

on the MOVE

PHOTOS BY
ANDREA DIXON

McQuaid Information Night

I can *"I don't just think
do anything
I set my mind to, I know it."*

Damien Waters McQuaid Senior

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Thursday, October 19th 7-9 p.m.

Our Mother of Sorrows Church, 5000 Mt. Read Boulevard, Greece

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Gina Rinaldi (left), 15, does a flip on the balance beam at practice Sept. 26 at Penev's Gymnastics on East Avenue in Rochester. Gina works out five days a week, for almost six hours a night. She has been doing gymnastics for 10 years.

Vaulting toward stardom

For 15-year-old Gina Rinaldi, the Olympic gymnastics competition last month was a television must-see.

Perhaps four years from now, at the next Summer Games, it will be Gina who viewers watch on TV's Olympics coverage.

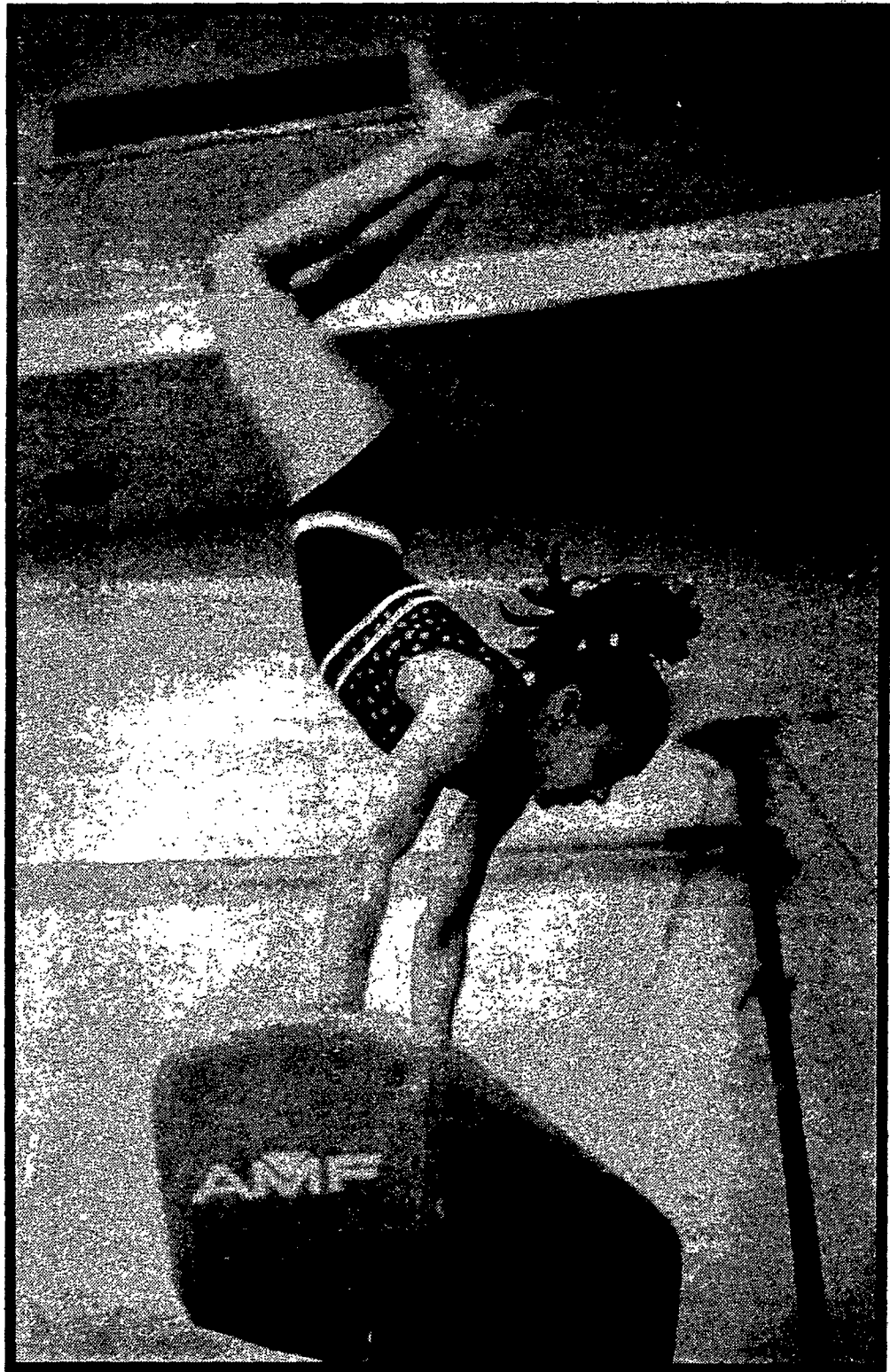
"If I had a shot, I'd go for it," said Gina, a parishioner at St. Cecilia's Church in Irondequoit.

If she does become an Olympian, Gina's work ethic will have been a big reason. She trains 25 to 30 hours per week — year-round — at a private club, Penev's Gymnastics in Rochester. She also takes part in numerous competitions between January and April.

Gina is a Level Ten gymnast, one notch below the highest level, Elite. Her next step is to try qualifying as an Elite, which would allow her to compete nationally and internationally. "I basically say, whenever I'm ready and my coaches feel I'm ready," she said.

Gina, a sophomore at Eastridge High School, also hopes to earn a college gymnastics scholarship. With such lofty goals to reach, Gina said it's important to combine hard work with a genuine love for what she does.

"You have to want to do it. If you don't want to do it, you shouldn't," she remarked.



Gina does a vault (above) and steadies herself on the balance beam (above-left).

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