

# October 2021 Newsletter



## Team Athletes of the Month for Encouragement:

Optional (level 6-10): **Josie Baines (training 8)** for her desire to uplift her teammates and create an environment of positivity.

Compulsory (level 2-5): **Logan Buckallew (training 3)** for her consistent smile and upbeat attitude during practice.

Xcel Silver-Platinum: **Sophia Schwegel (training silver/gold)** for her constant support and uplifting encouragement toward everyone on her team!

Xcel Bronze: **Alyssa Lowe** for her good heart toward her teammates!

## FGA NewFound Learning PreSchool

### Mel Roth

The new school year has just begun, and our students enrolled in Newfound Learning Preschool are rocking the classroom and the gym! They start the day with songs and games that teach phonological awareness and letter and number recognition, then go to the gym where they are mastering forward rolls and handstands while learning to take direction from their teachers.

After gym time, students choose from a variety of activities. Our current classroom favorites include: building animal houses with magnetic blocks, listening to

stories in the library center, exploring our new math games, and cutting and gluing to make collages in our art center.

Our skill of the month is: recognizing and writing our names! The last portion of our school day is open gym time. We are doing a great job taking turns with popular equipment such as the rings, tumble tracks and exercise balls!

Shout out to Miss Emily for being such a kind and positive influence in our classroom. We are so excited to see what our first year of Newfound Learning will bring with such a wonderful group of kids, teachers, and families.



# Why is Sleep so Important

**Daniel Lowney**

Sleep is necessary for the body to reset hormone levels. Without sleep, the body has a difficult time recovering from activity, soreness, or injury. Poor sleep habits can cause a lack of motivation, moodiness, irritation, and stress.

Late nights on tablets, cellphones, and in front of the TV contribute to poor sleep hygiene by not allowing the brain to start producing the hormones necessary to induce deep sleep. Instead, the brain

will stay stimulated and overworked.

Whether you are an athlete or parent, sleep is one of the most important determining factors in our overall health, well-being, and quality of life. If an athlete doesn't have good sleeping habits, their body can begin to break down instead of recover during those hours of sleep. Not to mention, they will be less productive in their training regiments.

For athletes of any age, 8 to 10 hours of sleep is needed to be at optimal mental and physical health.



## Coach of the Month:

Connor is always very positive and encouraging to all of the kids that he coaches. He is very enthusiastic with every class that he gets to coach! You are awesome, Coach Connor!

## October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 START OF OCTOBER SESSION	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 NOVEMBER DROP DATE	16
17	18	19	20 NOVEMBER TUITION DUE	21	22	23
24	25 START OF NOVEMBER SESSION	26	27	28	29	30
31						

