

COMPETITIVE GIRLS

Women's Artistic Gymnastics is the most popular and well known to the public of the seven gymnastics disciplines.

The popularity of the sport of Women's Artistic Gymnastics as it is known today, is largely due to the performances of Olga Korbut of the USSR at the 1972 Olympics, and of Nadia Comaneci, of Romania at the 1976 Olympics, in Montreal.

Both Olga and Nadia captured the attention and imagination of girls all over the world, resulting in the most rapid growth of any sport in recent history. The reason for this popularity can most likely be chalked up to the ability of the sport to build upon the lively movements and grace of youth.

Women's Artistic Gymnastics is an incredibly challenging sport, demanding strength, power, flexibility, agility, courage, and a combination of technical precision and artistic creativity. When these elements are mastered, the performances appear almost effortless and are riveting to watch.

Women's artistic gymnastics consists of four events:

- Vault
- Uneven Bars
- Balance Beam
- Floor Exercise

(taken from GymSask Website)

