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2021



NATIONAL GYMNASTICS DAY



! HAPPY FALL!

September 19th is National Gymnastics Day, a celebration of the graceful sport that tests everything from physical strength to agility to balance and coordination.

National Gymnastics Day was created in 1998 in the US as a way to promote the sport among young people and to honor the athletes, coaches, and clubs who have kept the gymnastics tradition alive and thriving for centuries!

Gymnastics originated as an activity in ancient Greece. Then, it was a way for people to exercise, stay healthy, and remain ready for battle. It wasn't until the late 19th century that it took on a competitive note. Friedrich Ludwig Jahn, a German educator, is considered the Father of Modern-Day Gymnastics. He was responsible for promoting some of the most popular gymnastics routines today.

These included the parallel bars and the still rings. In 1881, the Federation of International Gymnastics (FIG) was created in Liege, Belgium. In 1896, men's gymnastics was a part of the first modern Olympics, held in Athens, Greece. The 1928 Olympics featured the first female gymnastics events!

Today, gymnastics is a popular sport around the world with many prestigious competitors held throughout the year!

Celebrate National Gymnastics Day:

- If you have always wanted to try gymnastics, today is the perfect reason to begin.
- Encourage the children/ young adults you know to consider doing gymnastics! Who knows where it will lead them?!
- Send a gymnast you know a message or note letting them know that you are proud of them and their achievements !

Athlete Shout OUT:

Congratulations to our level 9s, training level 10s, Lucy and Maya, for catching their major releases on the Uneven Bars! Your hard work and dedication are really paying off! Keep it up, ladies!



Coach of the Month:

Coach Jessie!

Coach Jessie began working at FGA in May, and quickly grew to cultivate and demonstrate our mission statement in the way that she coaches her classes. She has received several compliments from parents for her patience and kind demeanor with her Hot Shot classes! Thank you, Coach Jessie!

SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30 2021-2022 Season Starts!	31	1	2	3	4
5	6 Labor Day! Gym Closed	7	8 NewFound Learning Begins!	9	10	11
12	13	14	15	16	17	18
19	20 October Tuition Due	21	22	23	24	25 End of September Session
26	27 Start of October Session	28	29	30	1	2

TEAM ATHLETES of the MONTH for - HARD WORK -

Optional (lvl 6-10): **Lauren McManus (training lvl 8)** for her desire to get better at each and every practice, taking on new challenges.

Compulsory (lvl 2-5): **Paisley Witte (training lvl 3)** for her improvement in her ability to take and apply corrections.

Xcel Silver-Platinum: **Hazel Murray (Silver)** for her self-discipline and drive to improve herself.

Xcel Bronze: **Saylor Purdy** for her consistent effort to focus on her skills and her coaches during practice.

Packing Lunches vs. Buying Out

-DANIEL LOWNEY-



Packing your own lunch has several benefits!

You can specifically pack for:

- Nutrient Density
- Avoiding food allergies
- Meeting energy demands for activities
- Specific digestive needs and intolerances
- Cost effective
- High quality foods
- Satiety

Nutrient density typically helps to balance energy needs, promoting a foundation for a healthy metabolism.

Buying out usually has much more negative effects:

- Calorie dense foods vs. nutrient dense foods

- Have loads of sugar, which is turned into fat when not needed for metabolism
- Cost a lot more in the long run
- Doesn't provide the proper energy balance for specific activities, leading to low energy production
- It often causes individuals to overeat and feel hungry shortly after because there weren't many nutrients for the body to work with

Nutrient Dense meals:

- Spinach salad with apple slices, walnuts, beets and olive oil
- Salmon and other fish with green beans

It can sound like a lot of work, but if you can make the time, go to the store and buy nutrient dense foods to pack your lunches vs. eating out, and you will be able to notice a difference.

