

Vault Mat:



W

Walkover: The gymnast starts from standing on one foot through a handstand position, through inverted split and one footed bridge positions to return to stand. Can be done forward and backward.

Whip Back: Back handspring with no hands. Not to be confused with a back layout which has a straight body position, or a back tuck which is in a closed body position

Wolf Jump: Jump where one leg is extended forward and straight and the other is bent in knee to chest



X

Xcel: USAG Program designed to offer a more broad-based, affordable competitive experience outside the traditional Jr. Olympic Program

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