

Written by John Crumlish  
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Veteran Greek gymnast **Ioanna Xoulogi** told IG Online that she is eager to use the World Cup of Baku that starts Thursday as a launching point for a series of key events on her agenda this year.



Ioanna Xoulogi (Greece)

"Although it is very early in relation to other big and important competitions like the European Championships in August and the world championships in October, I think I'm ready enough for this World Cup," she said. "My preparation goes very well."

Xoulogi, who turns 26 on April 16, said Baku will help her assess her potential for good results in other big meets in 2018.

"This competition is a test for me to see my weak points," she said. "Then I will have a lot of time to be better and be ready for the Greek national championships, the Mediterranean Games, the European championships and finally for the most important competition of the year, the world championships. My target for there is to place in the top 24 with my team."

In Baku, Xoulogi said she has high expectations on balance beam and floor exercise, the two apparatuses on which she plans to compete.

"My first target is to compete in the finals and then I wish and hope for a medal," she said.

Xoulogi credits outside support for contributing to her longevity and rejuvenation.

"I want to thank my sponsors, Sigoa, for my beautiful leotards and Healing Art Massage that helped me in my recovery," she said.

Xoulogi said she is confident that she can continue to progress as she also eyes a return to all-around competition this year.

"Since 2017, I have changed my routine a little on balance beam, which is my favorite apparatus, and I will compete in the all-around," she told IG. "But first of all I have to protect my body from injuries, and I wish that I will be fine until the next competition."