



Thirty-six members of the Heartbeats Jump Rope Team traveled south to the Gulf of Mexico to compete in the 2009 U.S. National Jump Rope Championship held June 25-28 at the Galveston Island Convention Center in Galveston, Texas, where they vied for national titles against 998 of the nation's very best jumpers representing 71 teams from throughout the United States.

Individual team members placing within the top 10 for events within their age division were as follows:

Male One-Minute Speed

18-22	Robbie Csontos	5 th
23-29	Mike Fry	4 th

3 Person Double Dutch Speed

18 & over	Mike Fry/Lisa Brown/Liz Michalos	10 th
18 & over	Tania Terpylak/Lauren Rogerson/Jenny Evans	6 th

4 Person Double Dutch Speed

18 & over	Tania Terpylak/Lauren Rogerson/ Jenny Evans/ Robbie Csontos	7 th
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Male Triple Unders

15-17	Ryan Timura	7 th
18 & over	Mike Fry	bronze

Male Three-Minute Speed

23-29	Mike Fry	silver
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Male Single Rope Freestyle

13-14	Will Thomas	5 th
15-17	Ryan Timura	silver
15-17	Chris Csontos	7 th
18-22	Robbie Csontos	silver
23-29	Mike Fry	gold

Female Single Rope Freestyle

13-14	Lexi Cohen	4 th
18-22	Lisa Brown	10 th

Female Pairs Freestyle

15-17	Autumn Berry/Lexi Cohen	gold
18 & over	Lauren Rogerson/Beth Schrader	9 th

Mixed Pairs Freestyle

13-14	Anna Armao/Abby Wyman	7 th
13-14	Becca Padolewski/Katie Simonis	8 th
15-17	Ryan Timura/Chris Csontos	gold
18 & over	Robbie Csontos/Jenny Evans	6 th

Female 3 Person Double Dutch Freestyle

18 & over	Lauren Rogerson/Tania Terpylak/Jenny Evans	gold
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Mixed 3 Person Double Dutch Freestyle

15-17	Ryan Timura/Sarah Nelson/Autumn Berry	5 th
18 & over	Mike Fry/Anna Herman/Lisa Brown	5 th

Mixed 4 Person Double Dutch Freestyle

13-14	Sydney Katz/Kayle Timura/Lexi Cohen/ Becca Padolewski	4 th
15-17	Ryan Timura/Autumn Berry/Sarah Nelson/ Jenn Steigerwald	2 nd
18 & over	Robbie Csontos/Chris Csontos/Tania Terpylak	5 th

The following Heartbeats qualified to compete in the Grand National Championships and placed as follows:

Male One-Minute Speed	Mike Fry	9 th
3 Person Double Dutch Speed	Tania Terpylak/ Lauren Rogerson/ Jenny Evans	11 th
Double Dutch Pairs Speed	Tania Terpylak/ Lauren Rogerson/ Jenny Evans	12 th
Male Single Rope Freestyle	Robbie Csontos	5 th
	Mike Fry	9 th
	Robbie Csontos	12 th
	Ryan Timura	4 th
Female Pairs Freestyle	Autumn Berry/Lexi Cohen	4 th
Pairs Freestyle Mixed	Ryan Timura/Chris Csontos	6 th
Female Double Dutch 3 Person Freestyle	Tania Terpylak/Lauren Rogerson/ Jenny Evans	3 rd
3 Person Double Dutch Freestyle Mixed	Mike Fry/Lisa Brown/Anna Herman	3 rd
4 Person Double Dutch Freestyle Mixed	Ryan Timura/Autumn Berry/ Sarah Nelson/Jenn Steigerwald	4 th

The Heartbeats took 3rd place overall among all teams competing in freestyle events.

The Heartbeats Jump Rope Team is comprised of jumpers from Akron, Brunswick, Copley-Fairlawn, Highland, Hudson, Old Trail, Revere, Strongsville, Walsh and Wadsworth Schools as well as Kent State University, Michigan State University, Miami University, Mount Union College, Oberlin College, Ohio State University, and University of Dayton. The team, founded in 1992, is based at Pinnacle Sports in Medina, Ohio, and is coached by Pam Evans. For more information about the Heartbeats, contact the coach at 440-572-3292 or pam_evans@prodigy.net; or check out the team's website at www.theheartbeats.org.