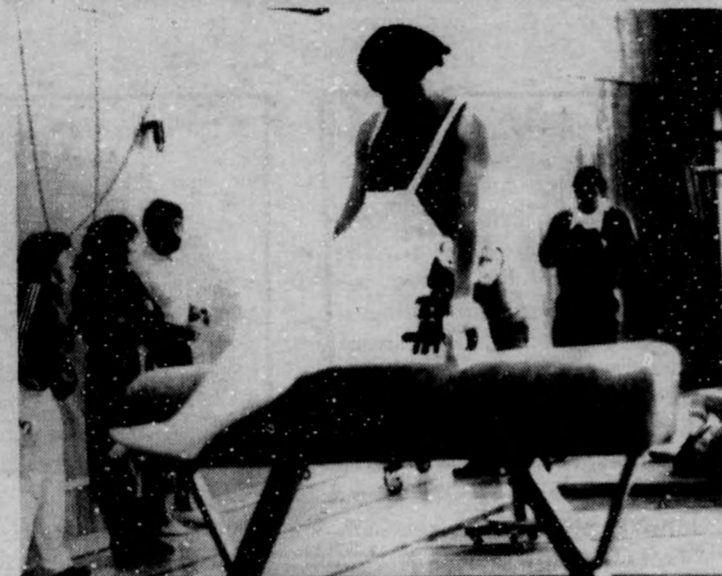
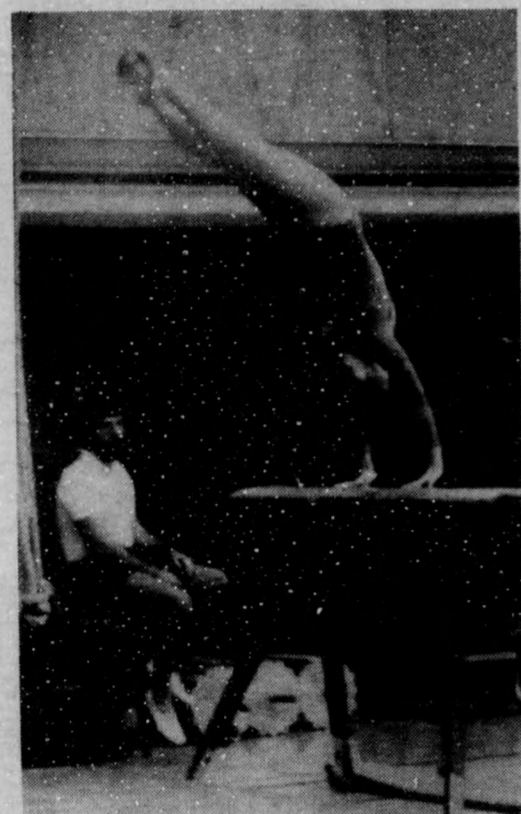


The ups and downs



Feature by Wheels

It's a two to three hour day and a five or six day week of commitment, starting before and after classes.

It's a long rough season resulting in hands as rough as shoe leather, multiple scrapes, sprains, pulled muscles, bumps, bruises and great times. Gymnastics is a team sport unlike most others. During competition it would seem that each member is on his own, working for himself.

He may have to do it alone but how can he be doing it just for himself when so many small parts of his routines were achieved only by the help of the team and coach?

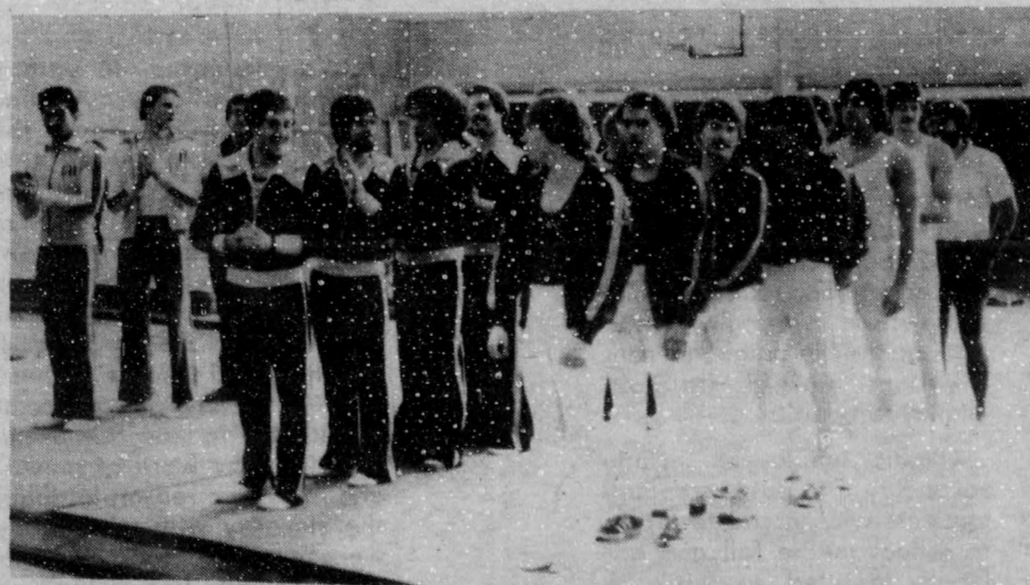
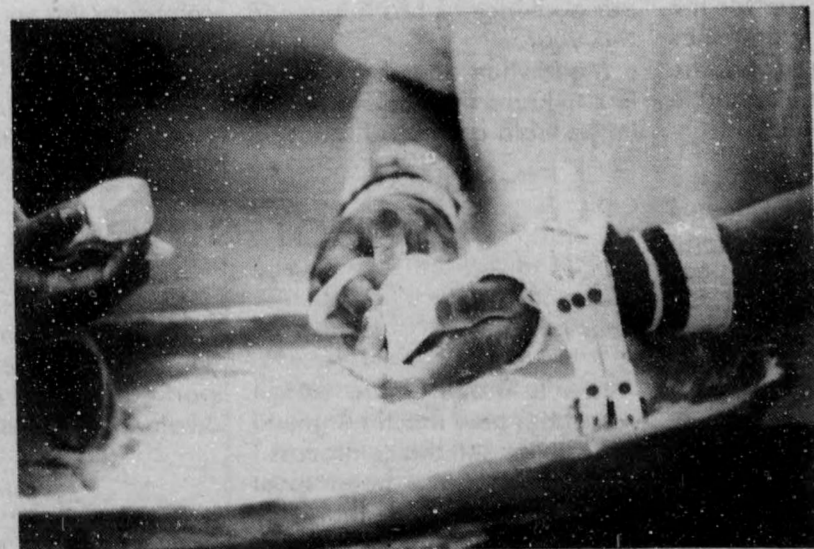
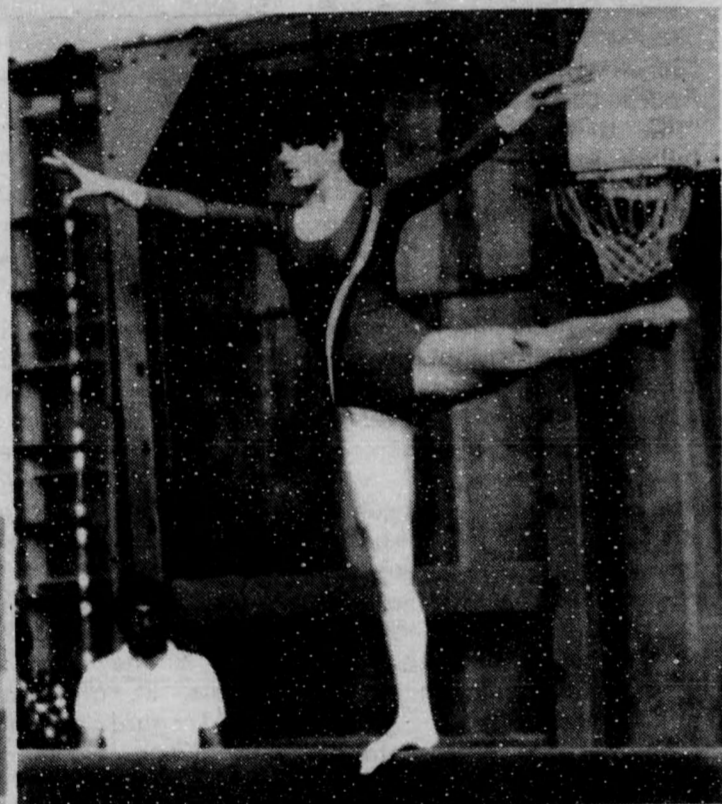
The gymnast is greatly dependent on his coach (Daryl Steeves) and his teammates for support throughout the year and to achieve the best he possibly can.

The gym grows silent as a lone gymnast attempts a new and difficult move. All in the gym seem to concentrate as if to help during the crucial moments. The worst possible thing for the gymnast to do is to chicken out in the middle of the move (dead meat). If, although scared to death, he forces himself to finish what he started, he is considered successful if he can simply get up to try again. The silence is broken as held breaths are released and all clap if not simply for the courage of the attempt.

This year's team consists of seven guys and a brand new girls team with three members. It is a high spirited team of strong charactered people. It would have to be, as each person risks his/her neck numerous times each practice; whether it's trying to tumble on a four inch wide beam which is more than four feet off the ground or flying off the rings and attempting to land on ones feet.

A gymnast may not feel his day is complete until he/she has torn open the blisters on his/her palms or unstylely landed a dismount on his/her face. Maybe it's because these events happen each day that they are accepted as normal.

The training for competition consists of determining how many things can possibly go wrong and minimizing the chance of that happening. One problem - gymnasts are forever inventing new ways to fall down.



of a gymnast's life



Photos by Alys Giannakakis

It is finally time for competition.

The Competition

All mistakes and falls are forgotten; the year long training now comes down to one attempt at each event which may last for 30 seconds or just over a minute. It is now up to each team member to show his appreciation to the coach and team for their help and support by doing the best he has ever done; or better.

Tension mounts as the beady eyed judges watch like hawks for bent knees and slight form breaks.

Then it's over - it only took 30 seconds, but your racing heart won't slow down as you await your score out of ten. There it is. Another "personal best" - all the blood, sweat and tears. . .

"They were worth it."

Team Names

Terry (Big tear)	Laurence	}	Vets
Jamie (James)	MacKinnon		
Rick (Wheels)	Weller	}	Rookies
Dave Brown			
Ken Jenkins			
Yvon Martel			
Dave Singh			

Girls

Susan (tiny) Hines
Liz Ballantyne
Barb Craig

Congratulations are in order as the UNB Saltos have just taken their 14th out of 16 AUAA titles.

