

Resources

You can contact the state or regional gymnastics director by writing to USA Gymnastics for the director's name and telephone number or by calling member services at 800-345-4719.

USA Gymnastics

Pan American Plaza
201 South Capitol Ave., Suite 300
Indianapolis, IN 46225
Phone: 317-237-5050; Fax: 317-237-5069
Web site: <http://www.usa-gymnastics.org>

Recommended Reading:

- *The Young Gymnast*, Joan Jackman (DK Publishing 1995)
- *Gymnastics*, Dan Gutman (Puffin, 1998)
- *I Can Do Gymnastics: Essential Skills for Beginning Gymnasts*, USA Gymnastics (Spaulding Sports Library, Masters Press, 1993)
- *USA Gymnastics Safety Handbook*, USA Gymnastics (available from USA Gymnastics)

All-Around Fun and Fitness

Gymnastics is truly the most diversified of all the sports activities because it involves many different types of exercise that work all of the muscles of the body.

These exercises were designed to develop strength and coordination. As a result, the skills and techniques learned through gymnastic activities will help you in other sports. You'll find that there is a strong relationship between gymnastics and diving, track and field, football, and many other sports.

Gymnastics builds body and character. It will strengthen your self-discipline and raise your self-esteem. But most important, gymnastics is fun.

Floor Exercise Skills

Forward roll

A tumbling skill done by rolling forward from a squat stand into a tuck or pike position, and finishing in a straight stand.

Backward roll

A tumbling skill done by rolling backward from a squat stand into a straight stand.

Headstand

A balance skill in which the body is upside down in a straight line and supported by the hands and the head; should be held for two seconds.

Handstand

A balance skill in which the body is upside down in a straight line, supported by the hands only; should be held for two seconds.

Scale

A balance skill in which the weight is supported by one leg.

Cartwheel

A tumbling skill in which the body moves from a stand to a straddled handstand and finishes in a straight stand.

Roundoff

A tumbling skill in which a half turn is done during a handstand; a cartwheel with the addition of a quarter turn.

