



**TRAIL
LIFE
USA**

Gymnastics

Name _____

- ____1. Do the following to learn about gymnastics:
 - ____a. Describe the proper clothing to wear during gymnastics.
 - ____b. Explain the importance of stretching exercises before participating in gymnastics.
 - ____c. Explain the importance of the job of a spotter in gymnastics.
 - ____d. **Describe the six events and the apparatuses used in men's artistic gymnastics:** floor exercise, pommel horse, still rings, vault, parallel bars and horizontal bar:
 - ____e. Explain the uses of other gymnastics equipment such as: the springboard, chalk, and wedges.
 - ____f. Explain the competitive gymnastics scoring system.
- ____2. Do one of the following:
 - ____a. Attend a gymnastics meet or competition.
 - ____b. Attend or watch an international gymnastics competition.
 - ____c. Read a biography of a famous gymnast.
- ____3. Over a period of at least six weeks, participate in at least eighteen practice sessions on different days where a session can be any of the following:
 - Team practice for an organized team
 - A professionally coached skills session, lesson, or class
- ____4. Participate in at least two organized gymnastics meets or competitions.



Trail Badge Mentor Signature

Date

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