



# March Newsletter

2023



## Team Athletes of the Month: Encouragement

Xcel Bronze: **Ava Henning** for her constant uplifting comments and kind nature during practice.

Xcel Silver: **Kinley Winegardner** for her quiet attentiveness towards her coaches and teammates.

Level 4 + Xcel Gold: **Ava Beck (XG)** for the positive energy and encouraging words that she brings to her practice group every day.

Platinum + Level 7-10: **Maya Schroeder (Lvl 10)** for encouraging her teammates, even during difficult practices and when her own skills aren't always going her way.

## FGA Lesson Plans! -- David Tighe

At FGA we value our role as an "Academy" where children not only participate in a sport, but are also taught that sport in an intentional and strategic manner. In the process of educating children we believe that set curriculum based programs bear the greatest results, giving every class the same opportunity to excel. Currently, our lesson plans span over a 3-month period. They are mainly in the form of circuits written out and used in our Developmental programs and act as a guide and resource for our coaches to create patterns of consistency, which gives students the greatest opportunity to grow in strength and skill.

Each lesson plan includes what equipment should be used, the order it is laid out, and multiple drills/skills at each station which promotes progression through particular movements and sequences. For instance, on Floor a common sequence for tumbling is a round-off, back handspring, back tuck (a backwards summersault in a tucked shape). Rather than

each coach setting up a few drills in random sequence, we designate appropriate drills in sequence so even those just starting gymnastics can go through the basic movements each skill in the "tumbling pass" require. For example, the first "drill" strengthens the arms while teaching students how to enter into a round-off by doing one of many forms of a handstand, starting and finishing in the most effective positions. Second station: cartwheel or round-off, using particular mat set-ups which make doing good cartwheels and round-offs easier. Third: developing the strength to both "punch" the floor with their feet in order to bounce through their tumbling passes, or jump into the skill from a standing position. Fourth: Uses either a coach for spotting and/or matting such as our "Boulder" mats in order to go through the shapes required in a back handspring. The final drill(s) teach students how to flip and perhaps even twist through rolling forwards, backwards, onto and off of elevated matting, and eventually



**Happy St Patrick's Day and**  
*Good luck at State* to our  
**Competitive Team Girls! AHHH FGA!!**



## FGA Lesson Plans! Cont.

through spotted and even solo back tucks.

Lesson plans are designed to leave room for coaches to work with their students at their appropriate level and change after each session to make sure that students who remain in the program consistently over a period of months are exposed to as many training tools and movements as possible.

Beginners have lesson plans for Olympic Circuit, which includes all 4 women's disciplines (Vault, Uneven Bars, Balance Beam, and Floor Exercise), Bars Circuit, Beam Circuit and Floor Circuit. Intermediate and Advanced gymnasts have another lesson plan for Balance Beam as, by that time, they have shown understanding of all the basics needed for that event through Floor and Olympic circuits.

Intermediates also have a little more time to spend as the class time bumps up from an hour in the Beginner class to an hour and a half. Not only are we constantly adding to and refining our class curriculums, but our staff is passionate about their jobs as teachers and coaches and strive daily to redefine fun through the best most exciting educational gymnastics classes we can offer.

We hope you enjoy our programs as much as we do!



## FGA Spirit Week

March 13<sup>th</sup>- 17<sup>th</sup>

### Monday: March Madness

Dress up like your coach!!

### Tuesday: Think Pink!!

Baby Brooks Day!!

### Wednesday: FGA Color WARZ

Wear your Green, Pink, Black, Yellow to Rep FGA

### Thursday: Throw Back Thursday

Dress up to celebrate your favorite decade!

### Friday: Luck of the Irish!!

It's St. Patrick's Day!! Come in ALL your green!

## FGA Coach of the Month:

Coach Mel has been a part of the FGA Staff since 2018. She coaches all of our developmental gymnastics' classes from Hot Shots, all the way to our Advanced gymnastics, as well as Preschool and our Bronze and Silver Team groups. Mel has received many compliments for her patience and her kind demeanor with the kids in her classes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27 March session starts	28	1	2	3	4
5	6	7	8	9	10	11
12	13 SPIRIT Week	14	15 Last day to drop for April	16	17	18
19	20 April Tuition due	21	22	23	24	25 March session ends
26	27	28	29	30	31	
FGA CLOSED – Spring Break – March 26 – April 2						