

USA GYMNASTICS
Rhythmic National Team

Jessica Howard

2001, 2000 and 1999 Rhythmic Senior National Champion

Hometown: Jacksonville, Fla.
Residence: Jacksonville, Fla.
Date/Place of Birth: February 4, 1984/Jacksonville, Fla.
Club: International Rhythmic Gymnastics
Coach: Efrossina Angelova
School: Home schooled
Year in School: 12th (Fall '01)
Began Gymnastics: 1994
Years on National Team: 5 (1997-2002)
Favorite Event: All



Jessica Howard

Personal Info

Howard is the three-time defending U.S. National Champion. She is the oldest of four children to Dale and Jennifer. She has one younger brother, Peter (3/14/87), and two younger sisters, Bethany (3/19/89) and Ruth (11/17/92). Howard started in artistic gymnastics, but decided to cross over into rhythmic gymnastics at the age of 9. She is a two-time winner of the Jasper-Florida Sports Award for Female Amateur Individual Athlete of the Year (1999 and 2000). Her goals for the sport are to qualify for the 2004 Olympic Games and to win medals internationally for the United States. In her spare time, Howard enjoys reading, ballet, movies and church activities. Her favorite actors are Tom Hanks, Anthony Hopkins and Julia Roberts. She has been to Holland and Paris to take part in a Christian dance intensive. View her website at: www.jessicahoward.org

International Competition

- 2002 Senior Pacific Alliance Championships, British Columbia, Canada; 1st-team, 2nd-AA, 2nd-clubs, 3rd-rope, 2nd-hoop, 5th-ball
- 2001 Goodwill Games, Brisbane, Australia; 6th-AA, 6th-hoop, 5th-ball, 5th-clubs, 7th-rope
- 2001 World Games, Akita, Japan; 5th-ball, 5th-clubs, 7th-hoop, 7th-rope
- 2001 Shishmanova Cup, Bourgas, Bulgaria; 3rd-AA, 2nd-ball, 3rd-rope, 3rd-clubs
- 2000 Intn'l Competition of Corbeil-Essonnes, Corbeil, France
- 2000 Intn'l Competition of Thiais, Thiais, France
- 2000 Intn'l Competition of Hungary, Budapest, Hungary; 4th-AA
- 2000 Senior Pacific Alliance, Christchurch, New Zealand; 2nd-Team, 2nd-AA, 2nd-rope, 2nd-hoop
- 1999 World Championships, Osaka, Japan; 24th-AA
- 1999 Rhythmic Gymnastics DTB-Cup, Bochum, Germany
- 1999 Pan American Games, Winnipeg, Canada; 2nd-AA, 4th-rope, 4th-hoop, 1st-ball, 2nd-ribbon
- 1999 4-Continents Championships, Jacksonville, Fla.; 6th-AA, 3rd-hoop, 3rd-team
- 1999 XIII Torneio International De Portimao, Portimao, Portugal; 8th-AA, 4th-hoop, 6th-ball, 8th-ribbon
- 1999 12^{eme} COUPE D'OPALE CALAIS 1999, Calais, France; 4th-AA, 3rd-hoop
- 1999 International 3-on-3 Championships, St. Petersburg, Fla.; 1st-AA (with Ukraine's Alexander Beresch and Viktoria Karpenko)

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- 1998 Jr. Pan American Championships, Houston, Texas; 1st-team, 1st-AA, T1st-ball, 3rd-rope, 3rd-hoop
- 1997 International Cup of Holon, Holon, ISR; 13th-AA (jr. div.)
- 1997 Junior Pacific Alliance Championships, Colorado Springs, Colo.; 1st-team, 4th-AA, 5th-hoop, 6th-ball, 6th-ribbon

National Competition

- 2001 U.S. Rhythmic National Championships, Philadelphia, Pa.; 1st-AA, 1st-rope, 1st-hoop, 3rd-ball, 1st-clubs
- 2000 U.S. Rhythmic National Championships, St. Louis, Mo.; 1st-AA, 1st-rope, 1st-hoop, 1st-ball, 1st-ribbon
- 2000 Rhythmic Eastern, Brooklyn, NY; 1st-AA
- 2000 Rhythmic Western, W.Bloomfield Hills, Mich.; 1st-AA
- 1999 U.S. Rhythmic National Championships, Downers Grove, Ill.; 1st-AA, 3rd-rope, 1st-hoop, 1st-ball, 1st-ribbon
- 1999 Eastern Open, Atlanta, Ga.; 2nd-AA, 2nd-rope, 3rd-hoop, 2nd-ball, 1st-ribbon
- 1999 Rhythmic Challenge, Colorado Springs, Colo.; 2nd AA (senior division)
- 1998 U.S. Rhythmic National Championships, Colorado Springs, Colo.; 2nd-AA, T1st-rope & ribbon, 4th-hoop, 1st-ball
- 1998 Western Open, Downers Grove, Ill.; 1st-AA (jr. div.)
- 1998 Eastern Open, Tampa, Fla.; 1st-AA (jr. div.)
- 1998 Rhythmic Challenge Championships; 2nd-AA (jr. div.)
- 1997 Rhythmic National Championships, Houston, Texas; 5th-AA & rope, 2nd-hoop, ball & ribbon (jr. div.)