society of High School Scholars (NSHSS).

After completing college I want to be a nurse. I currently volunteer with the Community Food Bank of Central Alabama and with United Yorkie Rescue. I am on the Mountain Brook Gymnastics Leadership team where I work with others to create ideas to build team spirit. I also work part time at Mountain Brook Gymnastics in the concession stand and with recreational classes.

I love to travel. I have visited 38 states and I hope to travel to all 50 states before I finish college.

CONTACT ME:



1-205-706-7274



gymnast.avery2025@gmail.com



[@avery.gymnast.2025](https://www.instagram.com/avery.gymnast.2025)

CONTACT COACHES:



1-205-969-4889



hbnabors@gmail.com

Head Coach Helen Nabors, Floor Coach Hanna Martin, Vault Coach Shellie Wise

ROUTINES AND UPGRADES:

Vault

Current Vault:

Yurchenko Layout

Training:

Yurchenko Half

Beam

Current Beam Routine:

Full Turn, Back Handspring step out Back Handspring two foot

Tuck 3/4, Back Tuck, Switch Leap Split Jump, Back Handspring Full

Training:

Straddle Half, Kick front, Back Handspring Back Tuck, Back Handspring

Tuck 1 1/2

Bars

Current Bar Routine:

Kip, Squat on, Jump to High Bar

Kip Cast Handstand Half Pirouette Overshoot

Kip, Squat on, Jump to High Bar

Kip Cast Handstand, Clear Hip, Double Tuck

Training:

Tkatchev Drills

Floor

Current Floor Routine:

Front Layout Front Full, Roundoff Back Handspring 1 1/2 twist

Front Layout Front Pike, Double Turn

Switch side straddle jump

Training:

Front Layout Rudi

Double Full

Double Tuck

Double Layout