

# Gymbrooke Training Challenge.

An important part of gymnastics is arm-strength and balance.

This challenge will test both.

All you have to do is hold a handstand on the floor for as long as you can.

It's not as easy as you think. Your legs must stay together, hands may not move and your arms must stay straight.

You may enter as often as you like until 11:59 pm March 31, 2005. Entries must be emailed to [Contest@Gymbrooke.com](mailto:Contest@Gymbrooke.com) All entries will receive a confirmation via email.

All athletes challenges are to be timed and verified by their coaches.

Only your best time will be considered for ranking in the top 10 of your level. As you improve your time, you may resubmit your new times as often as you like up to the day of closing. This will ensure you are entered multiple times in the consolation draw. Enter often and increase your chances to win.

Top 10 Rankings for each level will be posted on Gymbrooke.com. You will have 15 days to inform us of any errors or omissions after the contest closes. Only women's Provincial Level 1, 2, 3 and 4 are eligible to enter in their respective categories.

The top 10 individual athlete's times will be placed in a random draw for Level 1, 2, 3 & 4. (One entry per athlete in top 10)

Remember all remaining entries that did not make the top 10 will go into our consolation draw for an additional opportunity to win. Multiple entries accepted.

You must be a registered Ontario Provincial Athlete in the level you have entered as of March 31, 2005

Coaches please download a copy of the Handstand Hold Record Form to keep track of your athlete's time and progress.

Everyone has an opportunity to win regardless of time so enter often and have fun participating in the first of a series of Gymbrooke Training Challenges.

[Contest@gymbrooke.com](mailto:Contest@gymbrooke.com)