

October Issue 2010

GBGC TEAM NEWS

Congratulations 2010 Reese's Cup Champions!

Taylor Rush/Eryn
Scannell/JJ Judy

And

Makenna Petrusha/
River Wheaton

Compared to our 2009 Reese's Cup, participation this year was low! This event is so much fun for ANYONE in the competitive program (team and pre-team). The kids put so much work into their routines and having a larger crowd to perform in front of always makes things more exciting for them. We urge those that did not participate this year to participate next year!

IMPORTANT SCHEDULE CHANGE REMINDER

Prep Op Team practice has changed to Mondays & Thursdays from 5:30-8:30 p.m.

Make sure you are a fan of the facebook page for important gym information



BIRTHDAY BOX

Arryiana Golson 10/4 Joely Angst 10/14
Paige Aho 10/12 Austin Losee 10/29
Sam Snyder 10/18 Julia Hogan 10/22

FALL PARENT MEETINGS

It's time again for parent meetings! These monthly meetings are designed to keep parents informed of their child's progress as well as the team's progress. Meetings are not mandatory, but highly recommended.

This year we are requiring that all level 4-7 parents partake in a group viewing of a video produced by Dr. Alison Arnold at the December meeting. Dr. Arnold has studied psychology for 20 years. She was an award-winning gymnast herself and has spent the last 10 years as a Peak Performance Consultant for the USA Women's Gymnastics Team, US Figure Skating, and other

Olympic Gold Medal Athletes. Remember that some parents may be asked to attend these meetings if issues arise at competitions. These meetings will help keep parents informed of what skills or events their child is struggling on in the gym. The ideology behind these meetings is that being informed ahead of time will prevent any surprises at competitions. Eliminating surprises at meets should eliminate any speculation conversations in the stands between parents as to why their child received a certain score or why they did not compete on an event. Parents will also get an opportunity to ask the coaches questions about the competitions at

these meetings. Individual progress reports will be handed out at these meetings for each gymnast. If you do not attend your assigned level's meeting, you can receive your child's progress report one of two ways.

1. Stop into the gym and pick it up from your child's coach before or after practice.
2. Send a self addressed and stamped envelope with your child to the gym and your child's coach will drop it in the mail for you.

Parent Meeting Schedule / Progress Report Distribution

Pre-Team – will be held in December, see next newsletter

Level 4 – Wednesday, October 27th at 7:30 p.m.

Level 5/6 – Friday, October 22nd at 4:30 p.m.

Optional – will be held in December, see next newsletter

Feel free to make up with a different group!



PARENT CORNER

Understanding the Meet Schedule

The 2010-2011 meet schedule has been distributed. Please review the schedule carefully and notify your child's coach with any concerns and or conflicts immediately. Some meets need to be entered up to six months in advance! Remember that you will need to keep the entire weekend of a meet open until we have the exact days and times sent to us. We always notify parents as soon as we receive the meet times, but sometimes we don't receive that information until days before the competition. When reviewing the meet schedule, make sure you notice the far right column that states what levels are attending that particular competition. Not all levels attend each competition and sometimes not all gymnasts in a level attend each competition. All of this information is on the meet schedule.

Judges Critique for levels 7-10: This is not a competition, it is an evaluation. This event is offered by the state of Michigan judges to level 7-10 gymnasts to evaluate routines and provide constructive feedback. Parents do not need to attend, as there is no viewing. Gymnasts are encouraged to form carpools. We went to this event last year and both coaches and gymnasts felt it was a very worthwhile experience!

This year, the state of Michigan is requiring that all level 4 gymnasts score an all around score of 30.00 in order to attend state meet. Level 5 & 6 gymnasts are required to score a 31.00 at a state qualifying meet. Level 6 gymnasts only need one score to qualify; however we have multiple state qualifier meets on the schedule for level 6.

Level 5 gymnasts are required by the state to attend 2 qualifier meets. They are required to compete all around at both. If for some reason, they either do not qualify or for any reason do not compete all around at both - then they will do the April SQM for **additional** fees. Level 5 gymnasts must obtain 2 all around scores which are then averaged. Gymnasts are placed in one of three divisions for the state meet based on their averaged all around score. Level 5 is a very large level with varying skill levels within the level. The 3- division system for state meet provides athletes with the opportunity to compete against other gymnasts scoring similar all arounds during the season.

CHECK YOUR MAIL TO STAY INFORMED!

Information is available in many places – mailboxes, team wall, facebook page, website, e-mail
Please make sure that you are checking and reading all emails from the gym and keeping up with all methods of communication. We are trying to reduce the amount of paper by doing more emails and facebook updates. We will still try to post all important updates on the team wall too.

Recently, we had a few schedule changes and multiple gymnasts showed up for practice on days that their group was not scheduled to train. Almost ALL schedule changes are also discussed at our weekly team circle, so remind your gymnast to pay attention during these announcements as well! Notify the office ASAP if you notice that you are not receiving gym emails.

Did You Know?

Developing a Healthy Competitor!

Competitive season is right around the corner! Parents play such an important role in their child's attitude towards meets and practices. Here are a few helpful guidelines to develop your healthy and happy competitor!

- Communicate with the coaches about your child - You can learn about your child from each other.
- Inform the coaches of relevant issues at home that might affect your child at practice.
- Expect only the child's best effort.
- Emphasize and reward effort rather than outcome.
- Encourage and guide your child without forcing or pressuring them before a competition.
- Emphasize the importance of learning and transferring life skills such as hard work, self-discipline, teamwork, and commitment.
- Emphasize the importance of having fun, learning new skills and developing skills.

- Give your child some space when needed.

*Allow children to figure things out for themselves.

- Give unconditional love and support to your child, regardless of the outcome of the day's competition.

- Look relaxed, calm and positive when watching your child compete.

- Realize that your attitude and behaviors influence your child's performance.

- You do not need to motivate your child. This is the child's and coach's responsibility.

- If your child is upset, give him/her some space and let him/her talk about it when he/she is ready.

PICTURE SURVEY

As most of you know, we used a new photographer for team pictures this year. Gavin Smith is a fantastic photographer, but we know a few had issues with getting their photos. These are YOUR pictures, and we truly value your opinion and feedback about the photos and the ordering process! We will take your feedback into consideration when deciding who to use in 2011. I do know that Gavin normally does not offer on line ordering for sports photos and all orders would have to be placed at the time they are taken next year which should alleviate some confusion.

Please send all comments to Christie at gbgym@hotmail.com.

GO GRAND
BLANC
GYMNASTICS!!