

# December Newsletter



## 2021

### *Fga's Competition Season* *-David Tighe-*

The Holidays are upon us! Family, food, decorations, presents, events and modified schedules- Life certainly gets busy around this time of year. As a gymnastics school, we know that soon after the Holiday season comes to a close, one of the most busy, demanding, and exciting time of year around the gym begins: Competition Season.

"For us coaches gymnastics Meets are like Christmas morning.... Every weekend." – Coach Keeley

As many of you know, gymnastics is a year-round sport. As coaches, we are often at meet sites a minimum of two days and maximum of 4 days. Athletes travel to compete in their assigned session. Coaches travel to coach upwards of 50 athletes spread out over 8-20 sessions, depending on the size of the meet. Meets can be perceived as stressful or they can be viewed with a sense of excitement- it all comes down to the culture of the gym and how athletes, coaches, and parents work together. When meets are seen as an exciting opportunity, athletes learn how to compete with a positive mindset. This positive mindset gives them an excellent chance to learn to accept both success and failure alike with courage, grace, and humility.



**FGA will be CLOSED Dec. 20th- Jan. 2<sup>nd</sup>**

**December session ends Dec. 19<sup>th</sup>, 2021**

**January session begins Jan. 3<sup>rd</sup>, 2022**

Here at FGA, meets are a much-anticipated time of year of which we train for in a positive light. The ability for an athlete to show off their hard work is such a fun and rewarding experience!

A few ways in which we keep competition season feeling like Christmas morning are:

1. Grouping athletes in the right levels year-round and making changes as needed based on ability level.
2. Making sure athletes aren't competing at 100% or 110% of their ability level. Athletes should be competing at 70-80%. This inherently keeps stress levels low and plays a large part in athletes developing new skills year-round.
3. Continually reminding athletes that, although nerves are involved, meets truly can be more exciting rather than what many naturally presume to be "scary". An adequate word might be "nervoyous"- nervous and joyous at all once! Competitions simply need to remain an exciting experience in the minds of the athletes giving them the best chance of success on the competition floor.

So, while this Holiday Season lasts, we hope it's a fun and enjoyable time for all and for all those athletes out there, good luck in the season to follow and have a blast! Next stop, Summer, where the fun starts all over again.

### *Coach of the Month: Coach Ella*

Coach Ella has been a part of our **FUNDamental** coaching staff since January. You will mostly see her with our **Hot Shot** and **Beginner Gymnastics / Ninja** classes, but she has a hand in all of the different **FUNDamental** classes that we offer. Ella has received a number of compliments from parents for the kindness and patience that she displays within her classes.

# Cardio Barre Class

with Coach Greer

Cardio Barre with Greer will be a workout created for toning your body and exercising your mind through a barre - based class. A full body workout while having fun with great people and staying healthy together. Stop in and check out the class catered to you!

- Tuesday & Thursday Mornings
- 10:00-11:00 am
- \$5/ per class



## Team Athletes of the Month for Team Spirit

Optional- Lucy Toelcke for her leadership in the team program, and the hard work she has been putting in.

Compulsory- Kinley Winegardner for her quiet but focused nature at practice.

Xcel Silver-Platinum- Kendra Wolf for overall progress and respect that she shows her coaches and teammates.

Xcel Bronze- Addelynn Spence for her desire to listen and learn from her coaches!

## FGA's Annual Winter Showcase

During the final week of the December Session, the 13<sup>th</sup>- 18<sup>th</sup>, we will be holding a showcase within your kiddo's normal class time. Keep an eye out for an email to see what time your little gymnast/ ninja gets to be in the spotlight!



## December 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22 Start of Dec. Session!	23	24 Gym Closed	25 Happy ThanksGiving! Gym Closed	26 Gym Closed	27 Gym Closed
28 Gym Closed	29	30	1	2	3	4
5	6	7	8	9	10	11 FGA's Intrasquad Meet
12	13 Showcase Week!	14	15 January Drop Date	16	17	18
19 End of Dec. Session!	20 Jan. Tuition Due Gym Closed	21 Gym Closed	22 Gym Closed	23 Gym Closed	24 Christmas Eve! Gym Closed	25 Merry Christmas! Gym Closed
26 Gym Closed	27 Gym Closed	28 Gym Closed	29 Gym Closed	30 Gym Closed	31 Gym Closed	1 Happy New Year!! Gym Closed

