



January Newsletter

2022



HAPPY NEW YEAR!!

FGA's Glacier Challenge

Join us January 14th -16th for our 7th annual Glacier Challenge competition, held at Flathead County Fairgrounds in the Trade Center Building. This ALL-day event is filled with inspiring gymnastics, loads of great food and activities from vendors around the valley for kids of all ages to enjoy!

The Best Part: If your child is enrolled in classes at FGA, their admission is FREE! The first week of January, they will receive a coupon during their class to get in free of charge!

Team Athletes of the Month for Determination:

Xcel Bronze: Shayleigh Reese for her drive to work on the little details of her skills and routines.

Xcel Silver: Hadley Steen for her willingness to put in hard work to master her skills.

Xcel Gold & Platinum: Mavery Fauth for her "go getter" attitude and leadership on her team.

Compulsory Level 3: Henley Johnson for her undying love for the sport and her positive competitive nature.

Optional Level 6-10: Roma Cauble for her dedication and consistency within her practices, wanting to make improvements each day.





JANUARY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8 State Cup Missoula, MT
9 State Cup Missoula MT	10	11	12	13	14 FGA's 7 th Glacier Challenge	15 FGA's 7 th Glacier Challenge
16 FGA's 7 th Glacier Challenge	17 GC Recovery Holiday Gym Closed	18	19	20	21	22 Missy Marlow Meet Salt Lake City
23 Missy Marlow Meet Salt Lake City	24	25	26	27	28	29 Mount Helena Open Helena, MT
30 Mount Helena Open	31					

Hydration- Daniel Lowney

As a certified Nutrition Coach, personal trainer, massage therapist and gymnastics coach, one of the things I often have to discuss with my clients and athletes is the importance of hydration. Water and electrolytes are what our body needs most! Hydration has a huge effect on both our daily functions & athletic performance. The only way to combat this is to regulate our body's water systems by maintaining healthy hydration levels on a consistent basis. Simply put, WATER is very Important!

Helpful tips for Healthy Hydration:

- Write out how often your family is drinking juice, coffee or soda. These are high in sugar, which causes the body to use most of its water reserves to metabolize it and can have affects such as: jitters, anxiety, restlessness, and ultimately, stress other systems of the body.
- Exposure to the cold makes the body use a great deal of water to maintain its core temperature. We can quickly become dehydrated and may not even feel thirsty! Stay hydrated and monitor your water intake.



Coach of the Month:

Coach Anastazia

Coach Anastazia teaches a lot of our FUNDamental classes- Hot Shots, Beginner 5-7 year-olds, and Beginner 8+, as well as our Beginner Ninja Extreme classes. She displays her coaching abilities through her outstanding patience and caring nature with the kids in her classes! Thank you, Coach Anastazia!