

BG REC 10-11yrs

BUNNERONG GYMNASTICS

WINTER CARNIVAL PREP!

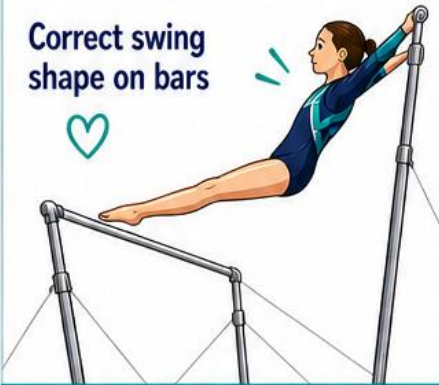
LEARN IT. LOVE IT. SHOW IT! ♥



WINTER CARNIVAL
28 JUNE

1 BARS

Correct swing shape on bars



✓ TIGHT BODY | STRAIGHT LINES | STRONG SWINGS

2 FLOOR

Handsprings on floor



⚡ POWER | ⚡ SPEED | 🎯 CONTROL

3 BEAM

Cartwheels and Handstands on beam



⚖️ BALANCE | 🎯 PRECISION | 🛡️ CONFIDENCE

4 VAULT

Handspring flatbacks on vault



🏠 YARD | 🖐️ HANDS | ⚡ SNAP | 🏃 LAND

5 ROUTINE PRACTICE

Putting it all together across all apparatus!



🏆 CONSISTENCY | 🤝 CONNECTION | ⭐ PERFORMANCE

6 WINTER CARNIVAL

Showcase your skills, teamwork and spirit!



Let's make it our best carnival yet!



ONE TEAM. ONE GOAL. ONE BUNNERONG! ♥