

The World Should Function like a Gymnastics Meet

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If you ever had a chance to attend a gymnastics meet, you probably know exactly what I'm talking about. Especially when you get that bonafide NCAA level kind of the great sport, you can really see it more.

Like wow. From a pure physicality of the sport aspect, so impressive.

Now, I can't speak for the Men's side of things on a personal level of what I witnessed firsthand but when it comes to the Women's, the incredibleness doesn't stop there.

This sport is **AMAZING**, y'all!

Reason #1: Organizationally:

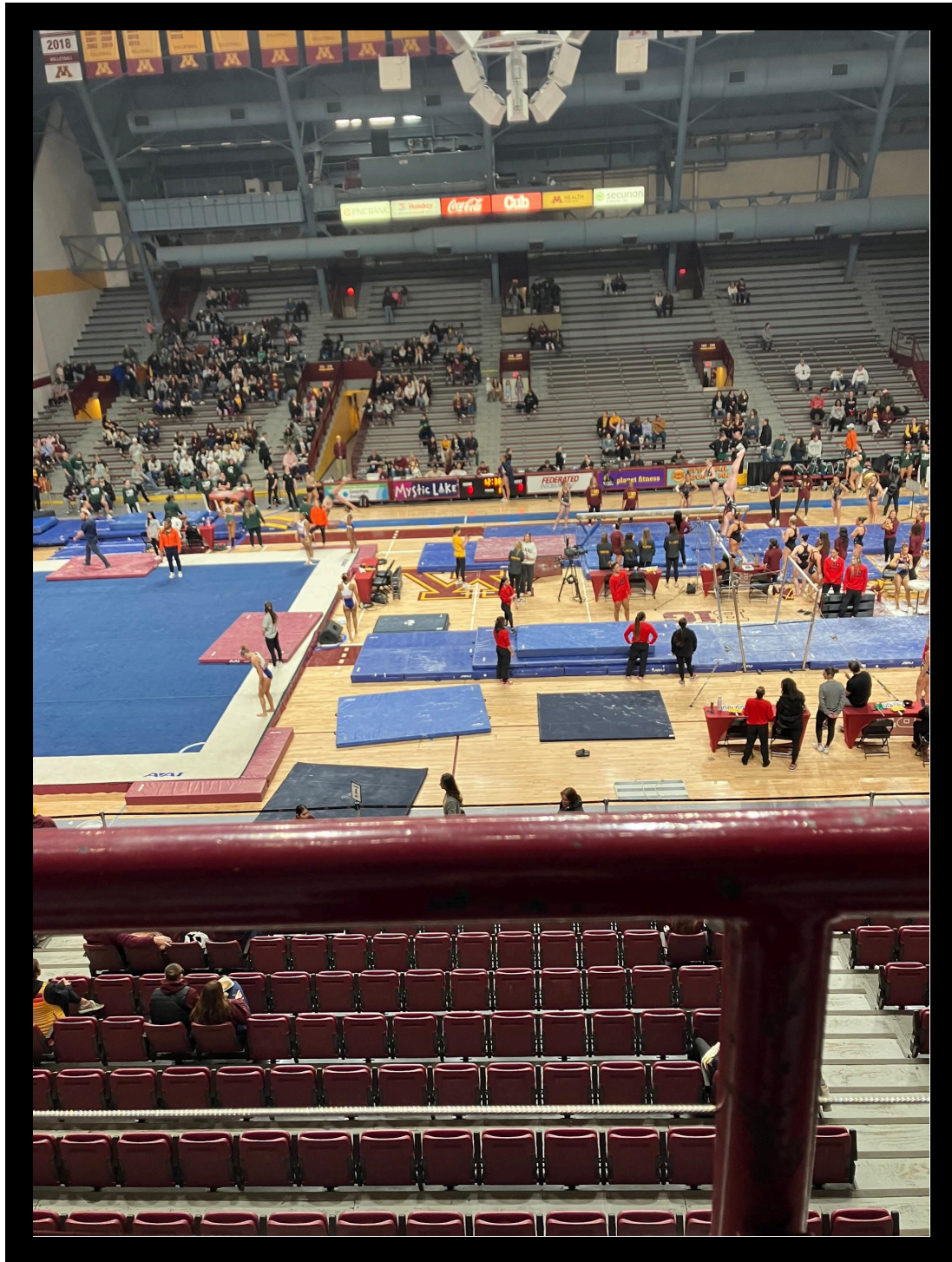
Now, as you can see in the image above that now rests in my "hearted photos" due to the great memories it provided, there are 4 teams listed but the host was the University of Minnesota's Golden Gophers. Also in attendance and partaking in the "sporting festival of energy" were Michigan State, Rutgers and The University of Illinois.

At a quad meeting like this, it is precisely what you would expect actually.

Complete and utter organized chaos.

One team on the Uneven Bars, one team on the Beam, another on the Floor and the last on the Vault. All running smoothly and crazily together as some sort of chimera-like-well-oiled-machine. So once things get going, if you look directly in front of you, you can see one or two of the apparatuses and whatever team is currently rocking them but if you look further, you can see one or two more in the distance.

Pictured a little bit below:



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Are you mostly interested in one station or one particular team? You got both. Literally designed for any type of fan... and watching it move like that is strangely therapeutic to my light anxiety. Seeing it all move along, regardless of every reason it could not, it still happened wonderfully

and beautifully due to the hard work of everyone there and otherwise. But before I get further into why those particular activities are particularly awesome beyond their epic champions dominating them, I'm not lying when I say one of the best parts of a gymnastics meet lies in the "walkout/ hype entrance."

Reason #2: Hosting/ Welcoming:

Any person who knows me well in the world of sports context knows that I love when the lights go down before the events begin, the different shaded lights pump and the music pounds out of those speakers. To me, it's exactly when the best vibes are felt and yet with a gymnastics meet, they somehow take it to the next level.

So, remember when I talked about the four teams and described it as a particular type of festival? Yeah... because that's exactly how it feels.

In the walkout, they don't just say... "(Watch this highlight reel of your athletes)... AND... Welcome **your** Golden Gophers and here are the others... *boo enemies!*"

Nah, that's not how a gymnastics meet operates. **Not** how it rolls, flips or moves around here.

Instead, they literally show a "highlight reel/ hype video" for each team and then introduce every last gymnast with a first and last name (and possibly more information but I can't remember that exactly). From each team. All 4 teams worth. Yeah... it's awesome. It's almost like they just kind of happen to be in Minnesota but the goal was to make each of them feel comfortable and at home. Which is exactly where we get into the next point I was going to make, the support.

Oh! Quick side note first though, Rutgers University also totally won the unofficial "Mike Casey" award for the best walkout/ hype video. Everyone else had a fun electronic (EDM) song but not them. Drowning Pool's "Bodies," introduced their particular vibe and energy real quick and good. Metal music definitely used right and a big respect from me for the ingenuity. Well done.

Reason #3: The Support and the ENERGY:

Alright, the walkouts and the organized chaos are both equally parts impressive and fun but let's get into another reason why all political organizations, governments and such should adopt the "gymnastics meet model" for all their meetings, day-to-day operations and so on. Can you imagine how beautifully funny and awesome it would be if the United Nations just had those style of introductions then while people are presenting, their neighbors clapped along and gave them nothing but well wishes?

Yeah... that's exactly what I witnessed here. It didn't matter what leotard color or design they wore. It didn't matter if they were on their own team or not. They just wanted to see them succeed.

Simple as that.

Sure, the cynical mind could assume that maybe they were faking it. Maybe they didn't actually care and were just "going through the motions of support," but then you can also just ask yourself, maybe they weren't? Maybe they actually meant it, yeah? So, I guess without a lie detector or the telepathic powers of a science fiction movie, we'll never really know for sure if it was real support or not so personally, I believe we might as well assume it was all genuine. Because it just already fits the other trends and ideals within that space. Like that welcoming attitude and more that we already discussed. All good things.

Anyways, if you are inspired by this article and watch something like the NCAA National Championships on TV sometime too, you'll see this again. All over again.

Still supporting their opponents and teammates alike but would you believe me if I said it doesn't completely stop there either? They are *even* cheering on the random individual athletes from schools who don't even have their teammates there. For example, you could have the four teams aforementioned from before (Minnesota, Illinois, Michigan State and Rutgers) but if it was a big enough meet further along in the tournament process, you could have individual athletes representing places like Washington or Florida. People who were recognized for being incredible but their team couldn't quite play with the "big dogs" long enough. Thus you get a few, maybe one or two people, FAR away from their whole team but frankly, it didn't matter.

They were ultimately adopted into the whole culture regardless and cheered for anyways. Made to feel like they too belonged no matter what. People who should know that they are also so much better than their lowest point. Which is where we are going for our fourth and final reason.

Reason #4: Get Back Up/ You are More than Your Lowest Point

Looking at these people pouring their blood, sweat and tears onto the mat or structures all in the attempt to be a better and more well-rounded version of the human triumph, it's easy to see the "glam and power" that they possess. Glitter covered faces, cute bows in the hair and yet, the extreme power is there too.

Legs like iron. A core like titanium. Arms like steel. You get the point.

But yet, even when you combine all of those things, our bodies do still have limits.

The best can fall sometimes and when they do, it's important for them to get back up and try again. When you fall off the beam or mess up a particular kick style, you just have to remember that you are worth way more than one mistake. So what? You made a mistake. Big deal. Everyone does. Move on.

Just stand back up and try again. Your teammates, the crowd and many people around you have got your back.

Oh and from a point value side of things, they drop the lowest score on each apparatus so you only have 5 of the 6 going for each team to get scored anyways. So, it's all good! You won't drop it too low for everyone else! Just shake it off and get back out there when you can and should. Your team doesn't need you to be perfect. Just be your best self and that's all you can do.

Conclusion:

Looking at Organization, Welcoming, Support and Perseverance, we can see a trend here and it's something pretty dang nice.

Good vibes.

That's it.

Watching their desire to win shown purely through the flips, kicks and more, we transfer the "boo the opponent" into something more like "Hey! You aren't on my team but that's okay! I would prefer my team to win but I still respect your work ethic and attitude. Best of luck!" Which if you ask me, I think it's a definite upgrade compared to some events I have attended in the past or others since this.

Now, is gymnastics perfect? Of course not. There probably is some jerk somewhere out there within this awesome sport. Obviously. Bringing the average down with that outlier. But the main point I'm trying to make is that the overall trends show the opposite of that and those people are exactly that, an outlier.

So, what does all this mean? Ummm... we get it Mike, you like gymnastics but why did you write this article? Also, why is the title like that?

Well, play around with the "what-ifs" with me and just imagine if we took this approach to our sometimes "heavy competition-based life" in general. We wouldn't see a friend as someone who could possibly date our crush instead of us. We wouldn't wish for an opponent's business to fail. We wouldn't wish for the other person to lose their house so we could buy it. Instead, we would wish them all success and know that what will happen will happen. All we can do, without poisoning our own souls by being hyper and overly competitive jerkbags, is just try our best, get back up when we fall and wish the best upon others.

Because when we do that for them, chances are they'll return the favor. If not, well... that's life.

And I like to think that's a pretty dang epic way to live.