

Jerome nabs seventh U.S. title

Peter Graves, USSA

LAKE PLACID, NY (Oct. 10) - Jessica Jerome, of Park City, won her seventh U.S. jumping title Saturday in Lake Placid, NY at the 2010 U.S. Ski Jumping Championships as part of Lake Placid's Flaming Leaves Festival.

"This past week I have had good jumps and I have been able to improve on a couple key things, so I am glad I could pull it together," Jerome said.

Jerome led with 230.0 points, followed by Continental Cup winner Sarah Hendrickson (Park City, UT) in second with 205.5 and Abby Hughes (Park City, UT) in third with 203.5. 2009 U.S. Champion and jumping World Champion Lindsey Van (Park City, UT) finished just off the podium in fourth.

After a summer laying low and not competing internationally, Jerome said the win at U.S. Champs is a good way to get the season started.

"I haven't competed at all this summer, except for a couple of club competitions. I didn't compete internationally at all, so it's good to get back into competition mode going into the winter," Jerome said. "I knew kind of where I was at, but I didn't have anything to compare it to, except for my jumps all summer."

The win also comes after spending a lot of time working on the mental aspect of her jumping.

"I tend to be a little too mental going into competitions. Obviously you want to train like you compete and compete like you train," Jerome said. "That has always been one of my main things to try and improve on, on and off the hill. So this gives me confidence and it's nice to get this competition out of the way."

For Hendrickson, even though she's already won a Continental Cup this summer, U.S. Champs gets her amped for the upcoming season.

"It's back to competition mode. It's nice to have good jumps and appear on the results. I'm looking forward to the season and hopefully I'll have good jumps in those competitions, too. From here I go to Finland and Norway. I'm excited for those competitions," Hendrickson said.

Hughes is excited, saying that her podium proves she can perform when it matters most.

"I placed third and I'm psyched. I jumped better today than I did the rest of the summer, so I was able to perform when I needed to," Hughes said.

OFFICIAL RESULTS

2010 U.S. SKI JUMPING CHAMPIONSHIPS

Lake Placid, NY - Oct. 10, 2009

1. Jessica Jerome, Park City, UT, 230.0
2. Sarah Hendrickson, Park City, UT, 205.5

3. Abby Hughes, Park City, UT, 203.5
4. Lindsay Van, Park City, UT, 191.0
5. Alissa Johnson, Park City, UT, 188.5