

Balance Beam

- Big & sharp presentation
- High on toes
- Arms covering ears
- I can do this!

Floor Exercise

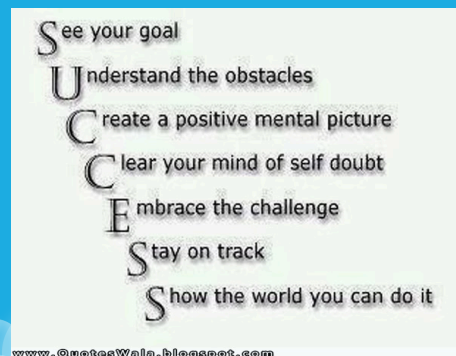
- Over present my routine
- Show it off!
- Wrist flicks and lift my chin.
- Make it look great!

Vault

- Fast, strong run
- Arms covering ears on arm circle
- Get above the table/mat
- No extra steps

Uneven Bars

- Tight legs
- Where would the theraband touch me? Am I hollow?
- Big casts
- Go big!



Pre-Meet/ Warm-ups

- Take a deep breath
- Visualize doing your skills perfectly
- Focus on great execution.
- Be awesome today!

Post - Meet

- What went well today? What are you proud of?
- What didn't go as well as planned? What can you do better?
- How will today help you train next week?