

National Gymnastics Day Activities

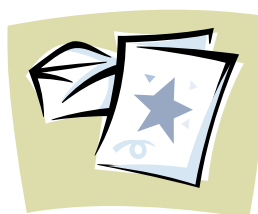


National Gymnastics Day presented by Mrs. Smith's FlipIt Cake is scheduled for August 2, 2003. This year's theme for National Gymnastics Day is "Begin Here... Go Anywhere." The purpose of National Gymnastics Day is to increase excitement for the sport of gymnastics and to communicate the sense of self-esteem and healthy benefits that gymnastics fosters. There are many ways in which to get involved with National Gymnastics Day. Last year some clubs held exhibitions at malls or in their gyms, held cartwheel-a-thons, or came up with other creative ways to celebrate. Log onto www.usa-gymnastics.org and click on National Gymnastics Day to learn more about this event.

USA Gymnastics has organized four activities to get you involved with National Gymnastics Day 2003!

Vote for the Longines Perfect 10 Moments in Time Contest

Log on to www.usa-gymnastics.org and click on the Longines Perfect 10 Moments in Time Contest. Vote for your favorite gymnastics moment and be entered to win a Longines Watch.



Send a good luck card to a team at the World Championships!

Make good luck cards for the teams competing at the World Championship. Select a country and make a card. Mail your cards by August 4 so they can be distributed to the athletes and teams.

Send good luck cards to:
To: *Team/Individual Name*
2003 Worlds Arrowhead Pond
2695 E. Katella Avenue
Anaheim, CA 92806

Mrs. Smith's Flip-A-Thon Fundraiser for the Children's Miracle Network

Hold a Mrs. Smith's Flip-A-Thon in your gym and raise money for the Children's Miracle Network. The club that raises the most money for the Children's Miracle Network will win an all expense paid prize of a USA Gymnastics National Staff clinician of its choice. The winning club will have the clinician for the day and the club will be featured in *USA Gymnastics* magazine, *Technique* magazine, on the 2004 National Gymnastics Day poster and commercial.



The individual who raises the most money for the Children's Miracle Network will be featured in the publications, pictured on the 2004 National Gymnastics Day poster, and in the 2004 commercial for National Gymnastics Day.



Adopt a Country Banner Contest

To decorate the training gyms during the World Championships, USA Gymnastics is organizing an Adopt a Country Banner Contest. To enter the contest, clubs should print out a Registration Form from the NGD site: www.usa-gymnastics.org and click on the National Gymnastics Day button on the left. This contest is open to the first 200 Clubs that fax back a request form.

Once the request form is received, your club will be sent a blank banner from USA Gymnastics. Decorate the banner to cheer on a team from the World Championships.

The most unique banner design, voted on by the foreign delegation committee at the World Championships, will be featured in our publications. Celebrate our sport and cheer on the World in Anaheim this year.

Hurry don't delay. There are only 200 banners available to decorate! Coaches/Club Owners only may request the banners!