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Local Gymnasts Chosen as Winning Women

But it's not their trophies that matter, some say the sport is improving their self-esteem and confidence.

Terri Wiseman chose the gymnasts as this week's Winning Women.

Shannon Coleman, a level 5 trainee says "I really like it because it's challenging and there's always new things to learn after you master certain other things."

Jade Chambers Blair level 5 gymnast says "I love gymnastics because its so diverse and there's so many new tricks and its challenging and its just a lot to do and its fun."

But their hard work and practice has paid off.

In March the level 3 gymnasts won second in the state championship.

They're now training for level 4.

Coach Jessica Dickens says it'll be more work but they're ready for it.

Coach Jessica Dickens says "more practices, harder skills, they'll have to do harder tricks, learn new routines and basically just harder competition."

The girls compete in bars, beam, vault and floor exercise.

And they all agree, competing is nerve-wracking.

Level 7 gymnast Kerrigan Johnson says "when you compete for the first time, you're probably gonna be very nervous and you'll start shaking."

Chambers-Blair says "but then once you get into the actual competition you're just like I've done this many times and then you don't get nervous anymore."

Coaches and parents say the sport has many benefits.

Parent of gymnast, Judy Poole says "it builds their lifelong confidence, there's a lot of things that they're gonna be taking out of the sport of gymnastics and be able to take it into the arena of life."

For now, the girls are training at Beckley Gymnastics Center.

Owner Beverly Sanna has an accomplishment of her own to share.

This May is her 25th year in business.

Sanna says "people used to tease me years ago and said oh you'll be here with a cane 'now girls point your toes' that'll probably be true."

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