



▶ HIGHLIGHTS FROM
"GET A GRIP"
ACROFEST 2006



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FORWARD TO
ACROFEST 2007



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ACROFEST

Acrofest 2007

Andrews University

Power of One

*For there is **one** God and **one** mediator between God and men, the man **Christ Jesus.** 1Timothy 2:5*

Looking back to "Get a Grip"

Acrofest 2006

As I sit to write about ACROFEST 2006, at Southern Adventist University, many memories come to mind. Most have to do with sleepless nights, physical and mental anguish and many answered prayers. I also wonder, was it worth all that effort? Did the athletes and coaches learn enough, were they challenged, did they take back skills or ideas? Were they motivated to make their teams better? And most of all did they leave ACROFEST 2006 having a better grip on God?

I'm not sure is everyone benefited from those fast three days in November but I have had a few incidents this semester to that affirm it was beneficial to some. On a recent trip to Chicago, we stopped at Spring Valley Academy and also Andrews University. At church on Sabbath the Spring Valley Academy gymnasts sang the "Get a Grip" theme song with enthusiasm and feeling. The Andrews Gymnastics welcomed us with open arms; and we had fun sharing and learning Teeterboard and Russian pole moves with some of their eager and talented gymnasts.

The next weekend found us

helping at Highland Academy's ACROFEST. Their team was a great host and we again heard the "Get a Grip" theme song sung passionately by Memphis Jr. Academy, Highland Academy and Madison Academy students. The Madison team had even added to the song, this brought smiles from all of us.

I have gotten many thank you cards and emails in regards to ACROFEST 2006 and that was much appreciated. However one e-mail I received about a month after every thing had calmed down, with our gym back to normal, that made me know for sure it was well worth the time, effort and sleepless nights. I will share with you those words that will motivate me to do ACROFEST again in the future... in the distant future!

"I just wanted to say thank you again for the wonderful time at ACROFEST. I don't think I've stopped talking about it since I got back! It did a lot for me spiritually also. So again thanks! I was curious...one of the other things that has been kind of non-stop since I've been back was that theme song. I tend to just hum it randomly. I

was wondering...if it is alright with the guy that wrote it if you could send me the lyrics and chords for it. I like it a lot!"

I like it a lot too! I praise God for the vespers of over a year ago, that sparked the desire for a special theme song for ACROFEST 2006. I praise God that Scott Kabel let his talents and mind be used by God to write it. So as you finish out your year and plan for next year and ACROFEST 2007 and "the Power of One" remember to:

*Get a grip on God
He's got a grip on you
and there's nothing keeping us down
cause he's holding up our hands
so if you want to break free
just hold on to Him and he'll fashion your wings
for heavenly breezes and earthly winds*

Rick Schwarz
Coach
SAU Gym-Masters





The Power of One

Since then Acrofest has grown in the number of participants, clinicians and the diversity of stunts and skills offered to each athlete. Coach Lighthall and the Gymnics are working to create an Acrofest that will be a beneficial and memorable experience for every coach and athlete in attendance.

The theme for next year is "The Power of One." While this might seem an usual theme to select for a team oriented sport, the purpose is to highlight the reason why we come together as teams. We must constantly remember the source of our talents, and the spiritual influence of Christ on

the audience through our performances on and off the mat. At Acrofest we will highlight **the power of one** team member, **the power of one** team, and **the power of one** God. We are excited about exploring the impact God can have on us and we can have on the world around us.

We are increasing the number of clinicians in the area of sports acrobatics as well as expanding the types of cheer stunting taught from pyramids to 2-1 stunting. Keep looking for updates of what is coming up for next year and starting planning now!

MASTER THE HANDSTAND: tips & drills



The Skill

Start in a lunge position and lean forward raising your back leg. When your hands hit the ground kick up and hold the handstand. Your body should be tight and in the hollow position with your arms straight and shoulder width apart, head neutral and shoulders fully extended. It should also be as tall as possible. Use your fingers, shoulders and arms to make slight adjustments in order to balance.

Drills

Lay on the ground in the hollow position slightly lifting your arms and legs while pushing your back into the ground. Keep your body tight! Also, try cart-wheeling into the handstand so that you are facing and against a wall. Place your hands about one foot away and allow only your toes to touch. As you improve move closer to the wall. This drill helps to put your body into the correct position for your handstand.

Things to Avoid

- Arching your back.
- Hanging your feet behind your head.
- Bending your arms except slightly for balancing.
- Having a loose body
- Putting your hands too far apart.

After 10 years Acrofest will be coming back to the campus where it was born. In 1991 Coach Kalua and the Gymnics organized and held the first SDA Acrofest on the campus of Andrews University.

remember Acrofest...

My first Acrofest was at Union College. That year was also my first year on our school's gymnastic team, the Aerokhanas. While driving to Nebraska, I got the idea that our team was pretty good and that we would show up at Acrofest, teach every one a thing or two, and then go home. Boy, was I wrong. When we first arrived, I was taken aback by all the teams that had come to participate. Another thing that hit me, as I sat and watched some of the teams warm up, was how much talent every one had. Through that first day I had to swallow my pride and realize how very little I really knew about gymnastics. But the biggest thing that impressed me about that year at Acrofest was how everyone was so eager to point to Christ. The theme that year was "One team, one focus" and that really was the case. After every routine on Saturday night each team would point toward heaven, giving God the glory. I went home from that Acrofest with a completely different out look on things.

The next Acrofest I went to was at Southern Adventist University. This time I had a little better understanding of what I was getting myself into. I wanted to go to Acrofest to not only learn new moves that I could use for our team, but I also wanted to improve some of my gymnastic abilities as well. But God must have wanted me to learn something else, because on the first day of Acrofest I sprained my ankle. I was pretty upset that I wouldn't be able to participate. But because of that I had a chance to step back and focus on the bigger picture. Instead of worrying about what I would learn, I had the opportunity to step back and learn things that would benefit the entire team. And the biggest thing I got to sit back and really enjoy was the spiritual programming. The theme for this Acrofest was "Get a Grip on God," and through the morning worships and the weekend speaker I found myself thanking God for the opportunities to worship him with a lot of teams that all felt the same about God.

My favorite thing about Acrofest is that teams from all over the nation can come together to not only do gymnastics but also talk and worship God through our talents. I enjoyed being able to sing and worship God with all the other teams that were there. Acrofest is definitely one of those once-in-a-lifetime kind of memories.

*Jessica Weaver, Girls Captain,
Great Lakes Adventist Academy Aerokhanas
Class of '07*

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Power of One

“Get a Grip”

Acrofest 2006

