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The Go For Gold Gymnasts

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Understanding Competitive Gymnastics A Guide for Parents

Gymnasts typically perform two vaults; the best vault determines the score At the bronze level, athletes vault onto a minimum 16" mat At the silver level, athletes use the vault table but land on top of a mat stack off the vault Gold, Platinum & Diamond levels use the vault table UNEVEN BARS

Xcel Skills Chart - USA Gymnastics | USA Gymnastics

Gold Skills that can be used to fulfill "A" VP Bars Beam Floor Mounts: Pullover (from 1 or 2 ft or run) Glide swing to stand Run out kip Straight leg leap Single leg jam kip (from glide or run out) Casts: Cast (hips must leave bar) Circles: Stride circle-fwd or bwd Long hang pull over (from long swing) Dismounts: Tap swing fwd w 1/2 turn

Balancing Act The Gymnastics Series 1

gymnastics team, she won a gold medal at the 1996 Olympic Games they are the authors of The Go-for-Gold Gymnasts series: Winning Team and Balancing Act plus Reaching High and Unexpected Twist The Balancing Act - Official Site - Page 13/26