

# Gymnastics Patch Report Form



Troop # \_\_\_\_\_ Number of Girls \_\_\_\_\_ Number of Adults \_\_\_\_\_

Leader Name \_\_\_\_\_ Grade Level:  GS Daisy  GS Brownie  GS Junior

E-mail address \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Phone Number (D) \_\_\_\_\_ (E) \_\_\_\_\_

**Please complete this form with your troop.**

## A. Plan and carry out a gymnastics session at a gymnastics studio

1. List gymnastics session date: \_\_\_\_\_
2. Learn about the 4 different types of gymnastic events: Make a list of the four events and what you learned about each
  - a. \_\_\_\_\_  
\_\_\_\_\_
  - b. \_\_\_\_\_  
\_\_\_\_\_
  - c. \_\_\_\_\_  
\_\_\_\_\_
  - d. \_\_\_\_\_  
\_\_\_\_\_
3. List two safety practices in gymnastics/tumbling
  - a. \_\_\_\_\_  
\_\_\_\_\_
  - b. \_\_\_\_\_  
\_\_\_\_\_

## B. Gymnastics/tumbling session:

1. Participate in a warm-up exercise before starting your gymnastics session. Why is this important?  
\_\_\_\_\_  
\_\_\_\_\_
2. Learn how to do a forward roll, walk on the balance beam and swing on the uneven bars. Have your instructor initial here for your group: \_\_\_\_\_

## C. Famous female gymnast:

Name a famous female gymnast: \_\_\_\_\_ Why is she famous ?  
\_\_\_\_\_  
\_\_\_\_\_

The patches are \$2.00 each. Please enclose a check payable to GSSI for patches earned. For questions, contact the Program Department at 618-692-0692 / 800-345-6858.

# of patches \_\_\_\_\_ x \$2.00 = \$ \_\_\_\_\_ TOTAL amount enclosed. Mail report form and payment to GSSI, Gymnastics Patch, #4 Ginger Creek Parkway, Glen Carbon, IL 62034