



Gymnastics

By: Sarah Levine



Gymnastics:

- Gymnastics is a very popular sport for all girls and boys.
- The levels get harder and harder when you move up.
- **HAVE FUN!!!!!!!!!!!!!!**



How you get a backhand spring correct:



- You have to jump so you have power to go back.
- Sometimes if you don't jump, you will fall on your head even with spotting.
- when you do a backhand spring with spotting, you probably will get without spotting.
- If you keep doing a backhand spring with spotting, you will probably get on by yourself one day.

Gymnastics

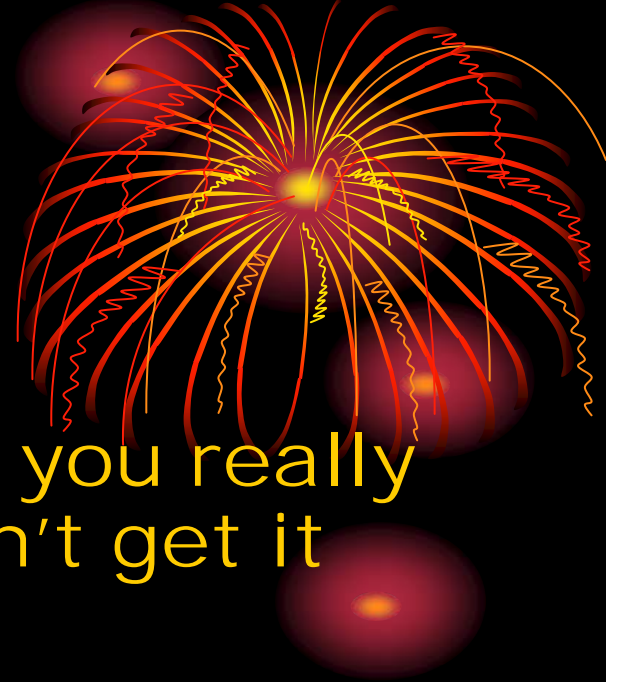
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- All about gymnastics:
- The team teachers are very strict because they are pushing you to get better. The Gymnastics levels get harder and harder. In gymnastics, you sometimes do a squat on jump to the high bar.
- Gold Medal Gymnastics has great teachers that help you learn new moves.

Trampoline:

- When you do a back tuck, you really got to jump or else you can't get it correct.
- It takes lots of practice to get good at it.
- Trampoline needs lots and lots of effort to do lots of flips.



Getting a front- tuck right:

- You have to jump really hard to get it right.
- Sometimes if you do one with spotting, you can sometimes get with no spotting.



Gold Medal Gymnastics

Teachers:



Names:

The gymnastics teacher's names are: Krista, Brittany, Tami, Terri, Oscar, Nicole, Sayre, Tanya, Chelsea, Alyssa, Samantha, Laura, and Erica.

Some of them often push you by yelling at you, but they are not really being mean to you. For example, Tami goes really hard on you. Tami goes hard on you because she wants you to do good and try your best.

ALWAYS TRY YOUR BEST:



TRY YOUR BEST BY:

Working on things that you want to get good at.

Try your best even though you are scared to do it with no spotting.

Attending practice everyday. (Team Girls).

Keep trying your best till you get good at it!!!!

GYMNASICS



- On bars, you need to really big jump to get a squat on perfect.
- On beam, for a no handed round off, you need to keep your body straight so you don't hurt yourself.
- On vault, in a front hand spring, you need to really jump so you don't get a perfect front hand spring.

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Beam:

- . When you do a brandy off beam, you have to keep your body straight so you don't hit your head.
- . If your on team, you do a split jump.
(a very big split jump)

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Questions:



- How many times do have to practice to practice to get good at it?
- . What is the hardest gymnastics move to learn?
- . Who is the best gymnast?

Family Expo:



The expo is a gymnastics show that parents can watch their child's show. But first, you must learn the routine for all gymnastics subjects. Also, tickets are on sale at the front desk. The expo is in June, and make sure you keep practicing with your gymnastics teacher so you can memorize it. (You have to know what your doing).

Routines for the Expo and memorizing them:



- Floor: Needs practice, skill, and memory. (remembering all routines).
- Beam: confidence, practice, skill, and always work hard at all times.
- Lots of practice hard work for all gymnastics subjects.