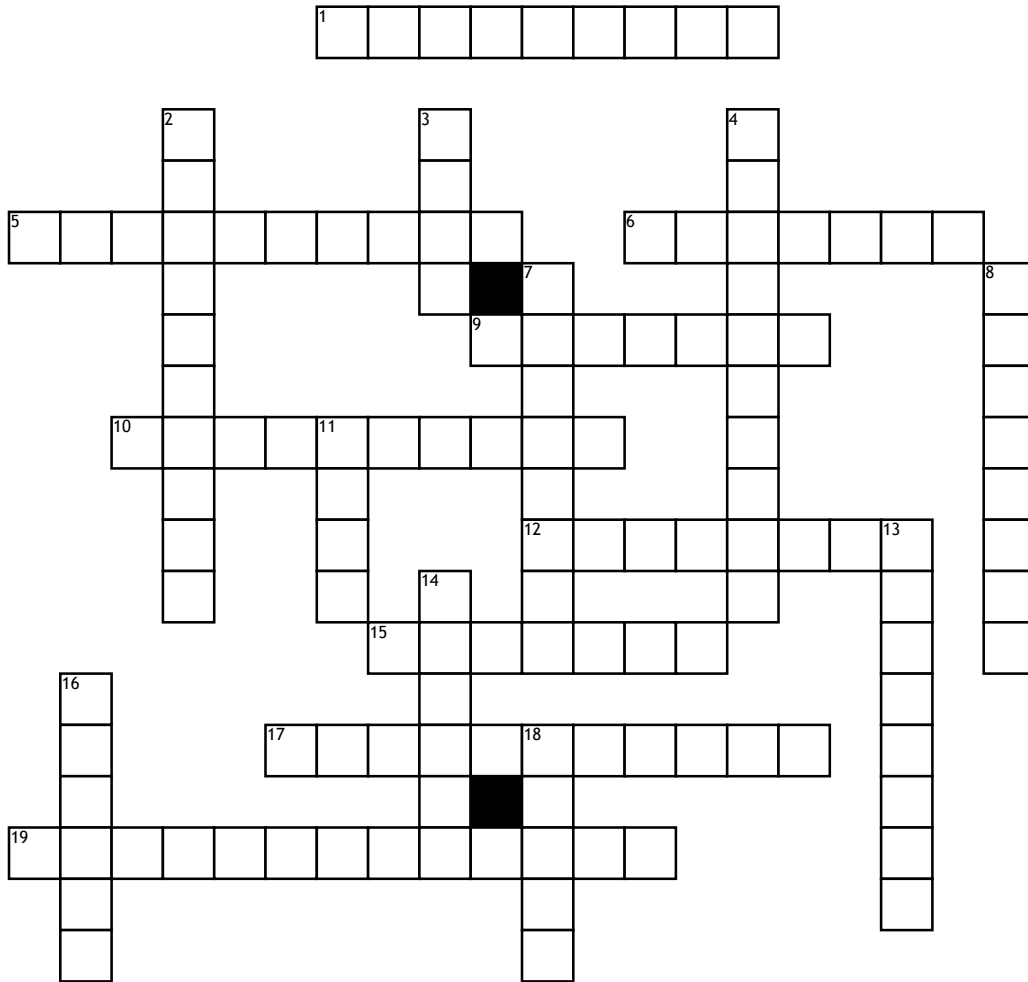


Carolina Elite Cross Word



Across

1. When an athlete balances upside down on her hands
5. Overall sport defined by balance, strength, speed, grace, flexibility, and power
6. Double front flip with a twist
9. Jump position when athlete's body is straight with arms down by side
10. Olympic event on which athletes can bounce as high as 30 feet
12. Premier international sporting event hosted in different countries every four years
15. Triple Front Flip with a Twist

17. A skill in its own right, also a safe way to fall backwards and return to feet
19. Name of your gym! (Two words)

Down

2. Skill where an athlete tumbles backward to a handstand and then bounces back to feet
3. What position is supposed to have bent legs and bent knees like a cannonball
4. Skill where an athlete twists between two seat drops on trampoline
7. Like a cartwheel, but finishes with feet together

8. Event where athletes compete powerful skills in a long line (i.e. flips, handsprings, whips)

11. Jump position where legs stay both straight and together while athlete touches toes
13. Jump position when athletes touch toes while feet are apart
14. Difficult stretch building shoulder flexibility while balanced on one's hands and feet
16. Single front flip with a half twist
18. What is the highest level one can achieve

Word Bank

- | | | | | |
|------------|-------------|-----------|------------|---------------|
| Triffus | Candlestick | Fliffus | SwivelHips | Bridge |
| Straddle | Gymnastics | Handstand | Soldier | Pike |
| Handspring | Tumbling | Roundoff | Olympics | CarolinaElite |
| barani | Trampoline | Elite | Tuck | |