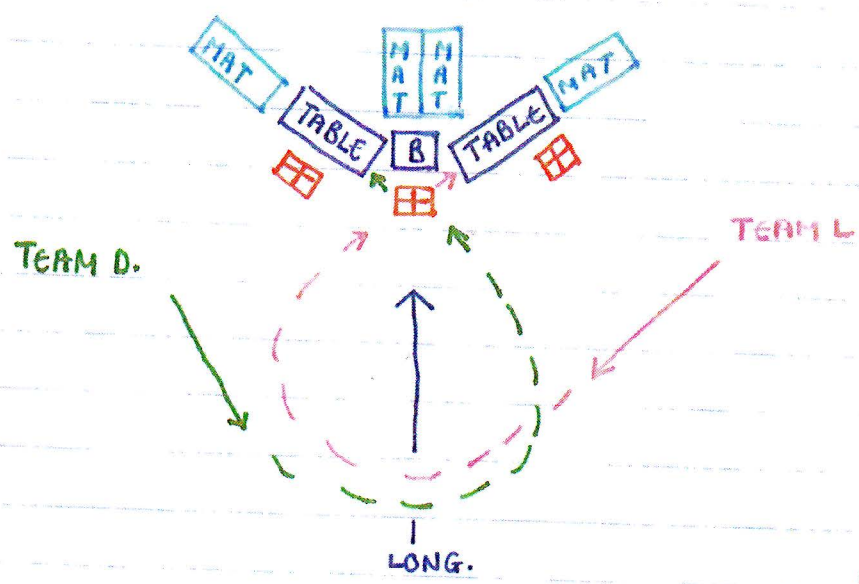


# Victory

## Swingrounds..

**Short Group Clue:**  
up till split

Left team (as labelled DANNI team) go after long group.  
Right team (labelled laurens team) go after DANNIS team.

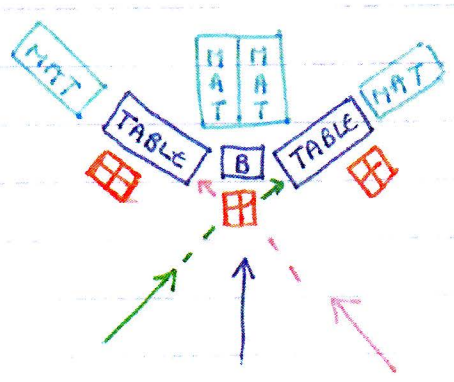


Two people from the long group will start on the tables with a senior going through the middle to start of the routine.

Team L will go **FIRST** (after long) running **INSIDE** of the swings (as demonstrated)

Team D will go shortly after running on the **OUTSIDE**.

## Multiples 1, 2, 3, 4..

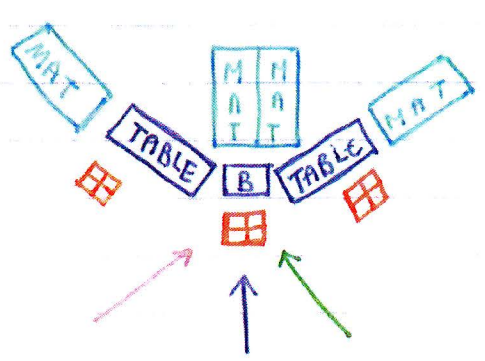


(Repeats for 3 & four)

One person from Team D goes  
one person from Team L goes  
one person from Long goes } **Multiple ONE.**

one person from Team D goes  
one person from Team L goes  
one person from Team D goes  
one person from Team L goes  
**TWO** people from **LONG** goes } **Multiple TWO.**

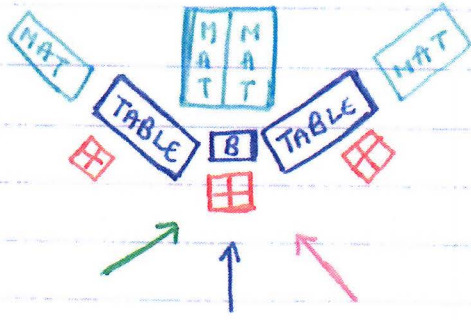
## Straddle..



Team L's nominated person to straddle rolls on first, then on Team D person rolls on followed by the long.

Team L goes  
Team D goes  
Long goes

# Kneels.



Team D'S person who is kneeling goes on first, followed by Team L.

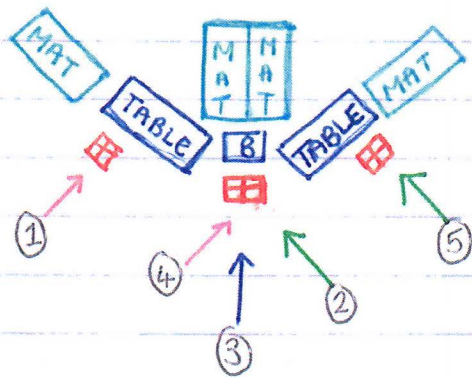
Team D goes  
Team L goes  
Long goes

repeat till  
all gone  
through.

# Split (side groups)..

Side groups split into half as demonstrated in picture below. The first half goes to trampettes on short table (~~Short~~)  
The second half goes to the long table (~~Long~~)

# 1, 2, 3, 4, 5..

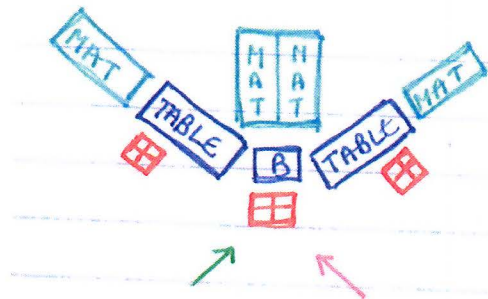


Teams go as labelled:

one from team one  
one from team two  
one from team 3  
one from team four  
one from team five

repeat till  
all gone through.

# Side group 1, 2

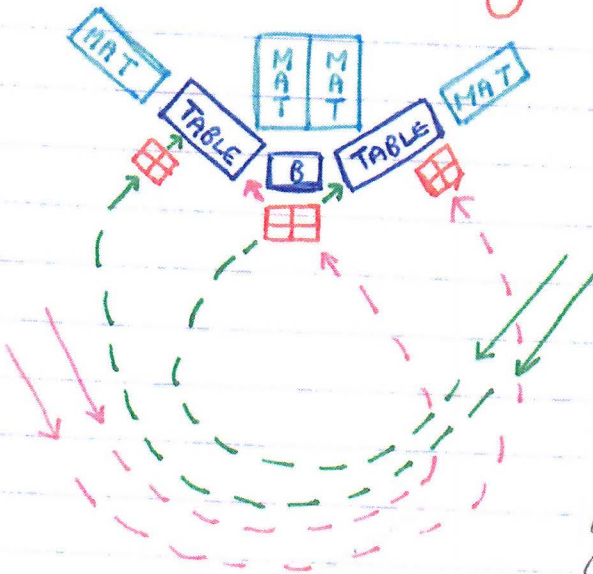


The two side groups who are classed as the (long part) do a one, two starting with Team D.

# Long group elements..

Flag & pyramid. 3 people from the trampette numbers 1 & 5 stay to do pyramid, the other three join for the swinground.

# Double Swinggrounds..



## After pyramid..

The three people from each team who are doing the pyramid will join the end of the other team. The gymnasts should pair up with one experienced and one less experienced gymnast.

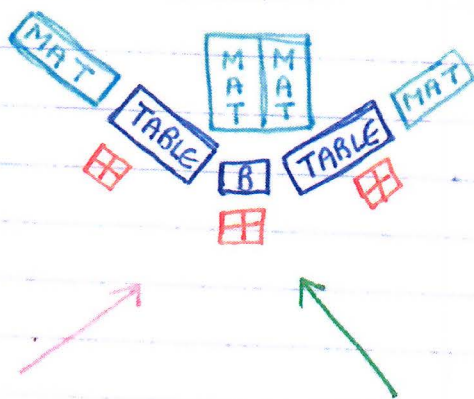
The less experienced gymnast will run on the **INSIDE**, and the other complete their vault on table short running on the **outside**

**Team D's pair** will go first as soon as the pyramid has dismounted. **Team L's pair** will follow but has to allow **team D** to hit the trampette first.

**TWO** people from **Long** will go through the middle.

The process then repeats itself starting with **Team D**. They must wait for **BOTH** members of **Long** to go through. Repeat till all gymnasts have gone through.

# Side group bomb-burst..



**Team L** starts the bomb-burst off followed by **Team D**. It then repeats as a one-two as much as there are no gymnasts left in the side group.

After they have finished the side groups should run to the trampette and display in kneel position.

# Long group bomb-burst & dismount..

**Long** will do their bomburst ending in their dismount when finished side groups stands in preparation to leave the arena.

**REMEMBER:** Both side groups are the same so you can change teams with no issue!