



GYMNASTICS

How long has gymnastics been a sport?

Since no one actually knows the date people have done gymnastics they estimated that gymnastics has been a sport for over 2,000 years!

But gymnastics has only been a competitive sport for little more than 100 year.



Gymnastics equipment

Gymnastics equipment

- Still rings
- uneven bars
- parallel bars
- pommel horse
- vault
- spring board
- mats
- chalk and grips

How to open a
gymnastics
academy or school

Inspections

If you want to open a gymnastics academy or school you're going to need inspections, a lot of them

A professional inspector has to inspect every week, and if that wasn't enough you have to inspect them every day before training others

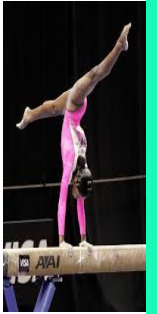


Making decisions

While building a gymnastics academy or school you have to make decisions like where to what, and what ages you want etc.

fun Facts

- In 1964 Australia qualified its largest team including 6 MAG and 6 WAG gymnasts.
- At the 2012 London Olympics, the American women's gymnastics team won its second gold medal ever, with Gabby Douglas leading the U.S. to a 183.596 score; Russia finishes second with 178.503 for the silver; Romania wins the bronze with 176.414.



Things to know before being a gymnasts.

- ★ There are over 1,000 injuries from gymnastics.
- ★ 37.5% of the population does competitive gymnast.
- ★

Famous Olympic gymnasts



Jordyn Wieber

mckayla Maroney



Aly Raisman



Gabby
Douglas

THANKS FOR WATCHING!

