



## GymACT

### 2024 N2 AWARD AWARD NOMINATION FORM

NAME: Alexander Skalkos

PROGRAM: Temple University

MAJOR/AREA OF PROFESSIONAL DEVELOPMENT: Real-Estate

GPA (if applicable): 2.9

#### FIVE BEST ACCOMPLISHMENTS:

Coaches, this should be a minimum. Feel free to include any other documents, flyers, or accomplishments. Remember this is your chance to sell your nominee. Please make a copy of this google doc and submit it into the 2024 - N2 AWARD folder **by Tuesday March 26<sup>th</sup>**.

1. In Alex's Freshman year, he unfortunately tore his ACL doing a triple full on floor. This immediately ended his season in February 2021. It was a long year of recovery and by the time he was competing again as a sophomore, he added 1.1 of difficulty to his parallel bars routine from the previous season. He without a doubt won the "Comeback of the Year" award for our team. More achievements folded that year as well, such as qualifying to the all-star team.

Even prior to the surgery, Alex continued being a major contributor in the three equipment moves the team had to do that year. Alex would get out his electric skateboard to wheel around and put the floor exercise together.

2. Alex is a 2x GymACT East All-Star. He qualified in both his sophomore and junior years to and competed on the rings.

**3. Alex is our current team co-captain and club president, as voted on by his teammates. His natural leadership was apparent early in his freshman year. Alex is impactful both through his meaningful words to the team, and through his actions. Alex is on top of all the team's administrative duties when it comes to travel logistics, and interdepartmental communication with campus recreation.**

**4. Hardest Worker 2023: Alex is typically the first guy on an event and the last guy to wrap up in each training session. In the four seasons that I have known Alex, he has not complained once. He is respectful to his coaches, inspires his teammates, and fires them up through his work ethic and intensity. He is always willing to give a full effort whether it's another routine to complete, a new skill to try, or a skill to improve. In 2023, Alex was voted as the hardest worker on the team.**

**5. Other accomplishments include winning the GymACT Gymnast of the Week during the Eastern Conference Championship in 2022. Alex currently has the highest start value on parallel bars since the COP changes in 2017.**