

# Achieve GYMNASTICS



## Big Sister Program

The goal of the Big Sister Program is to make a connection throughout our team and to provide support and encouragement to the Compulsory Gymnasts from the Optional Team.

We hope to foster the ideals of our program and help everyone find ways to *Dream - Believe - Achieve!*

Print out a photo of yourself and place it here!

## Little Sister Info Sheet

Here is the info sheet I was telling you about! Just fill it out and bring it back to the gym and give it to your coach, they will make sure that I get it! I am looking forward to learning some things about you and knowing another teammate better. I hope you love being part of Achieve Gymnastics and are ready to have a great season, it is so much fun! You might be nervous, or you might have competed before, but challenging myself and working to see how I can grow as a gymnast and get closer to my goals is something that I really like about this sport and our team. I hope that you have set some goals for your season and your gymnastics, if you want tell me a few of them! We will be meeting soon if I didn't get to see you at the meet, until then, good luck, work hard and believe in yourself! The coaches believe in all of us, and I believe in you too!

Name		Age	Level	Practice Nights
School	Grade	Yrs with Achieve		Yrs doing Gymnastics
Favorite Color, Activities/Hobbies, Food				
Favorite Type of Music & Movies				
Siblings, Pets, other Sports				
Favorite Event & Why				
Thing I like most about Gymnastics				
A Success or Accomplishment I'm Proud of				
One Cool Thing about Me!				