

SUU Gymnastics Volunteer

Braylen Strain

Community Engagement

Fall 2012

EDGE PROJECT

Project Summary

For my project I helped out the Southern Utah University gymnastics team. I went to their practices and helped them move mats, set up equipment, and whatever else needed to be done. While I was helping I was able to learn a lot of things about the sport and also how to spot certain gymnastics skills to keep the gymnasts safe when they're practicing.

An exciting addition to my project was that I got to go to the meets, home and away. I helped set up the equipment before the meet, then I got to stay on the floor and cheer on the girls from up close during it!

Project Highlights

I really enjoyed everything about the project, but the best part about it was probably getting to be on the floor during the meets. I got to and cheer on the girls and see everything up close. I'm so glad I got to do this project because I want to be a college gymnastics coach myself, and this has helped me get closer to that goal.

From My Journal

"Today we hit the road for the WAC championships in Logan, UT at Utah State. We had a couple of complications getting up there. One being our bus not showing up so we had to drive rental cars up instead, and two, one of those rental cars got hit with a stray tire tread from a truck and shattered the windshield! Everyone inside the car was ok and we had enough room in the rest of the cars to fit everyone in. The rest of the drive was great."



Out of pure luck, one of the local newspapers did a story on the gymnastics team and I was in the picture that they took for it! That's me in the red, white, and black polo.



Before all the home meets, the gymnastics coaches are in charge of setting up each event. Here we have the head coach and assistant coach laying down tape to mark the floor borders. I helped with this as well but I wanted to stop and take a picture, so that's why I'm not helping at the moment.