

MY PET PEEVES

Connie Maloney, International Judge

VAULT

1. A good run that slows down as you approach the board! **KEEP RUNNING!!**
2. No attempt at "sticking" the vault.

BARS

1. Loose, bent legs on the tap swing for a giant.
2. Bent arms/knees or archy back on a cast handstand.
3. Legs separating on a giant swing ½ turn.
4. From a cast, squat or stoop on LB, falling forward (dragging legs bent) to catch HB instead of jumping with tight legs to HB.
5. Head sticking out of alignment on Giants.

BEAM

1. Working on flat feet instead of ball of foot with extended ankles!!
2. Working slowly and cautiously. **BE AGGRESSIVE** - I'd rather see you go all out for a huge leap and fall than to do a "baby" leap! Sooner or later you will start hitting those big leaps if you keep training them with "gusto".
3. Not pushing through your whole foot on jumps. I want to see complete extension of the foot and ankle with pointed toes on **ALL** jumps and leaps.
4. Jumping off the beam without a fight when slightly off balance or out of alignment, especially on the landing of acro skills. **FIGHT FOR IT!!**
5. Working with your **HEAD** down. Show confidence by keeping your focus further in front, allowing head to be up. Proper head alignment will give you better balance (a forward/downward head puts too much weight in front of your balance center).
6. No change of rhythm. Beam can get **BORING** and hypnotic if you don't show changes of pace and quality of movement. Go from sharp to soft, quick to slow. Try using music or sing a song to yourself while working beam to try to develop better rhythm.

FLOOR

1. A presentation to the judge and walk onto the floor mat that lacks confidence. Start off with body language that says "Dang, I'm good! Just watch me, I'm going to put on a great show for you".
2. Sickled feet...keep working on good turnout.
3. Leading with the heel first on running steps. **PRANCE** instead - point your feet!! No Mary Poppins feet!!
4. Not showing a definite ending on the last skill in a tumbling series. Finish in a lunge, arms up and back, head & chest up!!
5. Not "selling" your routine. No one wants to watch a "robot" perform. Show with your body and face that you are proud of yourself and enjoy sharing your performance with others. Don't forget...you are an **ARTIST**..paint a beautiful picture with your whole body and soul. The ability to "sell" your routine has nothing to do with the difficulty. All gymnasts, regardless of their skill level, should strive for artistic expression.

6. **The "boing-boing-boing" effect!! This means trying to put too many difficult skills in a row for your gym series, resulting often in skills that are not quite finished, the turns are incomplete or degree of split is lacking. The judge comes away with the impression of "what was that?".**
When combining skills in a series, make sure that each part is performed to the ultimate. Don't rush the ending of a skill to start the next one. It's better to do easier elements with perfection in a series and save the more difficult skills to be performed alone until you have mastered them. Then you can try combinations for bonus.
7. **Gymnasts that do not listen to their music!! There should be a definite relationship between the music and your performance; the music should not be "background". Let the music inspire you to move and try to make your movements interpret the different qualities of the music.**