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Canadian Olympian Victoria Moors told IG that she was pleased by her performances at the Elite Gym Massilia competition in Marseille.

Moors claimed fifth in the all-around in the Masters division and in the floor exercise final in Marseille. She debuted a new floor routine that featured outstanding choreography and a beautiful double layout mount.

"Competing in France was a big accomplishment for me," said Moors, who turned 16 on Nov. 5. "My goal was just to compete and to try the new floor routine. I didn't expect to do that well individually because all my routines were very watered down. It was nice to get the competition feeling in me again, though."

Moors said competing in Marseille was a challenge, following the Canadian team's history-making, fifth-place finish in the team final at this summer's Olympic Games in London. The team qualified eighth to the eight-team final, but improved more than 3 points to finish a best-ever fifth place.

In addition, Moors' famed floor routine to "Tango's Assassin" helped Canada earn the third-highest floor exercise total in the team final.

"It was tough coming down from such a high after the Olympics, although I went to the gym the day after I came back from London," she said. "I stayed in shape, and I'm still continuing to work on it."

Moors is coached by the legendary **Elvira Saadi**, a member of two Olympic gold medal-winning Soviet teams, at Dynamo Gymnastics in Cambridge, Ont. She said she is eager to continue making competitive progress.

"My focuses are on just getting myself back into shape and working on new skills," she told IG.

Read more on Moors in an upcoming issue of International Gymnast magazine. To subscribe or order back issues, click here .