**Gymnastics Special Olympics**

* When: March 7, 2018 (snow date: March 8, 2018)
* Where: Easton High School
* Time: Opening Ceremonies will begin at 10:00 and the meet will end at 1:00

**Reminders:**

* All participants must have a completed Special Olympic Medical/Parent permission form on file prior to competition. This form must be sent to Linda Lechner (IU office/marked Special Olympics) to be entered into the database.
* Letter of Intent due by January 5, 2018 or as soon as possible.
* Entry Forms due by February 2, 2018 (NO EXCEPTIONS**)**
* Mail or email Letter of Intent and Entry forms to:

Rachel Van Allen

Colonial Early Learning Center

* Teachers must submit requests for transportation 2 months prior to the meet to their supervisors or as soon as possible

**Due day of competition:**

1. Coaches’ training site attendance form (in handbook)
2. Name tags including athlete’s name, school, teacher and events
3. Bag lunch

**Questions: Email Rachel Van Allen at rvanallen@ciu20.orgGymnastics Routines**

**Your gymnast has the option of competing in Level A or Level B on Floor, Beam, and Vault.**

**Always begin each routine by saluting (legs together and one arm up) facing the judge.**

**Always end each routine with a stretch/salute (arms overhead and legs together) facing the judge.**

**Floor Exercise Level A:**

**Salute: one arm up, legs together**

**Beginning pose/balance (stand on one foot, other leg – bend the knee and place the foot on the side of the standing leg, or any pose you want)**

**Sit, rock back and up (rock and roll)**

**1 log roll (arms overhead and straight, legs together and straight, roll to stomach and continue to roll onto back)**

**Roll to stomach and do “superman” (lift arms and legs at the same time and hold)**

**Stand**

**2 gallops (chasses)**

**Ending Pose (same pose/balance you started with)**

**Stretch (arms overhead and legs together)**

**Floor Exercise Level B:**

**Salute: one arm up, legs together**

**Beginning pose/balance (stand on one foot, other leg – bend the knee and place the foot on the side of the standing leg, or any pose you want)**

**2 gallops (chasses)**

**½ turn (step and ½ turn)**

**Forward Body Wave (bring arms overhead, down in front of body, and around and up in back), bend knees as you do this**

**Sit, rock back and up (rock and roll)**

**2 log rolls roll (arms overhead and straight, legs together and straight, roll to stomach and continue to roll onto back)**

**Stand**

**Ending pose (end with same pose/balance you started with)**

**Stretch (arms overhead and legs together)**

**Always begin each routine by saluting (legs together and one arm up) facing the judge.**

**Always end each routine with a stretch/salute (arms overhead and legs together) facing the judge.**

**Beam Level A: (stand at end of beam, facing the beam)**

**Salute: one arm up, legs together**

**Step on beam**

**Walk to middle of beam**

**Balance: (stand on one foot, other leg – bend the knee and place the foot on the side of the standing leg, or any pose you want)**

**Walk to end of beam**

**Straight jump off end of beam**

**Stretch (arms overhead and legs together)**

**Beam: Level B: (stand on the side of the beam, at one end)**

**Salute: one arm up, legs together**

**Step onto the beam**

**Walk sideways to the middle of the beam**

**Stand on one foot, balance (optional foot and arm placement) hold for 3 counts**

**¼ turn**

**Walk to end**

**Stretch jump of end of beam**

**Stretch (arms overhead and legs together)**

**Always begin each routine by saluting (legs together and one arm up) facing the judge.**

**Always end each routine with a stretch/salute (arms overhead and legs together) facing the judge.**

**Vault Level A:**

**Everyone does 2 vaults: both are stretched jumps**

**Salute: one arm up, legs together**

**Stretched Jump:**

**-run, jump onto the board and stretched jump off, land on two feet and stretch (arms overhead legs together)**

**Vault Level B:**

**Everyone does 2 vaults: can be a straddle jump and a tuck jump, or 2 straddles jumps, or 2 tuck jumps**

**Salute : one arm up, legs together**

**Straddle jump**

**- Run, jump onto the board with legs together, straddle the legs in the air and land with legs together and stretch (arms overhead, legs together)**

**Tuck jump**

**-Run, jump onto the board with legs together, bring knees to chest (tuck jump off the board) and land with legs together and stretch (arms overhead, legs together)**