

Hello my name is Carter Tope and I am a senior at Van Meter High School. I am a level 10 competitive elite gymnast at Emerge Academy coached by Spencer Johnson.

I started gymnastics when I was 5 years old. My parents said it was a good way for me to burn off energy since I was continually climbing the walls and wearing them out. Shortly after starting at Chows Gymnastics I was asked to join the boys team and the rest is history. This will be my 13th season competing, it has been a lot of hard work, however, I would do it all over again.

My favorite gymnastics event: Pommel Horse

My favorite food: Dumplings

My favorite color: Blue

Gymnastics Accomplishments:

Three-time JO National Qualifier - 2015, 2017 & 2018 (4th Place Pommel - JE)

Region 4 Team - 2015, 2017, 2018, 2019

Elite Team Cup Team Member - 2018 & 2019

State of Iowa All-Around Champion - 2007-2017, & 2019

Region 4 All-Around Champion - 2017, 2018

I plan to continue my gymnastics career on scholarship with the B1G 10 Co-Champions at the University of Iowa.

Thank you to all my coaches throughout the years, especially Spencer Johnson who challenged me and took my gymnastics to the next level. I would also like to thank my parents for the countless hours they dedicated over the years and for all the support they have given me. Most importantly, I want to thank God for the gifts he’s given me, without Him none of this would have been possible.