

Caleb Reese

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CY Media Pros

Human Interest

I am going to tell you about what you do in gymnastics. I am level 9 gymnasts at NAAG. I have been doing gymnastics for over 6 years. Girls and boys gymnastics is a lot different. Boy's gymnasts do 6 events, girls only do 4. This is important to know because a boys practice is a lot different then girls. Now, I am going to tell you about what events I do, how I manage homework, and what else we do in practice.

First, I am going to tell you about what we do in a normal day. Practice starts at 5:30. At 5:30 we start running for 10 minutes, then we do a little conditioning for 10-20 minutes, the last part of our warm-up is stretching. Once all of that is done, we go to our first event. Our events are normally 35-60 minutes long. In a day we do 3 to 4 events. Lastly, once we do all of our events, we do 20-30 minutes of conditioning until we get out at 8:30. This is what I normally do at practice.

As you now know, we do 6 events. The events I do are Rings, Pommel Horse, Floor, Vault, High-Bar, and Parallel Bars. One of my favorite events is Vault and High-Bar. These are my favorite events because you get to go really high in the air, unlike some of the other events. Gymnastics is a very hard sport in my opinion; you have to be very well rounded to be able to compete on 6 events.

Having to manage gymnastics and school is very hard. I have to manage 30 hours of school a week and 18 hours of gym. I spend a lot of restless nights stressing over school and gym. Also, I have at least 30 minutes of homework a night. Somehow I have managed to average a 4.0 GPA throughout middle school. I know though that throughout high school it will be a lot harder to manage school and gym.

In conclusion, gymnastics is a hard sport. It is physically enduring and grueling. Also, it is hard when you still have an hour of homework waiting for you at home. All in all, I love this sport and wouldn't give it up for anything. Even though it is very stressful having to deal with a lot, it is the best. This is just a quick overview of what my day looks like being a gymnast.