

Name \_\_\_\_\_

## Vaulting in Gymnastics: The Art of the Perfect Launch

### Short Answer

1. Describe the key components of the vaulting apparatus and their roles in a gymnast's performance.
2. What factors do judges consider when evaluating a gymnast's Execution score in vaulting?
3. Explain why timing is crucial during the sprinting phase of vaulting and how it affects the overall vault.
4. List three common vaulting styles or techniques used by gymnasts.
5. How does a gymnast's choice of vault impact their Difficulty score, and why is this choice important?

