

December Issue
2010

GBGC TEAM NEWS

MANDATORY **December Parent Meetings**

*Pre-Team: December 17th
5:00pm*

*Levels 4-6: December 13th
4:30pm*

*Prep-Op and Levels 7-10:
December 16th 7:00pm*

Plantar Wart Alert!

Warts are skin lesions that occur in almost 50% of children. The virus that causes warts can be spread to other parts of the body and to other people who have contact with the wart making it very important to keep it covered when coming to the gym.

A common type of wart is the plantar wart that occurs on the soles of the feet. These types of warts may resemble calluses or corns. Although there is no specific cure for warts and most will disappear on their own in a few years, if the warts are painful or causing cosmetic problems, there are steps you can take to remove them.

There are many over the counter medications that contain salicylic acid that may work if used daily for an extended period of time. You can also see your doctor about **freezing** the warts (cryotherapy) to destroy the virus. **Cantharidin** is another treatment that can help to treat warts. It is similar to freezing in that it destroys the skin around the wart, but it is less painful when it is applied. It may hurt a little once the blister forms though. Neither of the above treatments actually kills the virus that causes warts, they just kill the skin in which the virus is growing.

The newest treatment recommendations are to cover the warts with **duct tape** for 6 out of 7 days at a time. You then soak and pare down the wart and then reapply the duct tape the next morning. In one recent study, this treatment worked 80% of the time after about two months, while freezing worked less than 60% of the time.

In all instances, make sure that any warts are covered when coming to the gym in order to reduce the spread of the virus.

For more information refer to:

<http://www.keepkidshealthy.com/welcome/infectionsguide/warts.html>

BIRTHDAY BOX

Gabrielle M 12/1	Emily L 12/8	
Grace H 12/19	Kyla D 12/20	Abbie H 12/8
Trinity P 12/13	Mackenzie W 12/20	
Taylor R 12/11	Caitlyn E 12/3	
Ali D 12/20	Brittany N 12/9	Bella S 12/17

HOLIDAY EATING TIPS

The team coaches at GBGC do not monitor our gymnasts' eating habits as many of the large gyms we compete against do. We simply give healthy advice and eating tips. Looking around the gym, it seems that not all of our competitive gymnast's are as fit as they could be with some better eating habits. More often, coaches run into athletes that just seem "tired" a lot, which is **ALMOST ALWAYS** linked to nutrition. The following is an article written by Beth Kleiman-of the UNITED STATES ELITE COACHING

ASSOCIATION. Please refer to some of these great tips for holiday eating

and look for more to follow in upcoming newsletters!

The best possible advice for the holidays is to remember that holidays are about the people you are spending time with and not about the food you get to eat! Sometimes athletes lose sight of this. With that being said, here are some fun and helpful hints for the holidays.

Don't skip meals just so you can eat extra at a "special meal". This will

cause over eating and lead to making bad nutritional choices.

Eat fruits and vegetables first (this is of course good advice year round).

Promise yourself only one trip to the buffet line or one helping at the dinner table.

Smaller plates=Smaller portions.

Eat slowly and enjoy every bite. This allows the brain time to realize you are full.

Maintain your normal eating patterns (assuming they are well established and healthy) and don't succumb to eating just because food is readily available at every turn.

Enjoy the healthy holiday favorites. Don't waste calories on junk food.

Parents please plan holiday meals with the realization that athletes are in the house. There are many healthy choices that can satisfy the masses!

Friendly Competition Reminders

Competition season has begun and after the first meet, the coaches want to review a few important items. All of these items have been discussed in the past and are all clearly stated in the GBGC Competitive Handbook. All of the guidelines listed below apply to pre team as well as team competitions.

1. **BE ON TIME.** We have repeatedly reminded gymnasts and parents about the importance of being on time to practice and competitions, and yet we still had gymnasts show up late to the meet this past weekend. Being on time for a competition is crucial for many reasons. The first being that arriving late creates even more anxiety for the gymnast. The girl's focus coming into a meet should be on staying relaxed, cool and in control. It is almost impossible to create that type of mental state when the gymnast is running into the meet while all the other gymnasts are performing their team stretch-outs. Arriving late also causes the gymnast to miss the proper warm up and stretch out, thus leaving them more prone to an injury. Remember that if the meet information says that Check In is from 8:00-8:30 it means that you **NEED TO BE AT THE MEET SITE AT 8:00** or a few minutes prior. Check In is usually 30 minutes long and during that time gymnasts need to sign into the meet **AND** perform their group stretch out. Always contact your coach if you are running late. Make sure to have coach cell phone #s on hand when traveling.
2. **SEND YOUR GYMNAST OFF PERPARED FOR THE DAY.** After your gymnast has checked in on time, they need to say their good byes to their family and head out on the floor. Make sure that your gymnast has everything they could need **BEFORE** they go out onto the floor. Grip bags, tape, water bottles, snacks, pain relievers, hair clips, hair spray....you name it, if they could possibly need it during the meet it needs to be in his/her possession **BEFORE** the meet starts.
3. **DO NOT ATTEMPT TO COMMUNICATE WITH YOUR GYMNAST DURING THE MEET.** This rule has been in place since GBGC started going to competitions. Most gyms enforce this same policy, and for good reason. During the meet, the gymnasts need to be focused **SOLELY** on the competition. They have a great deal of mental training that they need to perform when they are not actually competing. If they are not focused, they will more than likely not perform as well as they could or should. Gymnasts cannot focus when their parents are in the stands playing some sort of charade game in an attempt to communicate with them. Questions like, "Would you like a snack from the snack bar?" can wait until the end of the meet and only serve to distract the athletes. The same rule applies if your gymnast uses the restroom during the meet. Please do not follow them into the restroom in an attempt to communicate. Becoming a strong and consistent competitor requires a great deal of practice and focus. Please help give your gymnast every opportunity to medal by not meddling during the competition! 😊



Did You Know?

2010 Giving Tree

Please check out our annual “Giving Tree” that is set up in the rec gym lobby area (in front of office). We have sponsored a FISH family at Christmas for the past four years and are continuing with our tradition of giving back to the community this year with another needy family. FISH of Grand Blanc is a local organization that was organized in 1974. The word FISH recalls the symbol the early Christians used to identify themselves. FISH is comprised of a group of volunteers from the community. It is a Christian based organization desiring to express their love and concern for their neighbors in the Grand Blanc community. FISH helps the needy in the Grand Blanc School District by providing and distributing food, clothing and other services on a temporary and emergency basis. This year there are a few changes in the way we are doing the Giving Tree. Gifts are NOT to be wrapped this year. You will simply bring back the item you chose to provide with the tree ornament attached to it. This year’s family has 5 children ages 6 through 15. As always, your help is GREATLY appreciated! Look for the tree and detailed information starting in early December.

Camp Woodward

http://www.campwoodward.com/index.php?option=com_content&view=article&id=439&Itemid=506

The rates for summer 2011 are posted on Woodward’s website. Our plan is to go during week 3 which is a discounted week early in the summer which is the best time for attending camp. The cost for week 3 (June 19-25) is \$855. Keep in mind Woodward is a little more expensive than some other camps, but it is also 2-3 days longer than many camps. Remember to start saving NOW! There is a discount of \$50.00 for every sibling you register after paying full price for the first child. Also, there is a discount for registration prior to January 31st (we think it is \$50 but are checking into this). We hope to have a large group and will send along coaches as well. Woodward is especially encouraged for those who are interested in college gymnastics as many collegiate coaches work at camps during the summer giving them “unofficial” recruiting opportunity.

GO GRAND
BLANC
GYMNASTICS!!