

# BENEFITS OF GYMNASTICS

- Gymnastics is the basis for all sports.
- Gymnastics develops a lifelong love and ability for fitness.
- Gymnastics makes kids strong
- Gymnastics makes kids flexible.
- Gymnastics develops coordination.
- Gymnastics develops grace.
- Gymnastics teaches kinesthetic awareness.
- Gymnastics teaches playground readiness that children need before entering school.
- Gymnastics teaches kids to take turns.
- Gymnastics improves children's coachability.
- Gymnastics helps kids learn to read.
- Gymnastics teaches self-discipline.
- Gymnastics teaches grit.
- Gymnastics develops resiliency.
- Gymnastics promotes a growth mindset.
- Gymnastics stresses incremental improvement.
- Gymnastics teaches goal setting and encourages ambitious thinking.
- Gymnastics builds self-confidence.
- Gymnastics encourages respectful behavior.
- Gymnastics delivers the tough message that life isn't always fair.
- Gymnastics teaches how not to quit.
- Gymnastics teaches courage and how to cope with things that scare you.
- Gymnastics encourages kids to do hard things.
- Gymnastics teaches patience and how to delay gratification.
- Gymnastics helps kids learn to take feedback and constructive criticism.
- Gymnastics teaches humility.
- Gymnastics develops responsibility.
- Gymnastics teaches how to compete against oneself for personal bests.
- Gymnastics teaches how to manage nerves when presenting routines or competing in a meet.
- Gymnastics teaches time management.
- Gymnastics develops leaders.
- Gymnastics teaches the commitment of being on a team.
- Gymnastics demonstrates how to cope with emotions that arise from winning, losing, & frustration.
- Gymnastics develops a positive work ethic.
- Gymnastics keeps kids engaged in productive activity, and away from less desirable influences.
- Gymnastics teaches kids define success in terms beyond winning.
- Gymnastics helps kids excel in school, including boosting graduation rates in the NCAA.
- Gymnastics improves brain function.
- Gymnastics may encourage girls to pursue science.
- Gymnastics strengthens girls' bones.
- Gymnastics develops sportsmanship.
- Gymnastics teaches the difference between quitting and ending.
- Gymnastics places caring adults in your child's life who are an integral part of your village.
- Gymnastics puts kids into contact with like-minded kids who are working toward goals.
- Gymnastics creates an extended community.
- Gymnastics creates lifelong friendships.
- Gymnastics helps make happy childhood memories.
- Gymnastics creates happy family memories.
- Gymnastics gives coaches the ability to influence kids positively.
- Gymnastics is fun.