

## Ashley Postell

2003 National Floor Exercise Champion  
2002 Balance Beam World Champion

Hometown: Cheverly, Md.  
Residence: Burke, Va.  
Date/Place of Birth: June 9, 1986/Cheverly, Md.  
Club: Capital Gymnastics NTC  
Coach: Tatiana Perskaia, Marina Gerasimova, Victor Vetrov  
School: Home school  
Year in School: 12<sup>th</sup> (Fall '03)  
Began Gymnastics: 1992  
Favorite Event: Floor Exercise  
Years on National Team: 7 (1997-2004)



### Personal Info

Postell, at the time the reigning balance beam World Champion, was named to the 2003 World Championships Team, but was unable to compete due to a stomach flu. Postell is the daughter of Gary and Linda Postell. She has one brother named Kyle, a half-brother Eric MacArthur, and a half-sister, Territa Sullivan. Her favorite subject in school is math, and she hopes to someday practice law or medicine. Her role model is Dominique Dawes, and her gymnastics goal is to compete in the 2004 Olympic Games. In her spare time, Postell enjoys going to the mall and talking with friends on the phone. Her favorite music is rap, and she enjoys watching the TV shows "Martin", "Wayans Brothers", and "Charmed".

### International Competition

- 2003 DTB World Cup, Stuttgart, GER
- 2003 Pacific Challenge (USA/CAN/AUS), Fullerton, Calif.; 1<sup>st</sup>-Team, 3<sup>rd</sup>-AA, 3<sup>rd</sup>-V, 2<sup>nd</sup>-BB, 3<sup>rd</sup>-FX
- 2003 Visa American Cup, Fairfax, Va.; 3<sup>rd</sup>-AA, 2<sup>nd</sup>-BB, 3<sup>rd</sup>-V
- 2002 World Gymnastics Championships, Debrecen, HUN; 1<sup>st</sup>-BB, 6<sup>th</sup>-V
- 2002 TJ Maxx International Challenge, Anaheim, Calif., 1<sup>st</sup>-Team
- 2002 Zakharaova Cup, Kiev, UKR; 1<sup>st</sup>-BB, 2<sup>nd</sup>-V, 4<sup>th</sup>-FX
- 2001 Glasgow Grand Prix, Glasgow, GBR; 1<sup>st</sup> BB, 2<sup>nd</sup> FX, 6<sup>th</sup> V
- 2000 USA vs. France, St. Etienne, FRA; 1<sup>st</sup>-Team, 6<sup>th</sup>-AA
- 1999 Pontiac International Team Championships, Richmond, Va.; 1<sup>st</sup> Team
- 1998 International Team Championships, Knoxville, Tenn.; 2<sup>nd</sup>-Team, 1<sup>st</sup>-AA, 1<sup>st</sup>-V, 4<sup>th</sup>-UB, T4<sup>th</sup>-BB, T2<sup>nd</sup>-FX (Jr. div.)
- 1998 Canberra Cup, Canberra, AUS; 1<sup>st</sup>-AA

### National Competition

- 2003 U. S. National Championships, Milwaukee, Wis.; 4<sup>th</sup> AA, 4<sup>th</sup> UB, 2<sup>nd</sup> BB, 1<sup>st</sup> FX
- 2003 U. S. Classic, San Antonio, Texas; 10<sup>th</sup>-AA, 5<sup>th</sup>-BB, 3<sup>rd</sup>-FX
- 2002 U.S. Championships, Cleveland, Ohio; 3<sup>rd</sup>-AA, 4<sup>th</sup>-V, 2<sup>nd</sup>-UB, 3<sup>rd</sup>-BB
- 2002 U.S. Classic, Virginia Beach, Va.; 6<sup>th</sup>-V, 3<sup>rd</sup>-UB
- 2002 National Elite Podium Meet, Orlando, Fla.; 3<sup>rd</sup>-V, 4<sup>th</sup>-UB
- 2001 U.S. Gymnastics Championships, Philadelphia, Pa.; 8<sup>th</sup>-AA (Jr. Div.)
- 2001 U.S. Classic, Pomona, Calif.; 3<sup>rd</sup>-AA, 9<sup>th</sup>-V, 3<sup>rd</sup>-UB, 6<sup>th</sup>(t)-BB, 5<sup>th</sup>(t)-FX (Jr. Div.)
- 2000 John Hancock U.S. Gymnastics Championships, St. Louis, Mo.; 6<sup>th</sup>-AA, 4<sup>th</sup>-UB (tie)

# Women's National Team

- 1999 John Hancock U.S. Gymnastics Championships, Sacramento, Calif.; 6<sup>th</sup>-AA, 2<sup>nd</sup>-UB, 5<sup>th</sup>-FX
- 1998 John Hancock U.S. Gymnastics Championships, Indianapolis, Ind.; 2<sup>nd</sup>-AA, 3<sup>rd</sup>-V, T1<sup>st</sup>-UB, 1<sup>st</sup>-BB, T2<sup>nd</sup>-FX (Jr. div.)
- 1998 U.S. Classic, San Antonio, Texas; 30<sup>th</sup>-V, 1<sup>st</sup>-UB, 14<sup>th</sup>-BB (competed only three events) (jr. div.)
- 1998 American Classic, Orlando, Fla.; 3<sup>rd</sup>-AA, 1<sup>st</sup>-V, 18<sup>th</sup>-UB, 1<sup>st</sup>-BB, 5<sup>th</sup>-FX (jr. div.)