

WHEREAS, participation in gymnastics provides a strong foundation for fitness and helps young people develop skills that enhance performance in other sports; and

WHEREAS, gymnastics is a fun way to build strength, flexibility, coordination, self-esteem, and goal-setting abilities; and

WHEREAS, National Gymnastics Day provides a unique opportunity for gymnastics clubs across the nation to increase awareness of the fitness benefits of the sport while raising funds for the Children's Miracle Network.

NOW, THEREFORE, I, Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim September 12, 2009, as

GYMNASTICS DAY

throughout the state and encourage all South Carolinians to recognize the positive benefits of participation in gymnastics on the healthy development of the young people of the Palmetto State.