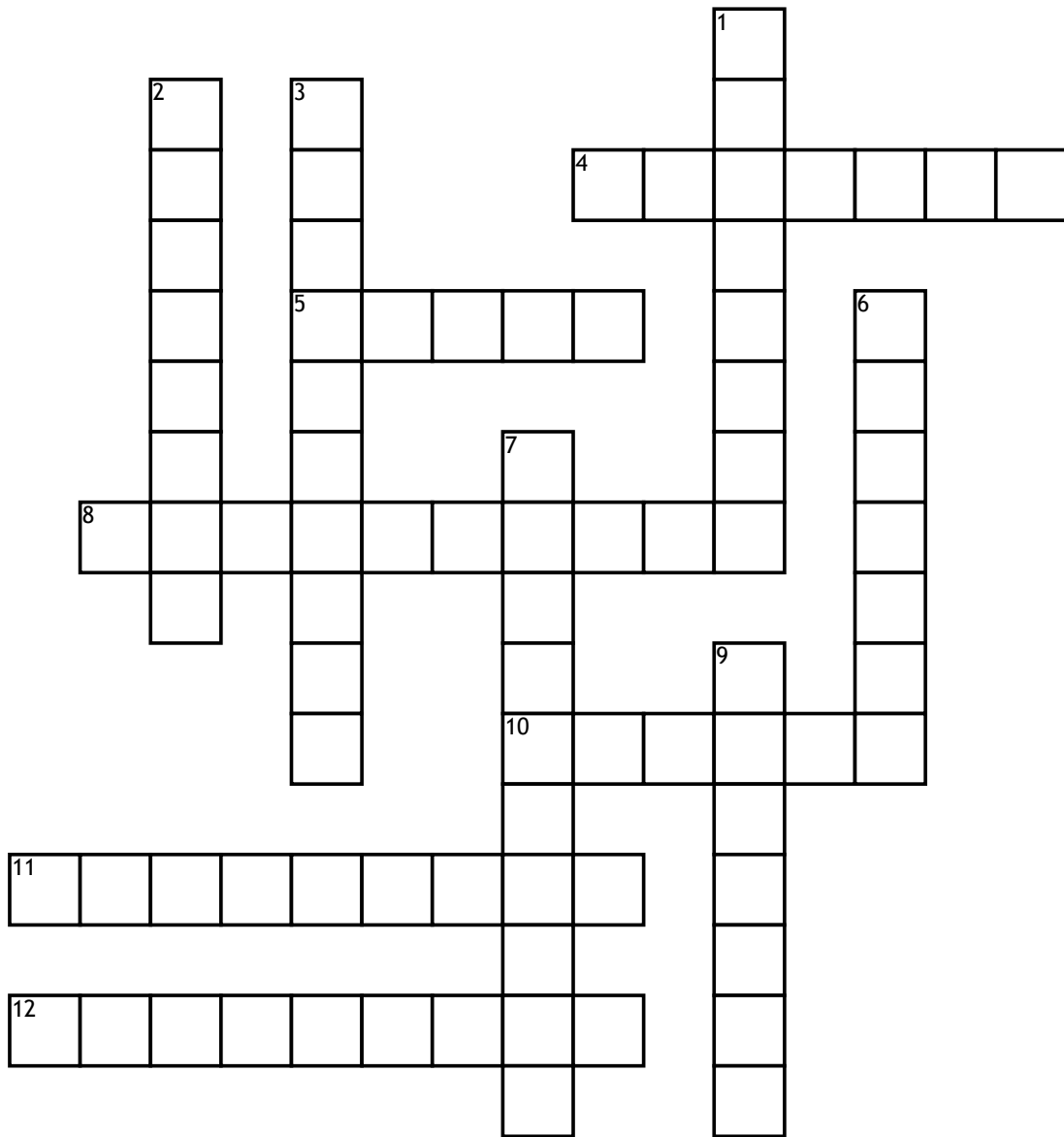


NGA Gymnastics Crossword



Across

- 4. A training aid to keep gymnasts safe when learning new skills
- 5. A piece of apparatus in MAG and WAG
- 8. Gymnasts perform these when they don't use their hands
- 10. Gymnasts work this flexibility exercise every session
- 11. A vault with a silent T

- 12. A very important gymnastics skill, particularly important for Bars

Down

- 1. Gymnasts use this to fall on
- 2. A jumping furry animal, that is also a fundamental body movement that gymnasts often learn in Pre-School sessions

- 3. Gymnasts and coaches demonstrate this 'C' when they are hard working, prepared and motivated
- 6. Gymnasts use these to make conditioning exercises harder
- 7. A gymnastics skill that can be done on the vault and on the floor
- 9. Coaches use this format in conditioning to keep lots of gymnasts working at the same time