

Alex



Alex Empey Provincial Team Member

My name is Alex Empey and I am 14 years old. I am currently in grade 9 at Vincent Massey High School. I am a straight A student and enjoy coaching and judging gymnastics, playing other sports when I have the time and spending time with my friends and family.



I started gymnastics at the age of 9 and knew immediately that it was the sport for me. I had tried many other sports before such as soccer, swimming, figure skating, golfing and volleyball but I enjoyed gymnastics and excelled at it. I was able to progress through several levels in one year when most other gymnasts compete at one level for 1-2 years. As well, I have had the opportunity to travel with the Eagle Gymnastic Team to many different places, both nationally and internationally.

The biggest progress that I made was two years ago when I progressed from Provincial Level 2 to Provincial Level 5. That year, I won first place in the Level 5 Provincial Championships and represented Manitoba at the Western Canadian Championships. This past year, I was able to compete again for Manitoba at the Western Canadian Championships and placed first on uneven parallel bars and fifth all around.

One of my goals this year is to try to qualify for Elite Canada High Performance status. As well, I would like to represent Team Manitoba at the National Championships.

Accomplishments of Alex Empey

2008/2009

- Provincial Level 5 Novice Champion at Manitoba Opens Championships – 2nd Vault, 1st Uneven Parallel Bars, 2nd Beam, 1st Floor
- Member of the Manitoba Provincial Gymnastics Team
- 5th All Around at the Western Canadian Championships – 1st on Uneven Parallel Bars, 4th Beam, 6th Floor

2007/2008

- Moved up to Provincial Level 5 from Provincial Level 2
- Obtained Provincial Gymnastics Team Status at Manitoba Opens Championship
- Competed at Western Canadian Championships Provincial Level 5 Novice

2006/2007

- Provincial Level 2 Silver Medalist All Around at the Manitoba Provincial Championships