



March Newsletter

2022



Team Athletes of the Month for Encouragement:

Xcel Bronze:

Ellowin Brazell for her quiet attentiveness towards her coaches and teammates.

Xcel Silver-Platinum:

Annie Patterson (XG) for her constant uplifting comments and kind nature during practice.

DP Compulsory LVL 3:
Hazel Murray (XS) for the positive energy and encouraging words that she brings to her practice group every day.

DP Optional Level 6-9:

Zivah Baines (LVL 6) for encouraging her teammates, even throughout the difficult practices.



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 Coach of the Month:

Coach Mel has been a part of the FGA Staff since 2018 and has started a preschool program this year! She coaches all of our FUNdamental gymnastics classes from Hot Shots, all the way to our Advanced gymnastics. She also has a hand in our Xcel team program, coaching Vault and Floor. Mel has received many compliments for her patience and her kind demeanor with the kids in her classes.



March 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Start of March Session	1	2	3	4	5
6	7	8	9	10	11 Battle Under the Big Sky Bozeman MT	12 Battle Under the Big Sky Bozeman MT
13 Battle Under the Big Sky Bozeman MT	14 Spirit Week	15 Spirit Week	16 Spirit Week	17 Spirit Week St. Patrick's Day	18 Spirit Week	19
20	21 Gym closed this week for	22 Rec Classes, Open gyms, Birthdays	23	24	25 MT State Championship Bozeman MT	26 MT State Championship Bozeman MT
27 MT State Championship Bozeman MT	28 Team OFF this Week	29	30	31		

FGA Team- for-a day

On Friday, March 18th, FGA will be hosting a class with our lead team coaches for all gymnasts who are interested in FGA's Women's Artistic Gymnastics Team program for the 2022-2023 Team Season (which begins this April 2022). The class will be held on the team side of the gym from 5:00-6:30pm. We will be holding an informational parent/ guardian meeting during the practice to go over our team program philosophy and goals as well as the logistics of practice times and cost breakdown.

As we have a limited number of available team spots for our 2022-2023 season, running a "Team-for-a-day" practice is a great way for all interested students to have the opportunity to see what our team program is all about, meet our Team coaching Staff, and for our staff to familiarize themselves with each student and where they are at in the developmental process. In order to qualify for team through USAG, our governing body, your child will need to be a minimum of 5 years old before November 2022.

If you are interested in having your child participate in this unique opportunity, please sign up through the front desk, as spots are limited. We hope that you can join us! Call or stop by the front desk with any questions!



FGA Spirit Week



March 14th- 19th

Monday: Dress like your Coach/ Teammate

Come to class dressed as your coach or twin with one of your friends!

Tuesday: Dress as your Favorite Holiday

Get fancy and dress up so friends and coaches can guess your favorite holiday!

Wednesday: Dress like Finn/ Baby Day

Come to class dressed like baby Finn! Diapers, binkies, and all!

Thursday: FGA Color Warz!

- *Advanced Classes, Optionals, Platinum- BLACK
- *Intermediate classes, LVL 3, Silver, Gold- GREEN
- *Beginner classes, Hot Shots, Bronze- YELLOW
- *Coaches- PINK

Friday: Dress like a Different Sport Day

Come dressed ready for a different sport today!

Saturday: Pajama Day

Gymnastics in my PJs? Best day EVER!

Show your support for Team FGA's State Championship by participating in SPIRIT WEEK!