Even More CHALLENGES

We heard you love a challenge!

- **Dizzy challenge:** Put on socks, grips, warm-up gear, etc. after an activity that makes you dizzy!
- **Hide and seek challenge:** Have athletes or coaches hide in the gym with varying degrees of difficulty. Take a photo and encourage people to comment when they find the hidden people (or hidden items can work as well)!
- **Spot the difference challenge:** Take a photo of an athlete, coach, or gym setup. Take a second photo after a specific number of changes have been made. Post the two photos and encourage people to comment when they spot the differences!
- **Gymnastics your way challenge:** Have athletes (or coaches) find creative ways to put clothing items on (over their gymsuits of course)! Examples: swing off bars into shorts, glide swing or kip into slippers, tuck jump into pants, etc.
- **Hidden talent challenge:** Show off your hidden talents that may or may not be gymnastics related!
- **Stick it challenge:** Show us your stick it challenge!
- **Single setup challenge:** How many different drills can you come up with for a single set up?
- **Mic'd up challenge:** Share a closer look at what goes on in your classes!

Note: these additional challenges will not count towards our social media contest, but they're still super fun!

For challenges eligible for the social media contest, visit:
https://www.gymnasticsontario.ca/ontario-gymnastics-week-social-media-challenges/