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GYMNASTICS

GREATER SAN DIEGO

1996

INNER-CITY GAMES

SALUTE TO OLYMPIC SPORTS

PARTNERS FOR YOUTH
LINDA VISTA ELEMENTARY-MISSION VALLEY YMCA-
GOVERNORS COUNCIL ON PHYSICAL FITNESS

TEN COMMANDMENTS FOR PARENTS OF ATHLETES

1. Make sure that your children know that, win or lose, you love them and are not disappointed with their performance.
2. Be realistic about your child's athletic ability.
3. Help your child set realistic goals.
4. Emphasize improved performance, not winning. Positively reinforce improved skills.
5. Don't relive your own athletic past through your child.
6. Provide a safe environment for your child's training and competition. This includes the proper use of equipment and training methods.
7. Control your emotions at games and events. don't yell at other players, coaches or officials.
8. Be a cheerleader for your child and the other children on the team.
9. Respect your child's coaches. Communicate openly with them.
10. Be a positive role model for your child. Enjoy sports yourself. Set your own goals. Live a healthy lifestyle.

SAN DIEGO INNER CITY GAMES GYMNASTICS
JUNE 3-JUNE 21

How To Join:

Each child should choose (4) of the ten skills to perform for judges. Children will have two weeks of practice in their regular Physical Education class. The third week the children will perform the skills for evaluation. ALL children who participate will receive T-shirts and have the opportunity to attend the ICG CELEBRATION to be held 9-17-96 at San Diego Sports Arena.

1. BRIDGE

2. SHOULDER BALANCE

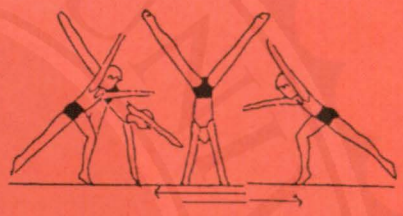
3. PRONE FALL FROM STANDING

4. HEADSTAND

5. FROG STAND

KNEES ON ELBOWS

6. CARTWHEEL-EITHER SIDE



7. JUMP FULL TURNS-JUMP SPIN 360

8. V-SIT-HAND SUPPORT OPTIONAL

9. STRADDLE FORWARD ROLL

10. KNEE SCALE