



# Women's Compulsory Program

## USA Gymnastics Women's Compulsory Program

**Level 1**

**Level 2**

**Level 3**

**Level 4**

**Level 5**

**Conditioning**

**Flexibility**

**Penalties**

**Glossary**



USA GYMNASTICS.

# Usa Gymnastics Compusory Routines

**Lei Shi**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name 'Lei Shi'.

## **Usa Gymnastics Compusory Routines:**

USA Gymnastics Development Program Compulsory Exercises USA Gymnastics,2021-06-13 1st edition The official text illustrations and penalties for Levels 1 through 5 of the Women s Development Compulsory Program This is a must have for all Compulsory Development Program coaches and judges Rules valid until July 31 2029 **Men's Development Program**

**Competition Manual** USA Gymnastics,2024-05-01 The Men s Development Program Competition Manual contains the new compulsory routines and optional rules for the Men s Club National and Elite Tracks **Men's Development Program:**

**2021-2024 Junior Competition Manual** USA Gymnastics,2021-11-01 The 2021 2024 manual outlines the three tracks within the Men s Development Program including the Club National and Elite tracks The manual presents the rules and descriptions for each level championship competition formats and specific equipment specifications *Off Balance*

Dominique Moceanu,2012-06-12 In this searing and riveting New York Times bestseller Olympic gold medalist Dominique Moceanu reveals the dark underbelly of Olympic gymnastics the true price of success and the shocking secret about her past and her family that she only learned years later At fourteen years old Dominique Moceanu was the youngest member of the 1996 US Women s Olympic Gymnastics team the first and only American women s team to take gold at the Olympics Her pixyish appearance and ferocious competitive drive quickly earned her the status of media darling But behind the fame the flawless floor routines and the million dollar smile her life was a series of challenges and hardships *Off Balance* vividly delineates each of the dominating characters who contributed to Moceanu s rise to the top from her stubborn father and long suffering mother to her mercurial coach Bela Karolyi Here Moceanu finally shares the haunting stories of competition her years of hiding injuries and pain out of fear of retribution from her coaches and how she hit rock bottom after a public battle with her parents But medals murder plots drugs and daring escapes aside all of which figure into Moceanu s incredible journey the most unique aspect of her life is the family secret that Moceanu discovers opening a new and unexpected chapter in her adult life A mysterious letter from a stranger reveals that she has a second sister born with a physical disability and given away at birth who has nonetheless followed in Moceanu s footsteps in an astonishing way A multilayered memoir that transcends the world of sports *Off Balance* will touch anyone who has ever dared to dream of a better life Tapestry of

Gymnastics Mary Wright, MZNM, USAG Hall of Fame, Olympic Coach,2022-11-05 A book written for any gymnastics enthusiast coach athlete or parent The messages here are ways education is used as a tool to assist coaches and athletes in any sport about how we learn to always be honest with ourselves and to coach with compassion and leadership

**Parenting a Gymnast** Julie Fabsik-Swarts, MS, CFRE, CAP, CEAP,2024-04-03 Parenting a Gymnast a guide for parents to support the dreams and realities of their young athletes Gymnastics is a wonderful sport but most parents don t know where to begin More importantly they don t know how to keep their children safe and to help them progress in the sport Parenting a Gymnast is a book for parents that will answer all their questions and help them make intelligent informed

decisions It is a must read for aspiring gymnasts and their parents The proof is in the pudding gymnastics was revolutionized at the 1972 Munich Olympics by an unknown gymnast Who knows what the future holds Reading this book is a great start Olga Korbut four time Olympic gold medalist Parenting a Gymnast is a great overview of the sport of gymnastics As a child I fell in love with the movement of gymnastics and the fun of doing cartwheels and somersaults long before I ever thought about competition When I did show an aptitude for the sport it was a whirlwind of fast learning for my mom This book breaks down the basics and provides a realistic guideline for newcomers Missy Marlowe 1988 US Olympian five time NCAA champion *Gymnastics Medicine* Emily Sweeney, 2019-10-08 This book presents the most current information on the treatment of athletes involved in gymnastics a multifaceted sport with unique demands on its participants that can lead to a myriad of medical conditions and injury patterns It opens with an introduction to the history of gymnastics and a brief review of gymnastics disciplines and events An overview of gymnastics injury epidemiology lays the foundation for the rest of the book Growth and developmental issues are also discussed in detail as many young gymnasts train long hours before or during puberty Concepts related to the biomechanics of gymnastics common overuse and acute musculoskeletal injuries psychological issues concussions as well as rehabilitation and return to play principles round out the presentation Throughout there is the emphasis that young athletes are not simply small adults and that they have unique needs and considerations for evaluation and treatment Written and edited by experts in the field some of whom are former gymnasts themselves *Gymnastics Medicine* covers all of the relevant information on evaluation management and return to play for sports medicine physicians advanced practice providers physical therapists athletic trainers exercise scientists and mental health professionals *The Athlete's Shoulder* James R. Andrews, Kevin E. Wilk, Michael M. Reinold, 2008-10-30 The latest edition of this in depth look at athletic injuries of the shoulder has been updated to feature 16 new chapters additional illustrations and algorithms an added focus on arthroscopic treatments and pearls that highlight key information Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes pediatrics and golfers This book offers coverage of arthroscopy total joint replacement instability football tennis swimming and gymnastic injuries rotator cuff injuries and much much more The large range of topics covered in this text ensures that it is a great resource for orthopaedists physical therapists athletic trainers and primary care physicians Presents a multidisciplinary approach to the care of the shoulder combining contributions from the leaders in the field of orthopedic surgery physical therapy and athletic training Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapists athletic trainers Features 16 new chapters including Internal Impingement Bankarts Open vs Arthroscopy

Adhesive Capsulitis of the Shoulder Cervicogenic Shoulder Pain Proprioception Testing and Treatment and more Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up to date Organizes topics into different sections on anatomy biomechanics surgery and rehabilitation for ease of reference **Elite Youth Sport**

**Policy and Management** Elsa Kristiansen, Milena M. Parent, Barrie Houlihan, 2016-10-04 Elite youth sport competitions have increased significantly in number in recent years with the Youth Olympic Games representing the high point of this phenomenon This book examines the global context within which elite youth sport has emerged and continues to grow It explores elite youth sport policy across fifteen countries in Europe the Americas Africa and Asia addressing the questions of how youth talent development is organised and why elite youth sport has become so popular Taking a comparative global perspective the book analyses the growth in more systematic approaches to young athlete development and the increasing emphasis on early talent identification It discusses the attitude of stakeholders such as NGBs governments and sponsors towards elite youth sport while also considering how young elite athletes interests are protected and how the growth in elite youth sport affects a sport s development strategy Written by a team of internationally renowned researchers Elite Youth Sport Policy and Management A comparative analysis is fascinating reading for all students scholars managers policy makers and coaches with an interest in youth sport elite sport development talent identification and sports policy **Sports in**

**America from Colonial Times to the Twenty-First Century: An Encyclopedia** Steven A. Riess, 2015-03-26 A unique new reference work this encyclopedia presents a social cultural and economic history of American sports from hunting bowling and skating in the sixteenth century to televised professional sports and the X Games today Nearly 400 articles examine historical and cultural aspects of leagues teams institutions major competitions the media and other related industries as well as legal and social issues economic factors ethnic and racial participation and the growth of institutions and venues Also included are biographical entries on notable individuals not just outstanding athletes but owners and promoters journalists and broadcasters and innovators of other kinds along with in depth entries on the history of major and minor sports from air racing and archery to wrestling and yachting A detailed chronology master bibliography and directory of institutions organizations and governing bodies plus more than 100 vintage and contemporary photographs round out the coverage

**Gymnastics: Girls Rocking It** Glen F. Stanley, Ann Wesley, 2015-12-15 This informative resource explores some of the basic principles of gymnastics and the factors that motivate girls who dedicate themselves to perfecting the sport s skills It analyzes body types and sizes age and building gymnastic strength and flexibility Some beneficial exercises and stretches are described as well as basic skills Common ailments and injuries and how to avoid them are discussed as are nutrition and eating disorders Equipment required for basic events balance beam floor exercise uneven bars and vault is explained as well as the ways to perform safely This indispensable volume offers girls an interesting and instructional guide [Encyclopedia of Associations](#) ,2004 **Golden Kicks** Jason Coles, 2016-09-22 Many iconic shoes such as the adidas Stan Smith Nike Air

Jordan and Puma Suede are worn by millions as everyday footwear but were originally born to bring victory on court track and field Golden Kicks reveals the stories behind some of the greatest shoes in sporting history the roles they played in sports most significant moments and how they have made the transition from classic sportswear to mainstream streetwear Discover the amazing stories behind the shoes the people who made them and the athletes who wore them **Shannon Miller** Claudia Ann Miller, Gayle White, 1999 Describes the hardships and challenges Shannon Miller overcame to become an Olympic gold medalist **USA Gymnastics Safety Handbook for Gymnastics and Other Sport Activities** USA Gymnastics, 1994 19 Rules for Gymnastics and Weight Lifting, 19 Gymnastics...official Rules Amateur Athletic Union of the United States, 1960 Women's Artistic Gymnastics Roslyn Kerr, Natalie Barker-Ruchti, Carly Stewart, Gretchen Kerr, 2020-04-08 This book lifts the lid on the high pressured complex world of women's artistic gymnastics By adopting a socio cultural lens incorporating historical sociological and psychological perspectives it takes the reader through the story and workings of women's artistic gymnastics Beginning with its early history as a feminine appropriate sport the book follows the sport through its transition to a modern sports form Including global cases and innovative narrative methods it explores the way gymnasts have experienced its intense challenges the complexities of the coach athlete relationship and how others involved in the sport such as parents and medical personnel have contributed to the reproduction of a highly demanding and potentially abusive sporting culture With the focus on a unique women's sport the book is an important read for researchers and students studying sport sociology sport coaching and physical education but it is also a valuable resource for anyone interested in the development of sporting talent Gymnastics Events Jason Page, 2008 The balance beam floor rings team events a whole lot more Cover **Encyclopedia of Associations V1 National Org 46 Pt2**, 2008-04 *Interscholastic Athletic Administration*, 1996

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Experience Loveis Journey in **Usa Gymnastics Compusory Routines** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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