
OCTOBER TEAM NEWSLETTER

Hello! We hope everyone has adjusted to the Fall schedule and we are very excited by everyone's progress going into the 2024 meet season!

OCTOBER GOAL: STRAIGHT LEGS

Garrett (all events, all levels)
Mindy (all events, all levels)
Christian (all events, all levels)
Charity (all events, all levels)

Jenna (FLOOR),
Stephanie (BEAM)
Tammy (XCEL)
Brooklyn (level 4)
Heather (level 4, xcel)
Kelsey (level 4, xcel)

WEEKLY ASSIGNMENT OVERVIEW

Below you will find an overview of what each day's main focus will be as we approach meet season! All athletes are getting used to doing full routines and I hope everyone is getting excited for our upcoming MONSTER MEET! We hope this helps when asking questions about "What did you do at practice today!"

Monday - BASICS

Tuesday - Routines + Routine Parts

Wednesday - Routine Basics + Conditioning

Thursday - Routines

Saturday - Warm Up Compete



CURRENT GYM CONCEPT

When you're chasing a big goal, you're supposed to feel great a third of the time, good a third of the time, and okay a third of the time...and if the ratio is roughly in that range, then you're doing pretty good.

We want to stress that there is a lot going on day to day while training gymnastics. There are 4 events, + warm up, + conditioning so there are many chances to have a good day. While working on other events, we know that we are still getting better and excelling at other things while training toward our goal. It's just a matter of how they look at it.

PRACTICAL APPLICATION:

Mom: How was practice?

Athlete: Bad

Mom: The whole practice was bad?

Athlete: No, just bars, I kept falling on my handstand

Mom: So you got stuck on that all day?

Athlete: No I went to every event

Mom: How were those?

Athlete: Ok

Mom: Nothing good?

Athlete: Well, coach Garrett said I was looking good when I saluted after my beam routine today.

Mom: Well that must make you feel good going into monster meet!

Mom: You can definitely do the cast handstand, it takes a long time to master a skill like that! Even athletes in college have a hard time and they have been doing it for years.

Athlete: The coaches have been talking about the rule of $\frac{1}{3}$ and how I need to think like that with not just my practices, but even with skills!

Mom: So glad we decided to have a good day!

Mom: Ok, let's go to Lulu and make it a great day!



STICKER CHARTS

Level Bronze - Level 8 have sticker charts to keep a visual track of how many routines they are completing and what they need to work on. We are mainly tracking BEAM & BARS but have similar sticker charts with goals at each level. Sticker charts are on the walls at the respective events. Athletes can add to the chart when they finish assignments on events.

Assignments will count towards sticker charts as well.

MONSTER MEET

OCTOBER 28, 2023 | THEME: HARRY POTTER HOUSES

- OCT Week 1 (Sorting Hat)
 - All athletes will be divided into four teams
- OCT Week 2 (Decorate for Your House)
 - All Teams can bring in and set up any and all decorations they want that go with their team spirit!
- OCT Week 3 (Candy For Success)
 - All about candy, for successful turns and routines athletes can earn candy and house points
- OCT Week 4 (Spook Week)
 - Monday - Spooky Hair Day
 - Tuesday - Spooky Costume Day
 - Wednesday - Spook Cancer Away with Pink
 - Thursday - Spooky Make-Up Day
 - Saturday - Team Houses Day



WARM UP TIME: FOR ALL LEVELS 10-12PM

The team will be divided into the 4 houses of Hogwarts: GRYFFINDOR, HUFFLEPUFF, SLYTHERIAN, AND RAVENCLAW.

There are posters for each house in the gym and during the month of October team members can earn house points for special prizes. Points are earned by getting sticks, showing effort, being coachable, making corrections, and many different things throughout the week!

Full and creative dress up is encouraged!!!!!!
Follow the colors or themes of the house, an easy Google search will give you great ideas.

As long as it stays on their body and is not obstructing judging, the gymnast can wear their costume during the competition.

You can stay for warm up

The next group will be able to warm up upstairs as much as they want throughout each session. If you want to stay for monster meet and watch all the levels it is encouraged! If not, please make sure you arrive 30 mins before your session start time. We encourage everyone to dress up and have fun.

Competition Start Time : 12pm



SESSION I - LEVEL 6/7/8/9/10 - 12:00-2:30

- Group 1 - Floor (6)
 - Aerra
 - Jazarah
 - Ella F
 - Sophia H
 - Aaista
 - Amari
- Group 2 - Bars (8)
 - Lilly B
 - Lilly G
 - Aubrie
 - Alli
 - Shaylee



- Group 3 - Vault (9/10)
 - Reagan
 - Brooklyn
 - Kennedy
 - Erin
 - Ryann
 - Lila
- Group 4 - Beam (7)
 - Jenelle
 - Emerson
 - Charlotte
 - Alex
 - Lydia
 - Inari

SESSION 2 - LEVEL 4/6/GOLD/PLATINUM - 2:30-3:00

- Group 1 - Floor (Platinum)
 - Nylah
 - Dawsen
 - Saya
- Group 2 - Beam (Gold)
 - Braylee
 - Lilly G
 - Alessandra
 - Allie
 - Elle J
 - Maci
 - Tenley
 - Mollie
 - Juliette

- Group 3 - Bars (4)
 - Emmeline
 - Rosalie
 - Madalyn
 - Brynli
 - Rynna
 - Bexley
- Group 4 - Vault (4)
 - Eliana
 - Francesca
 - Ella B
 - Gabby
 - Reese



SESSION 3 - BRONZE/SILVER - 3:00-5:00

- Group 1 - Floor (Silver)

- Sophia S
- Sophia W
- Kennedy B
- Hailey
- Autumn

- Group 2 - Beam (Bronze)

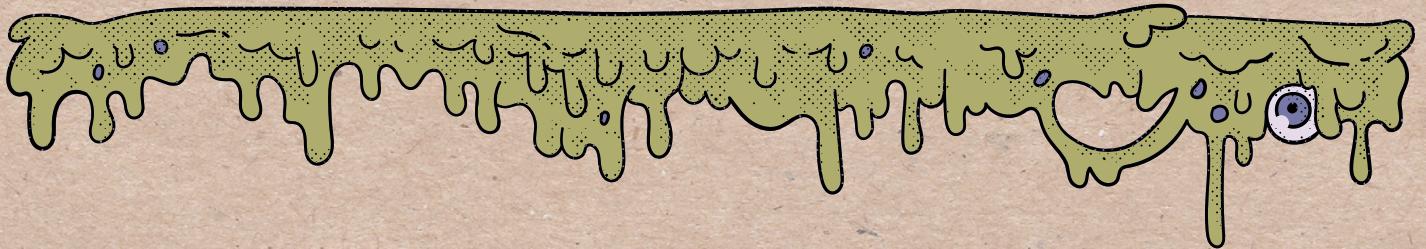
- Ricki
- Brystal
- Skyler
- Zoe
- Elissa
- Sofia J
- Riley
- Zoey

- Group 3 - Bars (Silver)

- Lia
- Vivian
- River
- Audrey
- Evangeline
- Ava
- Lilianna

- Group 4 - Vault (Bronze)

- Mckenzie
- Teah
- Raleigh
- Mariska
- Zara
- Amira
- Fasai



PLANNING AHEAD

<https://www.yourfgabc.com/meet-season-practice-scheduleclosures.html>