

Hello everyone!

Thank you for your patience while we finalized our website. This was a long and meticulous process but we are excited to unveil the first wave of Gymformation! Please read this article in its entirety as it is meant to explain where we are now and our plans for the future.

Compulsory Written Routines:

Each level (4-7) has all possible routine combinations written out for each event. We have tried to present the routines so that they are easy to understand, but please do not hesitate to reach out if they are confusing and hard to navigate.

Video Routines:

Given we are at the end of our competition season (post-season), it was challenging to get videos of each level. Currently, only the basic (no bonus) routines are posted for each level. Over time we will continue to upload the remaining routines; so stay tuned on our instagram page!

We are so thankful that our teammates were willing to participate. We understand that the routines are not perfect but it meant a lot to incorporate the young gymnasts. Videos for the future are written in more detail down below.

Articles:

There are currently two articles (Division I vs Division II & Compulsory Scoring) on our website; we felt these were the most important and most frequently asked topics. We encourage you to use our email address (gymnformation19@gmail.com) and Contact tab to send us feedback and to ask questions and to suggest future article topics.

The Future:

Once summer rolls around we will have more time to build/perfect. Below are our plans for the future. Suggestions are welcomed and encouraged so please reach out and give us your thoughts!

- Formally recorded routines with athletes in uniform
- Recorded routines with live-action captions
- Regular updates via our Instagram page ([gymnformation19](#))

Thank you for your support and feedback! Stay tuned for the future of Gymnformation!