

Sam Mikulak

As a gymnast, Sam works hard. Sam practices six hours a day. His favorite part is the moments when he knows all of the hard work paid off. He competes for Michigan Gymnastics and Team USA.

Sam is an inspiration to me. every time he falls off the bar, he gets right back up and keeps trying no matter what. He has kept me going the whole time i've been in gymnastics. There have been a bunch of times I've been tempted to quit, but then i remember Sam's determination.

life now is he practices for six hours a day and working to go to Rio olympics. He is also a part of matebros. he is mostly in the gym but not always. Sam is currently working hard to go to the next Olympics in Rio. He practices for six hours a day. He is sponsored by Matebros. As a olympian hopeful, most of his time is spent in the gym. Sam is my hero because he was the one that got me in gymnastics.

One day my mom turned on the tv and Sam was competing. I thought it was amazing and cool. I wanted to do what he did. His determination to always be the best. kept me in it the whole time.

