

ATTENTION COACHES, AND ATHLETES,

Here is a great opportunity for all young Athletes to show case their talents outside the Gymnastics Arena.

My name is Mindi O'Brien and I am Canada's top fitness Competitor. I'm also the owner of TEAMOBRIEN FITNESS, a mother of a 17 yr old son, a wife and Professional Fitness Model. I was a provincial level gymnast for 15 years, coached by Lise Goertz and Mirella Colantoni at Sparks Gymnastics/Energy Gymnastics in St. Catharines, Ontario.

Currently I am the Ontario Fitness Rep for the Ontario Physique Association and my goal is to build the sport of fitness in Canada. We have many talented athletes in Canada and I would love to see this beautiful sport continue to grow and develop worldwide.

My journey competing in the Fitness Arena, allowed me the opportunity to develop many strengths; one in particular was personal growth. It taught me to set goals and challenge myself on a daily basis. I learned how to live a healthy lifestyle and learned how to fuel the body following a well balanced nutrition plan. I built a positive attitude, learned organizational skills, and met new friends. Fitness allowed me to continue to compete Provincially, Nationally and Internationally.

I am pleased to introduce to you Junior Fitness. Our focus is to create a healthy and positive image that will demonstrate to them how to live a healthy lifestyle and have fun at the same time.

WHAT IS JR. FITNESS????

Junior Fitness will allow you to showcase your talent and love for performing by participating in Jr. Fitness competitions!

Jr. Fitness competitors perform a 2-minute fitness routine; a high-energy combination of gymnastics, dance, flexibility and strength skills. The routine is choreographed to the competitor's choice of music and the competitor wears a fitness costume of her own creative design!

RULES & JUDGING CRITERIA:

The criteria used to judge the Jr. Fitness Class will be based on two categories:

1. Routines
2. Presentation/costumes

Routines: The routine is choreographed to the competitor's choice of music and the competitor wears a fitness costume of her own creative design. The routine will be 1:30-2min in duration and the routine should consist of high energy combinations of gymnastics, martial arts, dance, cheer, flexibility and strength skills. ****Props are

allowed, but must be approved by the Show Promoter and the Ontario Physique Association.

Presentation/Costumes: The competitor will be brought on stage individually and walk to three pre-determined points on stage. They will be judged on poise and confidence. Costumes will be judged during the fitness routine round and the Presentation round.

AGE GROUPS: 10yrs & under
11-14yrs
15-19yrs

There will be no swim wear round and the competitors are NOT judged on their physique or body shape. (We are trying to create a healthy and positive image. Focus should be on a healthy lifestyle and having fun.)

FITNESS-OPEN-LEVEL 1-4: COMPULSORY SKILLS:

**IN ORDER: 1 ARM PUSH UPS-2 CONSECUTIVE
4 HIGH KICKS
STRADDLE PRESS HOLD
FRONT SPLIT
L-PRESS HOLD**

**THERE SHOULD ALSO BE SOME KIND OF INVERTED MOVE:
HANDSTAND, CARTWHEEL, ETC....**

If you are interested in learning more, please contact me @ teamobrien@cogeco.ca
or www.mindiobrien.com

Thank you and I look forward to hearing from you.

**Mindi O'Brien
TEAMOBRIEN FITNESS**