

The signage adorning the walls of the Lyons Township girls gymnastics team's practice gym is about to get an update.

Among the items on order is a large sign for sophomore Kelsy Kurfirst acknowledging her 2012 co-state championship on uneven parallel bars, similar to those for previous LT individual state champions Janne Klepek and Emily Urben.

"I don't know (about it). I'm not sure," Kurfirst said. "Whenever it comes, it's all good."

Along another wall is the list of LT's documented all-time high scores for the four events and all-around.

After what Kurfirst and her teammates did Wednesday – and the potential of what they still could accomplish – those nameplates are in for plenty of rearranging.

Kurfirst collected a 38.65 all-around total – the highest known score in LT history – and won all four events as the Lions defeated Glenbard West 148.75 to 144.80 in a key West Suburban Conference Silver Division dual in La Grange.

"There was a lot of adrenaline. We all had a lot of adrenaline," Kurfirst said.

"I use (the record board) sometimes as motivation and I like to see former LT gymnasts and how amazing they've been. I like that as kind of an inspiration for my stuff."

Kurfirst scored 9.7s on the uneven parallel bars and floor exercise, a 9.65

vault and 9.6 on balance beam to edge the previously known best all-around total of 38.525 by all-stater Andrea Skala in 2007.

Juniors Michelle Cozza, second in the all-around (37.50 all-around), and Katie Carling, senior Maren Craig and sophomore Olivia McGann had top-five event finishes.

In the Lions' previous dual Dec. 6 at home against York, Kurfirst had a 38.30 all-around. LT scored 149.00 that dual, the highest total posted by any team so far this season. Glenbard West scored its season high Wednesday.

In home team duals, the Lions compete in the order of vault, uneven bars, beam and floor.

"I especially like ending on floor because all of those emotions and all of that excitement gets pushed to the end. You just let it all out with your floor routine and everyone's cheering," Kurfirst said. "It's an amazing atmosphere, the excitement and being over the top. I think that adds to doing well as a team and individually, too."

The Lions are emerging as a contender for one of the three state trophies, if not their first state championship. They have little time to reflect for now, however.

There's the second annual five-team LT Invitational at 6 p.m. Friday, which includes Glenbard West, followed by another key Silver dual meet at Hinsdale Central (season-high 141.575) at 6 p.m. Monday.

A victory Monday would be another big step toward the overall Silver title, a 50-50 combination of dual and Silver Meet standings. Glenbard West won its

first outright overall Silver title last season by going 5-0 in duals and winning the Silver Meet.

“We don’t look at scores. (Beating our 149 Thursday) wasn’t a priority or focus at all,” LT coach Kari Karubas said.

“(The meet) was a reflection of the hard work put in by the gymnasts on a daily basis. The technique and mental strategies, which are different for each athlete, have been the focus for the past few weeks. I am seeing improvement but would also like to start adding the tougher skills and see more technical retention across the board.”

As good as the Lions are so far, they each express adding elements to get even better. As strong as Kurfirst is on uneven bars, she hopes her double back flip dismount will soon yield to her half in-half out, the final critical piece to her state championship routine.

“Kelsy rocked. I was able to see her get into a groove on bars. She didn’t try to overly control her technique. Rather she looked smooth and comfortable, which is very difficult to do during competition,” Karubas said.

“Her balance beam routine was one of the most beautiful I’ve seen her perform. It was truly a cohesive night for her as an athlete. Many components of her hard work and dedication are paying off.”

Cozza edged Glenbard West sophomore Mackenzie O’Keefe (37.20) for second in all-around. Cozza was a close second on vault (9.6) and tied O’Keefe for second on uneven bars (9.45) with help from a strong double pike dismount.

Carling tied for second on floor (9.65) with Glenbard West freshman Amber Broucek with Cozza (9.6) right behind in fourth and Craig (9.2) tying for fifth. Sophomore Kelly Ryser started the set with a 9.15.

Craig (9.25) and McGann (9.15) were fourth and fifth on vault, Carling tied for fourth on beam (9.2) and McGann (8.8) and senior Jessica Lyons (8.65) were fifth and sixth on uneven bars.

“I think (this meet) gives us even more confidence. I think it shows the 149 wasn’t really a fluke,” Kurfirst said. “We went 148 and we have room to improve still so I think once again it’s a huge confidence booster and I think we did awesome.”

In her fourth high-school meet, McGann is gaining confidence. On Wednesday, she landed both of her Tsukahara vaults and her double back off uneven bars. Both scores were season highs.

McGann didn’t compete in club gymnastics for nearly two years after undergoing knee surgery. She competed in one club meet with Action Gymnastics just prior to the start of the high school season.

“It’s starting to move back into routine (for me),” McGann said.

“(For this meet) I was mainly doing it for the team and I think that kind of helped me get through it. Also I was trying to set personal goals and I think that really helped. I was a little bit nervous so I think that really helped to push myself. I’m really happy with how I did. I knew if we could hit our routines, we could do really well and we did.”