



Key Qualities of a Mini D Gymnasts:

CONSISTENCY - Regular practice to make improvements.

HARD WORKING- Learning how to apply and challenge yourself.

DETERMINED - Not giving up until a skill or goal is achieved.

PRACTICE- Understanding practicing repetition of activities leads to achievement.

POSITIVITY - Learning to celebrate achievements and keep on when things are hard.

LISTENING/FOCUS - Developing listening and comprehension skills to follow direction and feedback.

INSPIRATION - Drawing motivation from role models and developing individual drive.

