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Gymnastics Hall honors Bay State duo

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Not many people can say they have been inducted into their sport's Hall of Fame by age 25. After this weekend, two Boston based gymnasts will count themselves among the chosen few.

Winchester's Alicia Sacramone and Aly Raisman of Needham are among the newest members of the USA Gymnastics Hall of Fame. Sacramone and her 2007 world championship teammates were inducted last night prior to the first night of competition at the 2013 P&G U.S. Gymnastics Championships.

For Sacramone, the honor comes for a competition she is especially proud of.

"This was our first gold medal as a team at the world championships," Sacramone said last night. "For us, it was amazing. We were the first team to win a world championships on foreign soil, which was even a bigger deal.

"We had a rough competition, but we pulled it together at the end."

Looking back, Sacramone's teammates believe she was a large reason why they were able to overcome their early fumbles and win the world gold.

"She would wake up every morning, and I don't even know what went through her head, because she went to practice and just trained her butt off," said fellow 2007 teammate and current NCAA all-around champion Bridget Sloan. "She never complained a lot about what was going on in the gym, she just stayed positive.

"She was a great leader for all of us, and I think that was why we were so successful, because we had her in front of us, leading us down that path. Especially those of us like me — we were really young, 15 years old, at that championships."

The 2007 championships in Stuttgart, Germany, marked the fifth, sixth and seventh world medals of Sacramone's gymnastics career. In addition to the team gold, she

won a silver on floor exercise and a bronze on vault. She later added three more medals in 2010 and 2011 to become the all-time leader in world championship medals among U.S. women.

Raisman will be formally inducted tonight for her role as a part of the 2012 London Olympics team that earned the team gold medal. Raisman became the U.S.'s most decorated gymnast of those Olympics by adding a gold medal in the floor exercise and a bronze in the balance beam. Raisman is still training, but is not competing in this year's national championships.

Sacramone, who trained alongside Raisman with local coach Mihai Brestyan, believes her and Raisman's induction into the Hall is quite significant for the sport in the commonwealth.

"In the past, I don't think people considered Massachusetts a place that gymnasts would come out of," said Sacramone, who is now coaching and developing young gymnasts as part of the sport's governing body. "I think having two athletes from Massachusetts do well two Olympics in a row showed that yes, we do have some depth, and good coaching and quality athletes from our area."

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