



TEACHERS INFO SHEET

We guarantee that Gymlast® will be a complete success if your student leaders are **ORGANIZED** and **ENTHUSIASTIC** about the event. Your Student Leaders are the most important part of the Gymlast®! We will add the equipment, expertise and excitement. Here are a few things you can do to make the Gymlast® a success at your school:

1. Divide the school body into FOUR TEAMS and assign a minimum of **TWO ENTHUSIASTIC STUDENT LEADERS** per team. Give a list of team members to the team leaders.
2. Have a meeting with Student Leadership; **Make a few copies** of the 'Team Captain Responsibilities' sheet on page 2 and **go over responsibilities with the student leadership.**
3. If possible **give the teams a chance to meet and practice their cheer before the Blast.** *Stress that the student leaders are to be prepared for the Gymlast®. The team poster and cheer should be completed before this meeting. The teams should incorporate their team colour into their clothing or perhaps plan face painting, etc., for the Blast to enhance their decorations.
4. **Encourage students to bring a water bottle with their name to the Gymlast®.** Hydration is important and this will eliminate water time lining up at the fountain! The students can safely keep their bottles in their team corners.
5. Advertise the Gymlast® to get the hype going. Usually a week in advance. **Go to www.gymblast.com to download your promo posters!!**

Generally, the more preparation a school puts into the GYMBLAST®, the more the school benefits from it. We realize some schools have limited time to prepare, but the team leaders should be ready with cheer and a poster/decorations for the BLAST to be more effective.

GYMBLAST® SUPPLIES LIST

We usually arrive to set-up one hour before the BLAST. It would be nice to have two responsible students to help. Please have these things ready for when we come. Thanks in advance!

____ ensure the stage is cleared off and available

____ ensure all the basketball nets are raised or swung to the side

____ ensure easy access to the gym doors-closest to the stage if possible
(remove playground chains and locks if they block access)

TEAM LEADER RESPONSIBILITIES:

1. To work alongside the Gymblast® Team organizing the event to make it a success.
2. To make sure the event is **fun for ALL**, regardless of who wins.
3. **Use your words to encourage** and build up your team and everyone else in the gym.
4. **Be organized** for the Gymblast®. You are responsible for getting these things prepared:
 - a. Come up with a Team Name. **Your name MUST include your team's colour.**
examples: Green Giants, Blue Waves, Red Peppers, Yellow Submarines, etc

Here are the four team colours:

>RED >BLUE >GREEN >YELLOW

- b. Invent & practice a **team cheer**. Be creative.
 - c. **Decorate your corner** of the gym (i.e. posters, banners, use your team colour)
**Please have at least one large poster with your team name on it*
 - d. **Any balloons MUST BE ATTACHED TO THE WALLS, out of reach.**
 - e. **Get together with your team** to go over your cheer and organize the events.
 - f. Keep team members informed about the time and date of the Gymblast®.
5. Be encouraging by **being a positive team leader**. If you are excited, your team will be also!
6. Help clean up after the Gymblast®.

GYMBLAST® GUARANTEE

"If you do your job as a team leader by being organized, enthusiastic, and encouraging, we will bring our Gymblast® energy and we GUARANTEE it will be a HUGE success for your school!"

