

GYMNASTICS FACT SHEET

CATEGORY:

Athletics

SPONSOR(S):

Julie Anderson

PRE-REQUISITES:

Yes

DESCRIPTION:

Gymnastics can provide students with the necessary skills and instruction to develop knowledge, positive attitudes, strength, flexibility, coordination, spatial awareness, motor skills, self-management skills, sportsmanship, teamwork and personal confidence for a productive, healthy and active lifestyle. CMHS has a gymnastics team and a gymnastics elective PE class. Beginning, intermediate and advanced gymnastics classes are offered, as well as a team class for both boys and girls. No experience is required to be in the beginning PE gymnastics class. At the competitive level, girls compete levels 3, 4 and 8, and the boys compete levels 5 and 10.

MEETINGS:

various

DUES: \$varies

**OTHER MONETARY
REQUIREMENTS:**

Uniform, travel

TRAVEL:

Our meets, including the state competition, are held in Baton Rouge, LA.

**PARENTAL
INVOLVEMENT:**

As needed. Perhaps driving to a competition.

**REQUIREMENTS TO MAINTAIN
MEMBERSHIP:**

n/a

BENEFITS AND OTHER GOOD INFORMATION:

Meets are held March - April.