



The Importance of Dance within Gymnastics -Keeley Tighe-

When people think about gymnastics, they do not always associate it with the art of Dance. While acrobatic elements aren't always included in dance, artistic gymnastics is loaded with dance components! Dance is an integral part of artistic gymnastics. Ballet has long served as a strong foundation for gymnasts competing at high levels. Within their floor and beam routines, gymnasts are required to have leaps, jumps and turns. Musicality and rhythm help create the grace, artistry and presentation needed for a floor routine. The typical floor routine is composed of 30% tumbling and 70% movement- a surprise to most people! In other words, Dance is a wonderful form of

expression that lends itself to gymnastics to create artistry and help build strength and body awareness.

6 Benefits of Dance for Artistic Gymnastics

1. Balance and Grace
2. Core Strength
3. Body Control
4. Reinforces Discipline through the sport
5. Emphasis on Flexibility
6. Rhythm and Musicality- helping with a gymnast's grace and showmanship while performing their Floor and Beam routines.



Team Athletes of the Month for: **Leading by Example!**

Optional (level 6-10): **Dacia Benkelman** (training lvl 8) for her unwavering effort and drive to improve herself and her skills.

Compulsory (level 2-5): **Gemma Rodriguez** (training lvl 3) for her desire to work hard for the skills that she wants and her willingness to put in the extra effort to obtain them.

Xcel Silver-Platinum: **Norah Guinn, Junior** (training Gold) for always being aware of her environment and her coaches' instructions.

Xcel Bronze: **Zoe Dahlen** for her desire to implement her coaches' corrections in order to improve both her listening skills and her gymnastics skills.





Uneven Bars

-David Tighe-

If people spent most of their time walking on their hands and swinging from trees, bars would be... easy. Unfortunately, most of us do not. So, when we start gymnastics, we not only need to teach body awareness, how to move everything in sync, and where down is, but we also need to attempt all of those elements through their hands. Strength is a major part of bars on which a majority of time is spent before a vast majority of skills can be attempted. So much so, that many of the first “skills” learned on bars are based on strength and conditioning.

Of course, swinging is also a large part of learning bars. Alongside strengthening hands, arms, and core... and teaching overall form, athletes need to be taught how to swing. We do this by providing equipment, which is set at appropriate heights

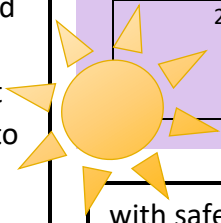
with safe matting, all of which are designed to soften an accidental fall if necessary. Athletes are coached through swinging in various ways, and the number of swings correlates to increased strength and comfort.

This basic progression helps guide us through coaching athletes from the beginning levels, and it is reflected at the top levels of the sport. These athletes, at certain times of the season, spend up to 75% of their time conditioning and strengthening themselves for the event. In the end, the sensation of flight and the accomplishment of spectacular movement, make it all worthwhile. Bars are a blast!



August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Start of August Session	3 2021-2022 Registration Begins!!	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 September Tuition Due	21
22	23	24	25	26 End of 2020-2021 Season!	27	28
29	30 Start of 2021-2022 Season!	31	1 Labor Day! Gym Closed	2	3	4



Coach of the Month: **Coach Tate** for her hard work and dedication within FGA. Thank you for your consistency and efforts in both our Team and Developmental programs! We appreciate you. You rock!!