



# MAG GYMNASTS

COMPETE. PERFORM. ACHIEVE.



**PREPARING TODAY.**  
**PERFORMING OUR BEST.** ♥

Our first competition is

**15<sup>TH</sup>-16<sup>TH</sup> AUGUST**

**FOCUS.**  
**DEDICATION.**  
**CONFIDENCE.**  
**RESULTS.**

**1 FLOOR**

- ✓ Strong landings
- ✓ Clean lines
- ✓ Power & control

POWER FLEXIBILITY STYLE

**2 POMMEL HORSE**

- ✓ Strong circles
- ✓ Technique
- ✓ Rhythm

CONTROL RHYTHM STRENGTH

**3 RINGS**

- ✓ Still strength
- ✓ Perfect positions
- ✓ Control

STRENGTH STABILITY FOCUS

**4 VAULT**

- ✓ Powerful run
- ✓ Explosive take off
- ✓ Strong landings

SPEED POWER PRECISION

**5 PARALLEL BARS**

- ✓ Straight body
- ✓ Transitions
- ✓ Control

STRENGTH CONTROL TECHNIQUE

**6 HIGH BAR**

- ✓ Clean lines
- ✓ Tap swings
- ✓ Strong landings

GRIP TIMING COURAGE

**COMPETITION READY!**

- ✓ Learn your routines
- ✓ Perfect your skills
- ✓ Stay focused
- ✓ Support your teammates
- ✓ Give it your best!



♥ **ONE TEAM.**  
**ONE GOAL.**  
**ONE BUNNERONG!**

**THE COUNTDOWN IS ON!**



**15<sup>TH</sup>-16<sup>TH</sup> AUGUST**

Let's make it worth it!



**TRAIN HARD. COMPETE SMART. BE PROUD!** ♥