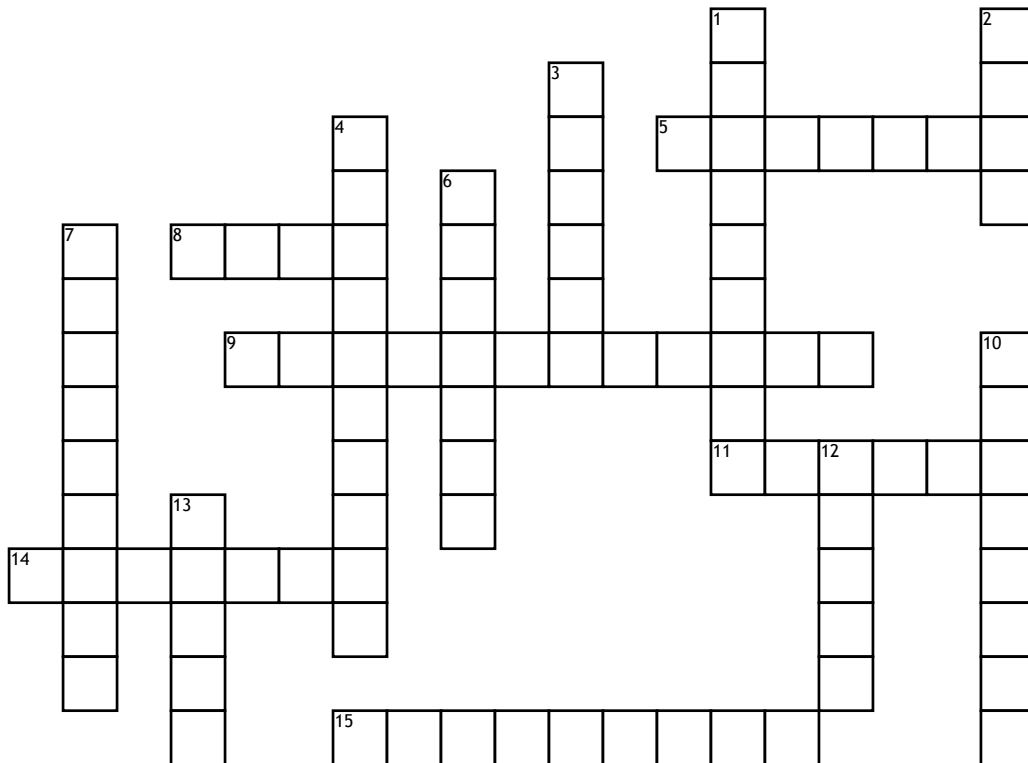


# "Courage to Soar" Crossword Puzzle



## Across

5. The complete loss or absence of hope.  
 8. A rectangular artistic gymnastics apparatus, as well as the event performed using the apparatus.  
 9. When the gymnast swings on the high bar backward with legs straddled, then they let go of the high bar and catch the low bar as they're swinging back around.  
 11. An ancient tradition of devotional praying in Christianity, mostly a Catholic tradition.  
 14. On bars, a deeply compressed straddle circle from handstand to handstand. Can be done both front and backwards.  
 15. Secure with a padlock.

## Down

1. The amplitude, form, style and technique used to complete the skills in in the performance of a routine.  
 2. An event, placed at different heights and widths, allowing the gymnast to transition from one to another.  
 3. The vault was named after the first gymnast to perform it at an official FIG competition, usually the World Championships or Olympics: Simona Amânar  
 4. Required by law or a rule.  
 6. Combination of skill elements on one apparatus or event.  
 7. The technical equipment or machinery needed for a particular activity or purpose.

10. Performed on uneven or high bar, from a handstand to a back giant swing down, tap and releasing to a backward straddle release over the bar to regasp. Also called a reverse hecht.  
 12. An event, exercise in which the athlete leaps over a form that was originally intended to mimic a horse.  
 13. An event on this, refers to a specially prepared exercise surface, which is considered an apparatus, and has springs for safety.

## Word Bank

Bars	Vault	Beam	Routine	Apparatus
Counter Swing	Novena	Amanar	Execution	Stalder
Padlocked	Despair	Floor	Tkatchev	Compulsory