



**INCLUDING Acrobatic  
Gymnastics** in your  
**Existing Gymnastics  
Program**

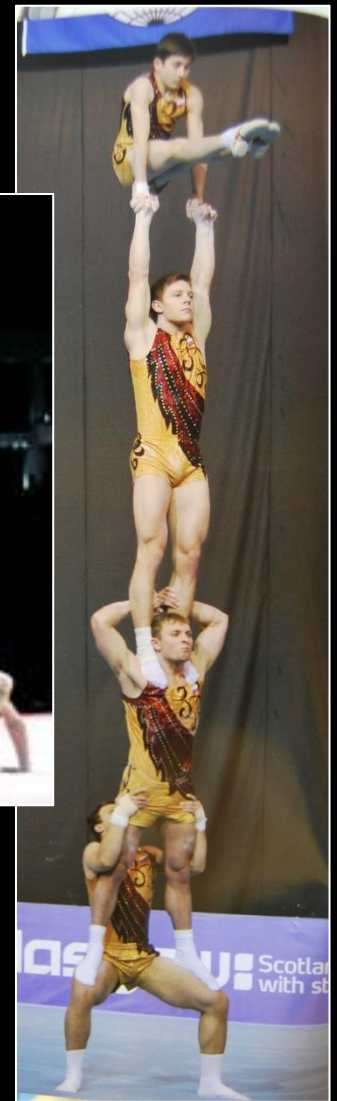
***OR***

**STARTING** a **Competitive  
Acrobatic Gymnastics  
Program**



- \*What is Acrobatic Gymnastics?**
- \*Resources**
- \*Getting started**
- \*Inclusion in your existing programs**
- \*Starting a competitive program**
- \*Opportunities**

# What is Acrobatic Gymnastics?



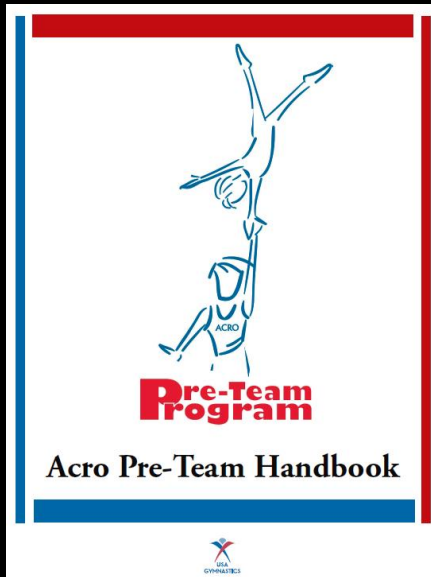
MxP WP MP WG MG

**Balance**  
**Dynamic**  
**Combined**  
*Routines*





# RESOURCES



# Getting Started



© poleydeepics

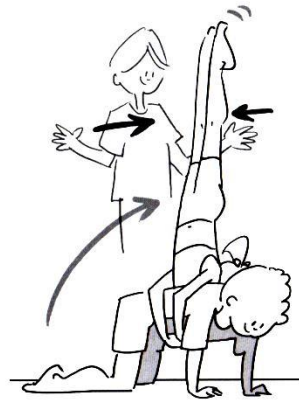
# Gymnastics Foundations

## PARTNER BALANCES

In groups of 3, each coaches the other 2 in one of the following (#1- #3 below):

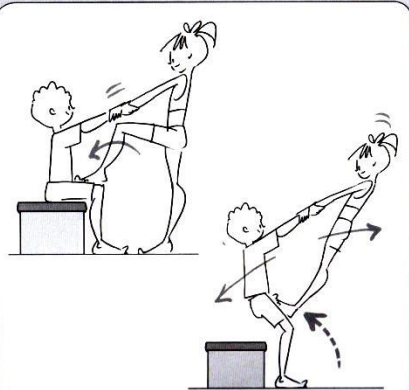
### 1. Coach partner chest balance

- partner on hands and knees, other partner does tucked chest balance on back.
- you can grasp partner's arm and leg as you place your chest on her back.
- or, you can reach 2 hands under and grasp his chest.



### 2. Coach partner knee balance

- one partner sits on bench or box top
- the other partner grasps that partner's hands in a double hand grasp
- then steps onto the knees of the sitting partner ...
- and slowly leans backward as the sitting partner raises to a semi stand.



# Pre-Team Handbook



**Pre-Team Program**

**Acro Pre-Team Handbook**



# INCLUSION

Floor Rotation: Acro in the Mix

Summer Camps: Circus Week

Gymnaestrada

Birthday Parties

Cheerleading

Acro Dance

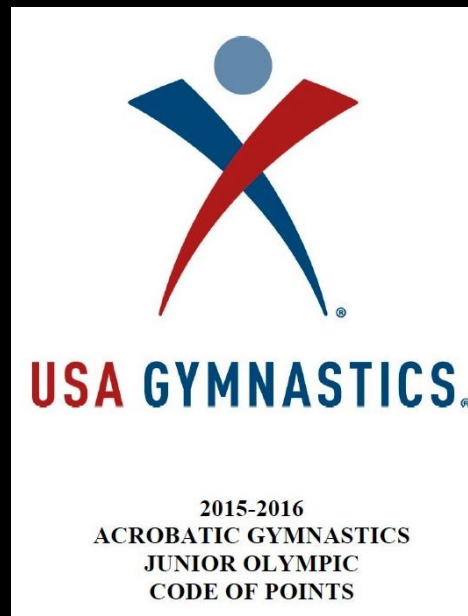
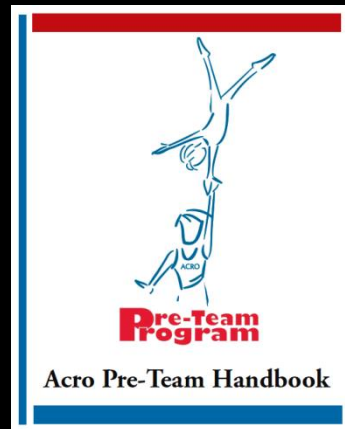
Adult Gymnastics

Team Building





# STARTING A COMPETITIVE PROGRAM



Level 5 Women's Pair		
ID = 11 DV = .4		Both partners turn to face each other and do 2"
ID = D1 DV = 1.0		Base creates a toe pitch position. Top puts her base. Top jumps, straightening legs, while base supports landing. Minimal flight required for
ID = B1 DV = 1.0		Base kneels on both knees, sits back on heel cartwheels or tucks up to supported handstand
ID = B2 DV = 1.0		Top presses down to straddle supported on base hold. Hold for 3" Alternative: Top may come down from hand se's knees. Hold for 3" (Support during hold
ID = 12 DV = .4		Both partners lie down and press up to bridge. Athletes must show control.
ID = D2 DV = 1.0		Partners stand and face each other. Base holds supports landing. Minimal flight required for
ID = B3 DV = 1.0		Base remains lying on floor and knees with leans shoulders into base's hands and puts her shoulder stand position (candlestick) - from
ID = D3 DV = 1.0		Top steps to stand on base's raised knee (top jumps for straight body dismount. Base stand required for credit.
ID = 13 DV = .4		Both partners perform two cartwheels. The lunge.
ID = D4 DV = 1.0		Base lies down. Top faces away and lies in supports top at hands or shoulders. Top does with knees bent.
ID = B4 DV = 1.0		Top leans over base's head to front support Hold for 3". Top tucks head and rolls forward



# Long Term Planning



The Oakville Gymnastics Club Story  
Planning  
Education  
Hiring Experts  
Creating Opportunity  
Asking for Help (volunteers)

A collage of images and text related to the 2016 National Acrobatics Cup Aerobics Invitational. The central focus is a red banner with a white maple leaf logo containing a gymnast silhouette and the text "NATIONAL ACROBATICS CUP 2016 AEROBICS INVITATIONAL". To the left are the flags of Canada, Ontario, and Quebec. Below the banner, it says "Hosted by Oakville Gymnastics Club MAY 28-29, 2016 GLEN ABBEY COMMUNITY CENTRE, OAKVILLE". There are logos for "Oakville Gymnastics Club", "GYMNASTICS ONTARIO", and "GYM". A photo shows three gymnasts in red leotards on a blue mat. At the bottom, it says "2016 ACROBATIC GYMNASTICS AEROBIC GYMNASTICS" with a photo of a gymnast in a handstand and a gold trophy. Logos for "SA SPORT OAKVILLE" and "Holiday Inn Oakville Centre" are at the bottom.

# Competitive Program Options

World Age Group



Senior



# OPPORTUNITIES

- Training Camps
- Provincial Coaching Workshops
- Competitions
  - Acrobatic Gymnastics Calendar link





# Olympia Gymnastics

# NATIONAL ACRO CUP

&

# AEROBICS INVITATIONAL



  
PRESENTS



**NATIONAL  
ACROBATICS CUP AND  
AEROBICS INVITATIONAL**

**MAY 28-29, 2016**  
GLEN ABBEY COMMUNITY CENTRE, OAKVILLE, ON

HOSTED BY

 Oakville  
Gymnastics  
Club

 GYMNASTICS  
ONTARIO  
SPORT STARTS HERE

 GYM CANADA

SPONSORED BY

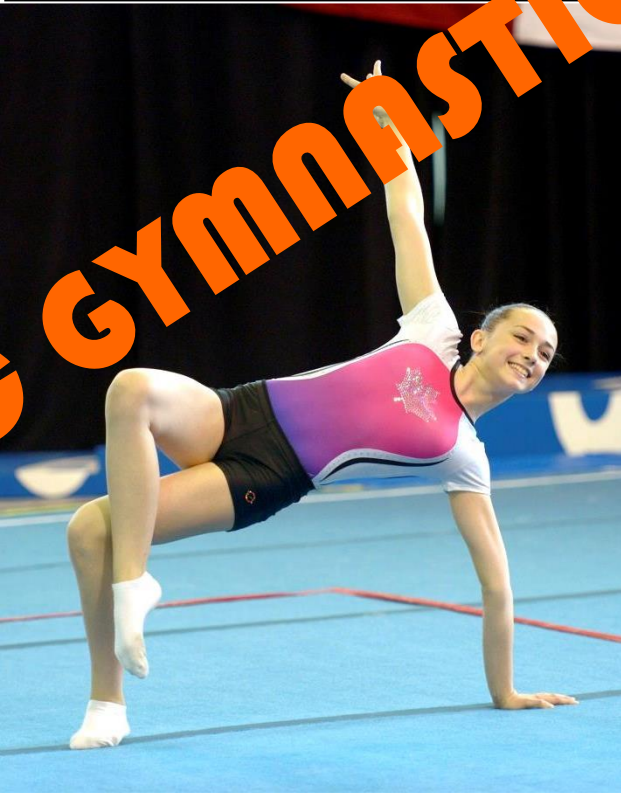
 UPS

 COGECO

 Holiday Inn

 ATHLETICS  
CANADA





**AEROBIC GYMNASTICS**

# ACROBATIC GYMNASTICS





**PARTICIPATION** – ALL LEVELS

**INCLUSION** – SPECIAL NEEDS, DEMOS

**OPPORTUNITY** – BAKE THE BREAD

**EDUCATION** – HOW DO WE DO IT

**COLLABORATION** – ROUND TABLES

**COMPREHENSION** – ? IS GOING ON