

Gymnastics



CADETTE/SENIOR/AMBASSADOR GIRL SCOUT INTEREST PROJECT PATCH:

Complete eight requirements, including the two starred activities.

- * 1. Learn the basic rules of gymnastics. Discuss with an expert the importance of proper mats and other safety equipment. Learn how equipment is maintained and inspected for safety. Determine the proper attire for a gymnast. Consider body wear, footwear, jewelry, and hairstyle. Choose the best for safety and comfort when tumbling.
- * 2. Learn about the four events used in women's competitive gymnastics. Demonstrate at least three basic skills in each of the following area: floor exercise, vault, balance beam, and uneven bars. Perform a series of skills or a short routine in at least two different events.
3. Write a news article or videotape a news story about a gymnastic competition or event. Interview gymnasts and/or coaches for different perspectives on the pre- or post- competition story.
Or
Conduct an interview with a gymnast or a coach prior to or after a competition. Try to capture the excitement of the event through her eyes. Or, focus on the lifestyle of the gymnast and how training and competition affects other areas of her life.
4. Discuss the importance of good health and fitness to a gymnast. Include the following topics: warm-up and cool-down exercises, water and other fluids, dietary needs for bone-strengthening, muscle building and stamina, appropriate means of weight control, and stress management.
5. With a group or by yourself create a routine or dance to music. Choose a musical selection that evokes a certain emotional response or feeling, and try to express it through your movements. Or, select a song from a particular era, one portraying a character or event, or representing a certain style of music. Choose movements that reflect the music. Perform your selection for others.
6. With the help of a coach or a physical education teacher, develop a conditioning program to help you become a better gymnast. Learn what exercises and activities develop muscles and build strength, flexibility, and endurance. Establish a workout to meet your individual needs, and keep it up for at least one month. Compare your level of fitness before and after your program.
7. Create a scrapbook about women in gymnastics, using newspapers and magazines. Focus on the career of one famous or world-class competitor, or choose one of the national teams involved in international competition.
8. Read about the history and background of gymnastics. Which countries are best known for their teams, and how do they train? Which countries participate in the Olympics? What other national and international events exist? Who are the sport's most famous and successful competitors? Share your knowledge with your troop or other girls.
9. Find out about injuries common to gymnasts. List safety tips to help avoid injuries. Demonstrate first aid techniques for three different types of possible injuries.

10. Observe, in person or on television, a women's gymnastic event. Compare the different performances in each event. Talk to any expert or read about how each event is judged and scored. Think about how individual performances made you feel. How do style, musical selection, and personality affect your responses?

11. Find out about rhythmic gymnastics and how it differs from the traditional sport. Learn what equipment is used, and experiment with one type.

Or

Learn the differences between women and men's events. Try some basic skills on men's equipment, such as rings, parallel bars, pommel horse, and high bar.

12. Attend a gymnastics class or workshop and practice your skills with a trained staff. Talk to a staff member or gym owner/manager about opportunities for women in gymnastics other than as an athlete. Find out what opportunities are available for girls at a beginner's level in your community, and what are the costs. What facilities are available for training at a higher level? For competition? National or international competition? What are the training costs involved?