

WHY IS GYMNASTICS THE PERFECT SPORT FOR BOYS?



Gymnastics is a tremendous sport in its own right, but gymnastics also happens to be the best building block for enhanced skill development and participation in any sport for boys. Participating in the sport of gymnastics can promote positive effects in the following areas:

- Builds coordination
- Builds strength – particularly upper-body strength
- Increases kinesthetic awareness – the ability to know where the body is in relation to space and motion (situation awareness)



- Increases flexibility – which aides in skill learning and injury prevention
- Builds self-confidence



Did you know?

1. *Men's Fitness Magazine* (March 1996 issue) declared men's gymnastics the world's toughest sport. The magazine ranked gymnastics first among 40 different sports using seven different evaluation criteria such as the fitness, skills and the brains required for success.
2. Men's gymnastics was the most watched televised sport of the 1996 Olympic Games in Atlanta
3. Elite male gymnasts are way off the scale compared to other athletes in overall fitness.
4. There are approximately 3000 clubs in the U.S. which offer lessons in men's gymnastics. This is in addition to programs offered by Parks and Recreation Departments, school systems and organizations such as the YMCA or Boys Clubs of America.
5. Boys can enroll in gymnastics classes as young as age 2 or 3.



USA Gymnastics is recognized by the United States Olympic Committee and by the International Gymnastics Federation as the governing body for gymnastics in the United States. In addition to selecting World and Olympic teams, USA Gymnastics is dedicated to providing access to gymnastics for boys and girls of all ages and abilities.

Check out USA Gymnastics at www.usa-gymnastics.org

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