

Lakeland Gymnastics Club
Competitive Gymnastics Newsletter #1
September 2, 2009.

Parents and Athletes:

Welcome back to our Artistic competitive program, and for those who are joining us for the first time, we are very much looking forward to an exciting and rewarding year!!

Our team this year includes the following participants and groups:

<i>Group #1</i>	<i>Group #2</i>	<i>Group #3</i>
<i>P1 and P2</i>	<i>P1 and NQP1</i>	<i>NQ P1</i>
Kelsey Creuger-Norgate	Hannah Krafchek	Sophia Girardi
Cassandra McNutt	Melissa Jacobsen	Megan Amirault
Morgan Beaman	Alyssa Cowan	Jasper Beckwith
Kayla Lefebvre	Morgan Svoboda	Jaimie Ramsay
Amanda Bischke	Megan Pashulka	Ella Molstad
Elli Girardi	Imani Denotti	Karena Schneider
RayAnne Farris		
Cindy Newton		

Training Times:

In order to try to accommodate both the number of training hours necessary to be at a competitive level in our sport and accommodate our parents and athletes personal needs, we have made training times as follows:

Group #1: Will train 5:00-8:00p.m. On Mon, Fri and 4:30-6:30 on Wed. 4hrs per month will be used as a training day (Sun) in St. Albert or at our gym.

Group #2: Will train 4:00-7:00p.m. On Mon and Fri. These girls will also be invited to the monthly training camp at our gym or in Edmonton but there will be an additional charge for the camp. More details to come.

Group #3: Will train 4:00-6:00 p.m. On Mon and Fri. These girls will also be invited to the monthly training camp at our gym or in Edmonton but there will be an additional charge for the camp. More details to come.

If more time in the gym is needed you may from time to time be asked to stay later or have special training days added.

Coaches: Our competitive and Demo Team staff this year will include:

Michelle McNutt:

Miss. Michelle has coached for 20 years and is level 3 certified in gymnastics she also has her level 2 trampoline certification. Michelle has coached many different levels and abilities and has had great success sending many athletes to provincial championships. Michelle worked with the demo team last year and used to also run the competitive and demo team programs at Rocky Flips Gymnastics. She is very excited to with the P1 and P2 gymnasts this year. Michelle and Krista will also be co-chairing the Women's Artistic Gymnastics meet for the Alberta Winter Games here in Cold Lake in Feb 2010 which will hopefully bring gymnastics to the forefront in our community.

Krista Ramsay:

Miss. Krista coached the P1 and P2 girls last year and is Lakeland Gymnastics Head Coach. Krista is level 3 certified in gymnastics, Level 2 in trampoline and has also judged in the sport for several years. Krista attended Mount Royal College and the University of Calgary where she majored in Physical Education with a minor in Sports Administration. Krista has coached artistic competitive gymnastics for 20 years and has also coached competitive Trampoline and Tumbling. Highlights of her career include being named the Alberta coach to Western Canadian Championships in 1998 and coaching over 46 athletes to provincial championship medals. Krista has also had opportunities to coach in the USA and the NWT.

Do not hesitate to approach any of the coaches if you have questions about your athlete's progress. Should you have any questions about the program in general, Krista and or Michelle would be best to speak to. The best time to talk to the coaches is at the end of the class after the equipment has been put away. Krista can also be reached during office hours at the club 639-3065.

Training Plan

Much of September and October will be spent getting the teams back into shape after a summer off. Good work to those athletes who did some conditioning and or attended summer training camp over the holidays to keep in shape well done!! To prevent injury, care will be taken to build up strength and flexibility before attempting skills, which the gymnasts may have been performing before summer holidays. (Be patient.... Physical preparation will pay off later in the season.)

Mid October until Christmas will be spent working on and perfecting routines. New skills will also be taught during this time. Gymnasts will incorporate some of these new skills into their routines later in the year. Trials to Alberta Winter Games are in December so those athletes going to the trials will be working on lots of routines.

January, February, March, April and May will be our competitive season. During this time our emphasis will be on routines with some time spent on new skills.

After the competitive season we will focus on learning new skills in preparation for the next year. Our summer sessions will begin in July and August with emphasis on new skills and working on skills for each athlete's next year of competition.

Cancelled Days for this session include:

Mon Sept 7, Oct 9-12, Nov 11, Dec 20-Jan 4

Fun Meet:

We will be holding our second FUN (mock) Competition on Jan 23-24 2009. This will be a mock meet for the competitive girls to show off their routines in front of an audience before they begin the competitive season for the younger ones and for our older gymnasts who make the Winter Games Team it will be a practice before the Games.

Expectations:

Parents please read the Competitive handbook and Contract very carefully in order to fully understand the competitive programs.

1. **Commitment:** The coaches go to great lengths in preparing individual, daily and annual lesson plans for each gymnast, choreograph routines and build a strong "team" environment. If you are unable to make a full 10 month commitment to the program we would strongly recommend that you consider an advanced recreational program whereby only a 14 week commitment is required.
2. **Communication:** Please contact Krista or Michelle if you will be absent from practice. Also let us know if you are experiencing difficulty in the group or outside the program so that we can offer you support or a sympathetic ear and if necessary modify your training program.
3. **Attendance:** Regular attendance at practices and at selected competitions is necessary.
4. **Conduct:** When in the gym or at competitions, gymnasts are expected to act in a professional and courteous manner. Treat your teammates, coaches and fellow competitors and most importantly YOUR PARENTS with respect at all times.
5. **Conduct outside the gym:** While conditioning and working on flexibility outside of the gym is great, doing skills and working on more difficult elements outside of the gym is strictly frowned upon. Gymnast doing gymnastics in a controlled and safe atmosphere where there are coaches and most importantly mats readily available to protect you from injury are ok. Please do not practice gymnastics elements at home or in the playgrounds where you can get hurt.

Parents and athletes please make sure that you read the Parent Handbook, which includes the expectations and rules of being in competitive program. Also please read your contract carefully and thoroughly.

Alberta Winter Games

Lakeland Gymnastics Club is the host club for the Women's Artistic Gymnastics for the Games. We will require about 120 volunteers to make this event a success. If you are able to volunteer to help or know of someone who would be willing to help out please see Krista or Michelle for information. This will also go towards fulfilling your 10 volunteer hours with the club.

Body Suits and Track suits

We will be asking all gymnasts to try on their body suits and track suits to make sure that they fit. If they do not fit we would ask that you bring them into the club by Sept 11 in order to sell them to other gymnasts. Used suits will be sold for \$32.50 (Short sleeve) and \$45.00 (long sleeve) money collected will be put in your meet fee account to go towards your new purchase of a body suit. Track suits will be sold at \$80.00 and will be put into your meet fee account for the purchase of a new track suit. Please ensure that you label your team attire so that we are able to credit the right gymnast for their clothing. We will be measuring for tracksuits and body suits on September 11 at 5pm. We will require one parent volunteer to help measure and record for ordering. If you can be of assistance that day please let Krista or Michelle know asap.

Competitive Bottle Drive

We are looking for some fundraising ideas for the competitive team to do this year to off-set costs for competitions, team uniforms etc.... Please be aware that if you participate you directly benefit if you do not wish to participate you will be required to pay the full amounts required to purchase uniforms and or attend competitions. We have been approached on having a bottle drive to raise funds for this year. We would like to do this in Sept or Oct while the weather is still decent. We will require a coordinator to organize the bottle drive. If you are able to help out please see call the office 639-3065. Please also fill out the attached form as to whether you will be able to help out with the bottle drive.

In closing we would like to again welcome you to the competitive program we are looking forward to a fun and rewarding year of gymnastics in Cold Lake!

Krista Ramsay

Michelle Mc Nutt

Fundraising Information Form

Bottle Drive Fall 2009

_____ We will will not (please circle) be able to help
(Family Name)

out with this years bottle drive.

I am willing to provide a vehicle and drive for the bottle drive YES NO

Please contact me _____(Parents name) with further information regarding the bottle drive at _____(Phone).

Would you like to be added to the list to be called for any other fundraisers we will be doing to support the competitive program. YES NO (please circle)

Parents name:_____ Gymnasts Name:_____

Phone:_____ Email:_____

Please remember if you participate in the competitive fundraisers you will directly benefit from the monies raised to offset out of pocket expenses associated with competitions and team uniforms etc....