

TINY TUMBLER UPDATE

November 2011



Dear Parents,

We have had a terrific start to the 2011 season. Myself-Lynne, Holly, Sara, Jess, Shawnee and Mary and the girls are enjoying the classes. The girls are moving forward in their progress and gymnastics development.

Please find listed below some dates that you may want to add to your calendar.

DATES TO REMEMBER

Shawnee and Mary's groups :

- Sunday December 4th - NO CLASS due to a meet in our facility
- Sunday December 18th - Last class/party (crafts and snack will be provided)
- Sunday January 8th - Classes resume
- Sunday February 5 or 12 - Parents Day/ Progress Reports handed out (a note will follow)

Holly's group:

- Tuesday December 13th - Last class/ party (crafts and snack will be provided)
- Tuesday January 3rd - Classes resume
- Tuesday February 7 - Parents Day/ Progress Reports handed out (a note will follow)

Lynne's group:

- Tuesday December 13th - Last class/ party (crafts and snack will be provided)
- Tuesday January 3rd - Classes resume
- Tuesday February 7 - Parents Day/ Progress Reports handed out (a note will follow)

Jess's group

- Wednesday December 14th - Last class/ party (crafts and snack will be provided)
- Wednesday January 4th - Classes resume
- Wednesday February 8 - Parents Day/ Progress Reports handed out (a note will follow)

Sara's groups:

- Thursday December 15th - Last class/ party (crafts and snack will be provided)
- Thursday January 5th - Classes resume
- Thursday February 9 - Parents Day/ Progress Reports handed out (a note will follow)

Shawnee's group:

- Friday December 2nd - NO CLASS due to a meet in our facility
- Friday December 16th - Last class/party (crafts and snack will be provided)
- Friday January 6th - Classes resume
- Friday February 10 - Parents Day/ Progress Reports handed out (a note will follow)

Please take a few moments to read what the girls are doing in their classes

A PROGRAM OVERVIEW OF WHAT THE TINY TUMBLER'S HAVE BEEN DOING:



You also may have observed a few differences from the Kinder gym program that your daughter was in last year. The program begins with a general warm up of the whole body. Emphasis is being placed on leg and shoulder flexibility that includes splits, shoulder stretches and bridges. Age appropriate strengthening exercises are being introduced as well into the daily workout, such as chin-ups, sit-ups and push-ups. A stronger more flexible body goes a long way in learning skills in a safe and easy manner. At this point we are still focusing on body alignment and control, while also progressing to further develop basic skills. On the following page is a list of the skills and progressions that the girls will work on over the course of the year. In addition we also cover safety, body awareness, good form, conditioning, orientation, and self-confidence on each apparatus.

BARS

Swinging, hanging, regrasping,
grip changes, casting, supports,
straddle and squat on/off the bars,
landings, strengthening, body alignment

BEAM

Locomotive movement, balance, coordination,
Jumping, toe work strengthening,
presentation, landings, flexibility, alignment

FLOOR

Body shaping, presentation, locomotive skills,
jumping, landings, somersaults, handstand drills,
alignment, toe work, flexibility

VAULT

Running, rebounding, landings,
take off, tightness, body control,
alignment, aerial awareness

TRAMPOLINE

Spatial orientation, body control
body alignment, jumps, landing

CONDITIONING

Strength (upper and lower and core), flexibility,
body shaping, rope climb

Progress reports will be coming home in February . We will tell you at that time, how your child is progressing in the gym, their interaction with their peers in the gym, their listening skills, their attentiveness and how they are grasping critical gymnastics concepts. We also discuss if your child is experiencing any fears or apprehension and where their strength and weaknesses lie. Please understand that this is not like a school report. Please do not hesitate to speak to any of the coaches or myself if you have any questions, concerns or suggestions. The door is always open.

Sincerely,

Lynne Ethier
Developmental Program Coordinator and Assistant Head Coach