

MINDS IN MOTION

November 2007

**Pacific West
Gymnastics**
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Points of Interest

- Beam Routines
- Word Scramble



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Beam Routines

A gymnast usually starts a beam routine with the "mount". This can be as simple as climbing up on the beam, or as complex as a flip onto the beam. A gymnast will perform a routine for 1 minute to 1 minute 30 seconds depending on their level. The routine may consist of acrobatic elements, leaps, flips, turns, and dance poses, all performed as a combined routine. At the end, the gymnast dismounts the beam and salutes the judges.



GYMNASTICS WORD SCRAMBLE

Unscramble the following gymnastic words:

1. PLUERVOL _____
2. TACS _____
3. KEPI _____
4. EHAWRTCLE _____
5. LACES _____
6. CUKT _____
7. STLDDAER _____
8. NDUOFOFR _____

Answers: 1. pommel 2. cast 3. pike 4. cartwheel 5. scale 6. tuck 7. straddle 8. round off

FUN FACTS

- A back handspring is also known as a flip-flop.
- The first Olympian to achieve a perfect "10" was Nadia Comaneci.
- After the 1996 Olympics, women had to be at least 16 years old to compete in the Olympics or World Championships.
- For some reason, men do not use floor music in their routines.
- Special Olympic Gymnastics was first included in the 1972 Special Olympic World Summer Games. Eleven gymnasts competed in tumbling and free exercise routines.

UPCOMING EVENTS

NOV. 3RD

NOV. 17TH

NOV. 17-18TH

NOV. 22-23RD

5 TO 9 PM

LEVEL 5 ZONE CHAMPIONSHIPS

KIDS NIGHT OUT

LEVEL 5 STATE CHAMPIONSHIPS

CLOSED FOR THANKSGIVING

TURKEY TRACKS

Ingredients:

- ◆ Crackers
- ◆ Cheese spread or softened cream cheese
- ◆ crunchy chow mein noodles

Directions:

- ◆ Spread the cheese spread on the crackers.
- ◆ Put the chow mein noodles on top in the shape of a turkey's tracks.

SWEET POTATO FRIES

Ingredients:

- ◆ 2 lbs thawed orange juice concentrate
- ◆ 1 tsp onion powder
- ◆ 1/2 tsp salt
- ◆ 1/8 tsp ground Cayenne pepper (optional)
- ◆ 1 lb sweet potatoes, cut into 1/2" sticks

Directions:

- ◆ Line a cookie sheet with foil and spray with Pam.
- ◆ In a bowl, combine orange juice concentrate, onion powder, salt and Cayenne pepper.
- ◆ Add potato sticks—turn and coat each of them.

MAKE A 3-D TURKEY

Materials:

- ◆ Construction Paper (red, yellow, brown, black and white)
- ◆ 2 toilet paper tubes
- ◆ Pencil, glue, scissors & stapler
- ◆ watercolor paints & paintbrush



Directions:

- ◆ On white construction paper, trace your child's hand. Cut out the pattern.
- ◆ Paint the hand pattern with different colors. Let it dry.
- ◆ Cut on toilet paper tube in half (You will only need 1/2 of this tube.)
- ◆ Cut out brown construction paper to fit around your two toilet paper tubes. Staple the brown paper to each tube.
- ◆ Staple the two tubes together with the smaller one on top.
- ◆ Cut a beak and feet out of yellow paper, a gobbler from red paper and eyes from the white & black paper.

HAPPY BIRTHDAY TO...

MAYUKKH BISWAS

LEILA HAMMER

KIANNA KAGAWA

YAMILETH MARTINEZ

SHELLY PARADIS

SAMANTHA SMITH

JENNIFER VASUT

BRAYDEN ELLIS

JOSHUA HOOVER

JESSICA MALKIN

JEROME MCGHEE

JINEE PATHAK

MAYA SRINIVASAN

OLIVIA WAGGANER

LAYLA YASSIN

DAVID YING

JOSHUA ERICKSON

KAYLEE INOCENCIO

KIYOKO MANGROBANG

JORDON MITCHELL

NYREE ROLLINS

ZACHARY THAYER

