

### PROFILE OF A CHAMPIONSHIP TEAM

1. Has Senior Gymnasts who assume the leadership responsibility.
2. Team Members are individuals deeply concerned about the TEAM.
3. Has team members that are consistent in everything they do
4. Gymnasts do not look for excuses but seek out solutions.
5. Make every practice they possibly can
6. Work for top condition.
7. Overcome setbacks or frustrations and come out stronger.
8. Team members are careful and selective of things that affect body and mind.
9. Each Gymnast has pride in himself and his team.
10. Finds some positive aspects of problems and situations.
11. Willing to work hard and long



### PROFILE OF A POOR TEAM

1. Has Senior Gymnasts who are wrapped up in only themselves.
2. Has just a number of individuals satisfying themselves.
3. Only do things when they are convenient.
4. Seek alibis or reasons other than self when there are problems.
5. Only make practices that are convenient.
6. Just do enough to get by.
7. Cop out when the going gets tough as they meet setbacks.
8. Easily led into pitfalls of non- training groups.
9. Have little pride in anything they do.
10. Dwells on the negative aspects of situations
11. Not willing to pay the price.

### **"LUCK IS WHEN PREPARATION MEETS OPPORTUNITY"**

*A Championship Team is a DISCIPLINE Team, with individuals who feel it is a privilege to workout with such a group.*

*The greatest feeling in athletics is when you are exhausted and in pain after the contest and you know you gave of yourself to the challenge that was before you, and know you paid the high price of grueling workouts months ahead in order to be the most prepared you could be!*



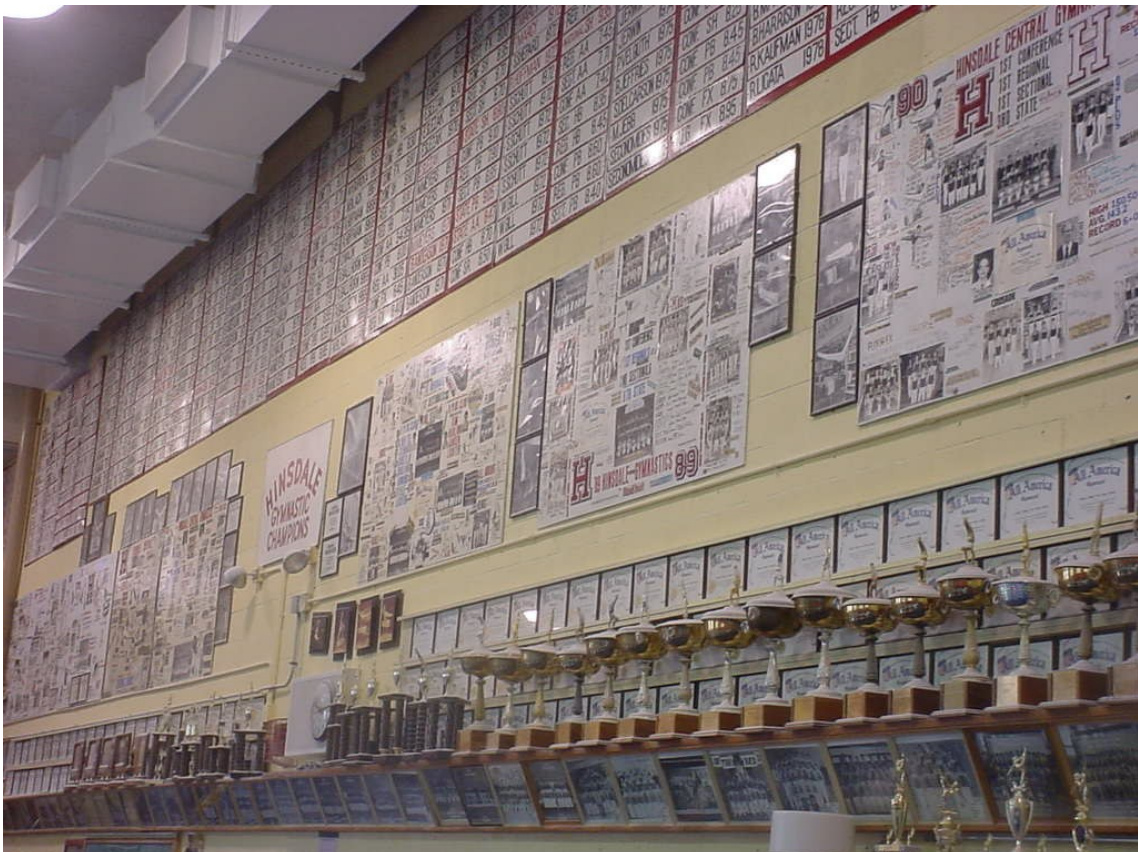
# What Gymnastics Means to Me!

## What Does Gymnastics Mean to You ?

GYMNASTICS is the art of voluntary movement  
GYMNASTICS is poetry in motion  
GYMNASTICS is Freedom of self expression  
GYMNASTICS demands mental discipline  
GYMNASTICS requires exactness  
GYMNASTICS is pain, agony and success  
GYMNASTICS is a way of life

GYMNASTICS is interscholastic sports at its finest  
GYMNASTICS is a team effort seeking perfection  
GYMNASTICS is trying to "hit" 30 out of 30 routines in a meet  
GYMNASTICS is breaking the 150 barrier as a High School squad  
GYMNASTICS is winning a STATE CHAMPIONSHIP for your School  
GYMNASTICS is anything you want to make it as a team  
GYMNASTICS gives enjoyment to all who understand it and appreciate it  
GYMNASTICS is for the YOUNG who dream, for the YOUTH who strive, for the ADULTS who are amazed, and for the old who reminisce.

By: A.J.Canino



**To the Varsity Gymnastics Squad : Author Unknown**

"If you think you're beaten, you are.  
    If you think you dare not, you won't.  
If you'd like to win, but think you can't,  
    It's almost a cinch you won't.  
If you think you'll loose, you're lost  
    For out in the world you'll find  
Success begins with a fellow's will.  
    It's all in the state of mind.  
Full many a race is lost  
    Ere ever a step is run:  
And many a coward fails  
    Ere ever his work begun.  
Think big, and your deeds will grow:  
    Think small and you'll fall behind:  
Think that you can, and you will.  
    It's all in the state of mind.  
If you think you're outclassed, you are:  
    You've got to think high to rise,  
You've got to be sure of yourself before  
    You can ever win a prize.  
Life's battles don't always go  
    to the stronger or faster man,  
But soon or late the man who wins,  
    Is the fellow who thinks he can."