

January Issue 2011

# GBGC TEAM NEWS

## Champions Corner

**2010 Co-Ed Classic  
Kalamazoo, MI**

**Great Job to the optional  
team on December 4<sup>th</sup>!**

### LEVEL 7

**Savannah Coomer: 1<sup>st</sup>  
Beam**

### LEVEL 8

**Taylor Higdon: 1<sup>st</sup> Beam**

**Karina Brown: 1<sup>st</sup> Beam,  
Floor and Vault**

**Kristin Dawson: 1<sup>st</sup> Vault,  
Bars, Beam, Floor and All  
Around**

**Morgan Ryder: 1<sup>st</sup> Beam,  
Floor and All Around**

**Jessica Glitz: 1<sup>st</sup> Vault**

**LEVEL 8 TEAM: 1<sup>ST</sup>  
PLACE!**

### LEVEL 9

**Tori Carlson: 1<sup>st</sup> Bars,  
Beam, Floor and All  
Around**

### LEVEL 10

**Megan Lamphere: 1<sup>st</sup> Vault,  
Bars, Beam, Floor and All  
Around**

## BIRTHDAY BOX

Alison R. 1/1	Haley F. 1/10	Alex B. 1/9
Austin S. 1/17	Emma M. 1/17	Ara W. 1/18
Emily Z. 1/4	Lauren C. 1/20	Savanna M. 1/21
Kylie L. 1/23	Kathryn D. 1/29	Mikayla H. 1/1
Annika P. 1/1		

## Mental Workouts: Remind Your Gymnasts To Do Them At Home!

*It is often said that gymnastics is 95% mental and about 5% actual physical ability. While that statistic can never be proven, we feel it holds a lot of truth. The optional level gymnasts do a LARGE amount of mental training in the gym. The compulsory groups have also started practicing some mental exercises. We cannot stress enough the importance of these mental exercises.*

*Going into a meet, it will not matter how prepared your gymnast is physically if they are not trained mentally.*

*Mental training is also crucial during small breaks from the gym. Snow days, Christmas break or long weekends are all good examples of when mental training MUST BE done at home. In his book "10 Minute Toughness", mental toughness expert Jason Selk states that research has proven*

**"ONE MINUTE OF MENTAL TRAINING IS EQUAL TO SEVEN MINUTES OF ACTUAL PHYSICAL TRAINING."**

*As coaches, we urge you to think about how profound that statement is! Your gymnasts are doing all of their physical and some mental training at the gym, but could be doing so much more SAFELY at home!*

*Gymnasts should absolutely be performing mental workouts a day before and the day of a competition. Please help us in reminding them of its importance.*

## Woodward 2011: Week 3

**This summer GBGC will be attending Woodward Camp Week 3, June 19-25.**

**The cost is less that week at \$855.00.**

**There is a \$50.00 discount if you have your application postmarked by January 31<sup>st</sup> 2011.**

**There are sibling discounts available.**

**Please let your coach know if you are going to camp**



## PARENT CORNER

### Compulsory to Prep Op: Look for some changes in 2011

#### P.R.E.P. OPTIONAL GYMNASTICS ("Prep Op")

The Prep Op program is quickly growing nationwide and we have been getting a lot of input on how other gyms successfully handle their prep op programs. Prep Op is a GREAT way for many gymnasts to compete at the optional level who may not ever master skills required in the traditional JO Optional Levels 7-10. MANY factors determine if Prep Op is the best choice for a gymnast. Age, skill level, fear issues and the desire to play other sports are just a few. Effective with the 2011-12 season, we will begin to use Prep Op as a transitional level in our **Compulsory Program**. Our JO Optional Program will continue as currently structured. As always, your coach will work closely with you and your athlete to provide guidance on the best path for her success.

The following are some examples of when prep op would be a positive and productive choice for a gymnast.

**Example 1: Susie started gymnastics at age 11 and is now a 13-year-old level 5.** Being that Susie is older, she would really enjoy the freedom of having her own routines, choosing her own floor music, and training with girls close to her age. At this point if Susie stayed in the JO program, she may not get the opportunity to be a level 7 until she was around 16 years old, if ever. The average age of a level 7 is around 12 or 13.

**Example 2: Jenny is a level 6 who is terrified to do a back walkover on beam and her flyaway on bars.** While some fear issues can be overcome, others are just too deep and the gymnast cannot get past them. Jenny has been working her back walkover and flyaway for MONTHS with very little progress. Prep Op offers a positive solution that will make going to beam and bars FUN again for Jenny. In Prep Op, Jenny can choreograph a beam routine that does not include any backward tumbling skills without any penalty. She can also choose a new bar dismount. Jenny's mother is not familiar with the level 7-10 beam rules and does not realize that tumbling backward is a REQUIREMENT in the JO optional program and that Jenny would receive a deduction for not doing so at these levels. She is also not aware that a flyaway dismount is required in every level past level 5. It is for this reason that Jenny's coaches know the best path to ensure her success and happiness in the sport.

**Example 3: Shannon is a level 5 who is also very interested in cheerleading, dance and soccer.** She loves gymnastics, but cannot commit to the required schedule. Prep Op gives her the opportunity to stay in the sport without training more than 6 hours per week. Now Shannon is not forced to give up one of the sports she truly enjoys!

**Example 4: Molly has just completed a fairly successful season in level 6, but just does not have her level 7 skills.** In years past, Molly would have just done another year of level 6 in hopes of mastering her level 7 skills during the next season. This will no longer be the case at GBGC! A level 6 who does not have her level 7 skills will do a "transitional season" in the Prep Op program. Doing a season of Prep Op will give Molly a greatly needed change after competing for years in the compulsory program! It will challenge her creative side, keep her interested in the sport and open her eyes to the world of optional gymnastics. Molly will still continue working on her level 7 skills and if she has them mastered at the end of her "transitional season", she will have the choice of what level to compete the following season.

After attending our national seminars this year, we knew we needed to make changes to our program. In 2012-13, USAG will undergo rule changes that occur every quadrennium in conjunction with the Olympic Games. These rule changes will be extremely tough and changing our program now will make for a smooth transition as the new rules are rolled out.

One misconception about our current program is the number of training hours. Prep Op gymnasts must come a minimum of 6 hours. **This is a minimum.** Gymnasts may choose to still come additional hours and that is encouraged. As we make this transition, we will also realign training groups as needed. Until we plan for the next season, we will not know exactly how these groups will line up.

This ideology is proving to be massively successful at many large gyms around the country and we are excited to try it out next season! Keep in mind that we always have your gymnast's best interest at heart and want nothing more than to see her succeed in and out of the gym.

## Did You Know?

### IMPORTANT REMINDERS!

#### MEET HAIR

Competitions are exciting events that recognize gymnast's hard work and dedication to the sport. Judges respect the athletes by wearing uniforms at competitions. Coaches respect the athletes and judges by dressing professionally. Athletes show respect to the judges by wearing a special competitive leotard and it is only fitting that the gymnast's hair match the rest of their attire. Every gym has different hair policies. GBGC's Meet Hair Rules are:

**NO LOOSE OR STRAIGHT PONY TAILS.** If hair must be in a ponytail, all hair **MUST** be in **TIGHT** curls. Hair should not be worn in a ponytail if the ponytail hangs below the neck, even when curled. If the hair is done in a cute weave/braid design on the top of the head, there still may **NOT** be an uncurled ponytail hanging out of it! As a general rule, buns or braids are the best kind of meet hair to have. Make sure to use lots and lots of product! Gels, hairspray, whatever it takes to make that meet hair **STAY IN** and eliminate wispy flyway hairs.

**NOTE:** Any gymnast competing in her senior

year of high school may ignore hair rules and wear it however she chooses. 😊

#### TUMBLE-A-THON

Our annual tumble-a-thon will be held the week of February 21. All competitive gymnasts (pre-team and team) are expected/required to participate.

Competitive teams cost gymnastics centers money. This may seem hard to understand, but gyms earn their profits through their recreational classes and **LOSE** money from their competitive programs. Many gyms have booster clubs to help cover some of the loss team programs cause. Parents are required to donate hours of their time working for the gym and doing multiple fundraisers every year. GBGC does **ONE** fundraiser a year. In an effort to give back to our community, half of the money is donated to the children's pediatric unit at Hurley Hospital through Children's Miracle Network. The other half is used to buy new equipment for the gym. The equipment

purchased is designed primarily to benefit the competitive gymnasts. In years past, we have purchased a new bar set and new balance beams, which every gymnast on pre-team and team uses, although some declined to participate in buying them.

Fundraising is an important and vital aspect to any large organization. Fundraising teaches children about taking responsibility and initiative, and the rewards of working toward a common goal. This annual event is **not** intended for gymnasts to get donations solely from their parents. We would really like to see the girls get out there and work for this great cause by collecting donations from neighbors, relatives, teachers, or anyone else they can think of! Teaching kids about charity is a valuable lesson. Most kids can readily relate to other children who are hurting. Involving kids in programs that help other kids is a great way to instill a lifelong attitude of giving back to the community. Please help us in encouraging your gymnast to collect as many donations as possible.

**\*MAIL\***

Make sure your gymnast is getting his/her mail! We are sending notes out via e-mail to be "greener." Notes are also posted on the competitive wall. Please make sure to check the competitive wall for notes that apply to your child's group. Also, let Christie know right away if you aren't receiving the gym emails. Hotmail has a "bug" where sometimes names will drop off of distribution lists. Thanks!

**GO GRAND  
BLANC  
GYMNASTICS!!**