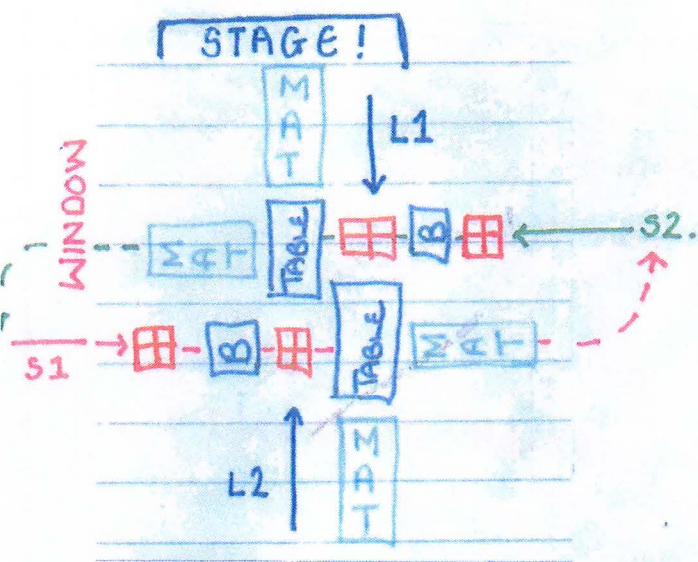


# Gemini New!

1, 2, 3, 4



one, two, three, four starts with **LONG ONE**.

**SIDE TWO** follows (roughly when the **LONG ONE** is jumping for the trampet

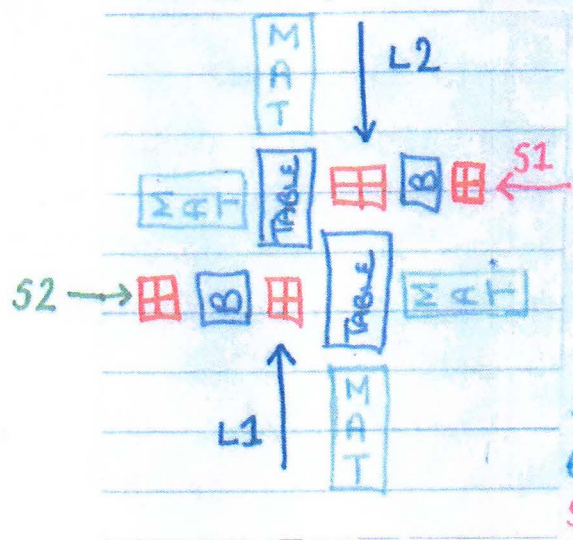
**LONG TWO** goes after **SIDE TWO**.  
**SIDE ONE** follows after **LONG TWO**.

Always after the person on the **RIGHT**

'repeat till all gymnasts have gone.'

## Mirrors

you **MUST** sort out your mirrors before the display starts!

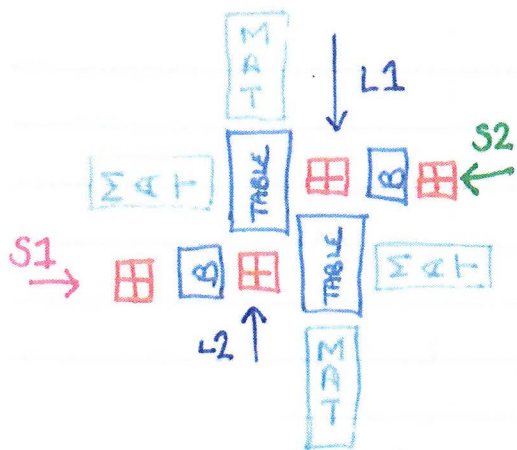


**LONG GROUP 1** and **2** go together  
You **MUST** hit the trampet and vault together both landing at the same time. (DOING THE SAME VAULT).  
The most experienced gymnast should come down to the least experience gymnast level.

**SIDE ONE** and **SIDE TWO** go together

'repeat till all gymnasts go through.'

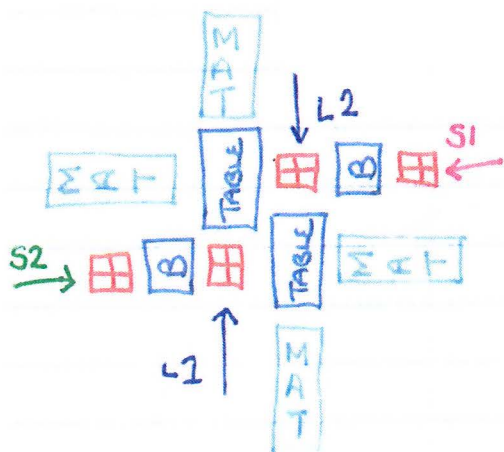
# 1, 2, 3, 4 Tricks



one, two, three, four starts with Long group (like at the beginning) SIDE TWO follows them then LONG two followed by SIDE ONE.

LONG GROUPS can and preferably include the side groups in the tricks.

## Side group bomb-burst.



Both side groups go but should try and time it so they finish at the same time. When the person in front of you is hitting the second trampet you should be going to hit the first trampet LONG GROUP DOES NOT VAULT

## Long 1, 2 (Flag as well)

do a one two to finish the display.

The flag can be brought in if you are not doing victory as well.

The gymnasts will then carry out the finale on table/buck.

SIDE GROUPS DO NOT VAULT.

Routine Finished.