

## Elena Semler

1994 - Gymnastics, Tennis



During her freshman year in 1990, Elena Semler showed her talent in gymnastics by placing her name in several categories on Stoneham's all-time leader board.

She set the school's balance beam mark as a freshman. The Stoneham High Gymnastics Team won the Middlesex League Championship that year for the first time in the history of the sport at Stoneham High, 18 years after the first competitive gymnastic season.

As a sophomore, Semler suffered a knee injury keeping her out of gymnastic competition. Remarkably, she was able to rebound to become a league co-MVP in tennis that spring.

Semler's junior year was a comeback year for her. In a battle against previously undefeated Melrose along with SHS Hall of Famer Maria Zarella, they paced a close win 132.05 to 131.2. Semler's strength was in her powerful swings. Zarella scored 35.5 with Semler scoring 33.85. The team finished undefeated, three times breaking their own team scoring record, capped off with a 135.35 to 119.95 win over rival Reading. Semler finished fourth in the Middlesex League All Around Meet against 28 other gymnasts. The team finished third in the state meet.

Elena finished off her senior year on top in gymnastics. She was a tri-captain of the Gymnastics team and awarded Most Valuable Performer by Coach Cindy Carbone. Elena finished third in the league's all around standings. Behind Semler, the team finished atop the Middlesex League, finished third in the North District Meet and took sixth place at the state meet.

She was named to the All League Team and qualified for the prestigious State Individual Meet. Semler was one of the top seven all around gymnasts in the state and selected to compete in the National High School Gymnastic Championships.

Elena was named a Globe All Scholastic in gymnastics. As if that weren't enough, she ended her high school career as the #2 singles player in tennis that spring.

Elena is currently a senior manager for a nonprofit. She lives in New Britain, Connecticut with her husband Michael Trueworthy and daughters Nadia and Abigail.