

September Issue
2010

GBGC TEAM NEWS

LOOKING AT THE BIG PICTURE!

Taking home a team trophy at any meet is a big deal and a heart-warming achievement for any level, but taking home a state meet team trophy is a REALLY BIG DEAL!!

Although we took home a couple of state meet trophies last season, we urge you to take a look at the big picture! These results are something to be proud of! Placing so well at state meet proves that when each gymnast is competing at the appropriate level, we can ACHIEVE GREAT THINGS TOGETHER! Also, consider that for a team trophy at state the top 3 individual scores on each event count toward the team score.

Level 4 - 16th out of 38 teams

Level 5 USA Division 9th out of 23 teams

Level 5 American Division 8th out of 23 teams

Prep Op Silver 9th out of 19 teams

Level 7 - 15th out of 26 teams

Level 8 - 14th out of 21 teams with only 3 all around competitors

Level 9 - 9th out of 16 teams

BIRTHDAY BOX

Karina Brown 9/8 Mackenzie Stroh 9/21
Danielle Roof 9/27 Breiana Bostick-
Tullius 9/29 Sierra Whaley 9/30

It's Back to School Time!

*Can you believe we are about to start the fall schedule? Everyone did a fantastic job training this summer! The girls and boys worked very hard and had a lot of fun! Since it went over so well last season, we will be offering bi-monthly parent meetings starting in **October**. Recall that these meetings are designed to help keep the lines of communication open between the parents and coaches. Coaches will go over the progress as a group*

and what they expect to see at upcoming competitions. These meetings will also be a great opportunity to ask the coaches any questions you may have concerning competitions (i.e. scores, coaching decisions, meet policies etc.). Meetings will not be mandatory, but attendance will be strongly encouraged. Some parents may be asked to attend these meetings if certain situations arise. The one time per season Pre-Team parent meeting will be held in December.

*Progress reports will also be given out for each individual gymnast at these meetings. The progress reports are again designed to help keep the parents informed of their gymnast's progress on each event. Progress reports will be sent home if you are unable to attend a meeting. Being informed should help eliminate surprises such as, "Susie will not be competing bars today because she still does not have her dismount" at meets. This information should also help explain some of the scores that your gymnast may receive. **NOTE: AS ALWAYS, ANY INFORMATION GIVEN TO YOU SHOULD NOT BE USED TO COACH YOUR CHILD. Also please remember that judging varies from meet to meet and every once in awhile a score cannot be explained!***

2010 Bringing It Home

The 2010 FOX 66 Bringing It Home event is Saturday September 18th. The level 4-9, Prep Op and Boys Team groups will be performing on the MAIN stage this year! Performance time is ESTIMATED to be around 1:15. We will only be performing in one time slot this year. Watch for upcoming notes about EXACT times and meeting places.

To Move or Not To Move: Understanding Level Changes

On Friday, August 27th, Christie and Renee evaluated all of the gymnasts training levels 4, 5 and 6. This will be the final testing for level 6, while the training 4 and 5s may be looked at again through October. These testings are done to ensure each gymnast compete the level best suited for her this upcoming season. They are not meant to induce stress, but rather REDUCE stress at meets! Gymnasts should be competing skills that they have mastered while training skills one to two levels higher in the gym.

Many times gymnasts feel that they should be moving up one level each season (like school) and that if they are not moved up, they are being “held back”. They become nervous and upset that teammates may, “get ahead” of them. This is simply not true. Doing a level for multiple seasons is completely normal and most often extremely beneficial for a gymnast. Many gymnasts have a goal is to become an optional gymnast (levels 7-10). Repeating level four, five, or six an extra season will not make the road to level seven any longer, as shown in the following example. Gymnast “A” and Gymnast “B” have both just competed their second season as level 5s. They both had good seasons, scoring 33.00-34.00 all arounds at each meet. It is decided that Gymnast “A” will compete level 6 the next season; while Gymnast “B” will do a third season of level 5. The next season, Gymnast “A” has a bit of a rough season as a level 6 and never even gets on the award stand ☹. However, Gymnast “B” has a strong season as a level 5, scoring 35.50 and higher all arounds at each meet and even placing at state meet! Since Gymnast “B” had all of her level 5 skills and was scoring such strong all arounds, she was able to learn and perfect her level 6 skills in the gym during the season as well. The following season, both gymnasts compete level 6, Gymnast “A” as a second year level 6 and Gymnast “B” as a first year level 6. Since they have both been training level 6 for two years now, they both end up having a strong season and are moved up to level 7 that winter! This concept is consistent with all levels of gymnastics.

As clearly shown, competing a level multiple times does not mean that a gymnast will take any longer to get to reach their “goal” level. As mentioned in the article above, the coaches at GBGC always have each gymnast’s best interest at heart when deciding what level they should compete each season. Attitudes and statements like, “I’m quitting if I have to stay a level 5 again” are absolutely not acceptable and clearly show that the gymnast does not understand the concepts explained in this article. If your gymnast displays any sort of negative attitude about their level next season, please inform her coach or coaches ASAP. It is very important to all the coaches that the gymnasts understand level choices are made to ensure as much success and happiness for the gymnast as possible!

P.R.E.P. OPTIONAL GYMNASTICS **(Presentation, Rhythm, Execution, Poise)**

WHAT IS IT?

- An alternative USA Gymnastics competitive program.

WHO IS IT FOR?

- Anyone who desires the challenge of optional routines and competition. (Each gymnast gets their own unique individual routines)
- Gymnasts who love the sport, but want the option of training less hours than the traditional compulsory or optional program. You can choose to train a traditional schedule if desired.
- Those who want a competitive gymnastics experience.
- Gymnasts that feel “stuck” or “bored” in the compulsory program, but are unable to move up.

GBGC coaches determine individual prep op eligibility. Eligibility factors include age, level and skill level. Prep op is a positive, fun and exciting way for gymnasts to train optional level gymnastics without having to complete the USAG compulsory program! Did you notice that our prep op team took 9th at state this past season?

Did You Know?

CAMPS....Looking Ahead to Summer 2011

Over the past few summers we have had many team gymnasts go to summer gymnastics camp; Twistars, U of M, Parkettes, Central Michigan University and Infinity to name a few. These are all good camps. As the competitive team managers, Christie and myself (Renee) have not seen kids make the progress that we would expect when kids come back from camp. Unfortunately, we have even seen some gymnasts lose skills while at camp. Often times this is because unlike their coaches at GBGC, camp coaches do not know each gymnast's personal history and goals.

Years ago, we would take a large group of gymnasts to Woodward Gymnastics Camp in PA. We plan to start this IMPORTANT tradition again next summer. Taking a large group of kids to camp is fun on SO MANY levels for both the coaches and the kids. In the past, we would take almost our entire team to this camp each summer! We would often have a few pre-team gymnasts join us as well!

Woodward offers a training center unlike ANY facility

in this area. The girls train with their camp coaches during "camp training time" AND have "team training time" when they work with GBGC coaches! This gives the gymnasts and coaches time to fully utilize the training equipment at Woodward that we do not have back home!

On top of Woodward being a great place to learn new gymnastics skills, it is an all around great summer camp. They offer an endless list of activities for their campers that you just can't get attending an in state camp. Horse back riding, go karts, swimming, camp fires, photography classes, ropes course, water slides, arts and crafts, ice cream socials, lip sync contests....the list goes on and on! Campers get so much more than just gymnastics. Having a true childhood "summer camp" experience is invaluable.

Woodward also provides amazing team bonding opportunities. The girls will all stay in the same cabin together, although the campers are separated by age. Each cabin side (younger and older) has a cabin "mom" who helps look after the girls. Each side of the cabin also has

it's own counselor.

We understand that Woodward is an expense, and that is why we are informing you of it right now! If your child plans on attending a camp next summer, please start to put money aside right now for camp Woodward! We would truly like to see every one of our gymnasts going to a camp next summer go as a team to WOODWARD.

Check it out for yourself at

www.campwoodward.com

Watch for exciting camp info in each monthly newsletter this season! Soon, we will select our group week to attend and also some early registration discounts are offered.....

*GO GRAND
BLANC
GYMNASTICS!!*

