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Greensburg YMCA Gymnast Captures Two National Titles

GREENSBURG — Greensburg YMCA gymnast **Emma Rost (Greensburg, PA)** captured national titles in two events, and two other Aerial gymnasts earned medals at the recent YMCA-USA national championships in Cincinnati, Ohio.

Rost claimed gold medals in the Level 4 vault and floor exercises. She also won a bronze medal in the all-around and placed sixth on the bars.

Other medalists were:

- **Mia Harkcom (Greensburg, PA)**
 - Vault - 3rd Place/Level 5
- **Alicia Willett (Greensburg, PA)**
 - Beam - 5th Place/Level 5

“It is beyond exciting for Emma to become a National Champion and medalist in multiple events; however, I am most excited for her sixth place on bars,” said Amy White, Greensburg YMCA Gymnastics Coordinator. “For the past two years, she has been battling an extensive mental block on this event, and I couldn’t be more proud of her ability to overcome adversity.

“But, I am so proud of all the girls,” White added. “For a lot of them, this was their first Nationals, so nerves were a huge factor. Every one of them persevered and achieved something not everyone has a chance to do. I hope a competition like this gives them more confidence as athletes and the strength and determination to accomplish their goals and dreams in the upcoming seasons.”

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The Greensburg YMCA is a non-profit, charitable organization open to all people, regardless of age, sex, race, religion, ability or income. Incorporated as a non-profit by the state of Pennsylvania in 1890, our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.