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SECTIONS



## Gymnastics hold second annual comp for children

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The young gymnasts were rewarded for their performance routines. 17100415

**“Motivate, Encourage, Reward” – this was the theme of Monday’s second annual gymnastics competition held at Bluesky Sports Arena.**

Close to 40 gymnasts performed a set of routines and were rewarded with a certificate evaluating each performance.

A team of six volunteer judges were trained by Gymnastics Australia’s Brooke Kneebrush and provided constructive feedback using a scaled rating system, helping the gymnasts to understand the standard of their performances and motivating them towards improvement. This event would not have been possible without the valuable contribution of the Cook Islands Gymnastics Federation’s dedicated coaches who undertake continual training and planning to ensure the gymnasts participate in a quality progressive programme.

The coaching team includes veterans Emilene Taulu, Teina Taulu and Samantha Puati, who participated in a training camp and immersion tour in Australia earlier this year, along with two junior coaches April Horton and Kaia Dearlove who are valuable contributors to the programme.

Each gymnast were presented with a medal encouraging them to keep up the great work at the end of the competition.

To find out more or to get involved email [cookislandsgymnastics@gmail.com](mailto:cookislandsgymnastics@gmail.com) (<mailto:cookislandsgymnastics@gmail.com>) or [bkneebush@gymnastics.org.au](mailto:bkneebush@gymnastics.org.au) (<mailto:bkneebush@gymnastics.org.au>).

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