



# NOVEMBER 2021

## NEWSLETTER



### THANKFUL FOR FGA FAMILIES

The FGA Staff is so grateful to have amazing kids and families to work with! Thank you for choosing us to be a part of your lives!

It's a privilege to and a pleasure to work with families that invest in their kid's health and development. There's little I enjoy more than having a front row seat to helping and watching kids develop their physical and cognitive capabilities at any and every level. It's at the core of what we do and it's a pleasure to do it!

-Coach David

I am thankful to be a part of the amazing community of athletes, parents, and staff at FGA. I love to see the growth and development of kids through this sport, and be a part of their journey, whether for a short time or for over a decade. I am grateful to work alongside my husband and genuinely gifted co-workers that I get to learn and grow with.

-Coach Keeley

I feel blessed to have the opportunity to watch students grow, not only in this beautiful sport but also in personality and maturity. It is awesome to witness and influence the lives of so many amazing people!

-Coach Bekah

I'm thankful for the commitment of our parents and the opportunity to coach such wonderful students! I am always thankful for someone willing to learn and practice the art of gymnastics.

-Coach Connor

I am so grateful for working at FGA because I get to be a part of these kids' lives and watching them accomplish their goals and dreams through practices and competitions.

-Coach Tate

I love working at FGA for several reasons! I want to be involved with the Flathead community. FGA brings that to the valley. It is the positivity that we all need in our life. I also get to spend more time with my daughter which is a huge life/work balance. All my co-workers and participants in the program bring a huge smile to my face daily. I wouldn't want to be anywhere else right now!

-Carrie, FGA Front Desk



### TEAM ATHLETES OF THE MONTH FOR DETERMINATION:

Optional (level 6-10): **Brie Tweedy (training lvl 8)** for pushing through and putting her nose to the grindstone to get down her most difficult skills!

Compulsory (level 2-5): **Gemma Rodriguez (lvl 3)** for her consistent good attitude and willingness to work hard!

Xcel Silver- Platinum: **Brooklyn Bauer (Silver)** for continuing to push herself and her teammates around her to do better every day!

Xcel Bronze: **Shelby Farrington** for showing her teammates what it means to be a hard worker!

# THANKSGIVING EATS AND SWEETS

DANIEL LOWNEY

## Thanksgiving Eats and Sweets!

Thanksgiving is just around the corner with so many “to do’s”. Whether you are part of a traditional thanksgiving feast or another fun gathering with lots of tasty food, here are five things to stay on the wagon so you come back to school, practice, and work reenergized not desensitized.

- 1) Eat mindfully, meaning eat slow, with conversation between bites. Eat to almost full. If you can't tell, then mindfulness is lost.
- 2) Drink lots of water/low sugar, non-artificially sweetened/low calorie beverages before and

during every meal. Juice, energy drinks, sports drinks are the worst.

3) Fill up on whole healthy foods before desserts. Think portion sizes, main meal is 4x's bigger than the dessert.

4) Strive for balanced meals and portion sizes. Include vegetables, lean protein, and healthy fat at every main meal.

5) If you like seconds, wait 20 minutes to see if the belly is as big as the eyes. Enjoy the conversation of those you're with, just maybe you'll forget about the food that can be turned into tasty left overs and realize you're full.

Nutrition is not about eating perfectly, it's about eating mindfully. The holidays are one of the most important times to remember this.



## COACH OF THE MONTH:

**Coach Ethan** has shown great dedication to FGA both in his coaching and his work ethic. He is extremely upbeat and positive with his students and coworkers, always willing to go the extra mile! Thank you for all you do, Ethan! You Rock!



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 HALLOWEEN	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Tuition Due for December
21	22 Start of December Session	23	24 GYM CLOSED	25 GYM CLOSED Thanksgiving	26 GYM CLOSED	27 GYM CLOSED
28 GYM CLOSED	29	30	1	2	3	4

