

# GYMNAST Album

By Lisa Frayne



## Supplies

Custom Wordbooks - Custom Word - GYMNAST  
Stamping Station - Gymnastics Background Paper  
Stamping Station - Gymnastics Antique Stickers  
Stamping Station - Gymnastics Antique Metallic Tags  
Karen Foster - Gymnastics Sport Plate  
Pattern paper in gym colors  
Ribbon in gym colors  
Black, white, and silver cardstock

## Directions

Note: Everything for this project needs to be inked

1. Assemble the album following the directions that come with the Custom Wordbook.
2. Cover the pages of the album, alternating the different pattern papers.
3. Cut different size circles out of the pattern papers. Adhere circles randomly on the pages and cut to fit (see photos for examples).
4. Print the name of the gym on white cardstock using your computer or rub-ons. Mat in black and silver, pop-dot, and adhere to the letter G.
5. Cut appropriate words out of the Stamping Station Gymnastics paper. Mat in black, attach ribbon, pop-dot, and randomly adhere on the pages (see photos for examples).
6. Mat photos in white and black and adhere to pages of the album.
7. Adhere additional embellishments throughout the album (see photo for examples).
8. Attach ribbon to the rings of the Custom Wordbook.
9. Enjoy!













