

PETITE ELITE UPDATE

November 2011



Dear Parents,

We have had a terrific start to the 2011 season. Amanda, Cathy, Stephanie and the girls are enjoying the classes. The girls are moving forward in their progressions and gymnastics development. They also seem to be really enjoying themselves, always eager, enthusiastic and ready to learn. Way to go girls!!

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

DATES TO REMEMBER

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| Sunday December 4th | - | NO GYM (due to a competition in our facility) |
| Sunday December 11th | - | Holiday party for both groups (Amanda and Cathy/Stephanie) |
| | - | Crafts (We provide the crafts). |
| | - | Munchies (each person will bring a small item of food). A note will follow about the Party and who can bring what food. |
| Tuesday December 20th | - | last class before the holidays (Cathy and Stephanie's group) |
| Wednesday December 21st | - | last class before the holidays (Amanda's group) |
| Tuesday January 3rd | - | Classes Resume |
| Wednesday January 4th | - | Classes Resume |

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

A PROGRAM OVERVIEW OF WHAT THE PETITE ELITE'S HAVE BEEN DOING

You also may have observed a few differences from the Tiny Tumbler 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. Strengthening exercises are being introduced as well into the daily workout, such as rockers, v-snaps, leg-lifts, 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 next 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

long swing
 casting
 handstand drills
 chin ups

beat swing
 grip changes
 pullover
 leg lifts

squat/stoop on
 rotation awareness
 body alignment

BEAM

front/side/back locomotive
 front rolls
 straight jumps
 tuck jumps

balance hold
 leg kicks
 toe work
 turns

landings
 handstand work/drills

FLOOR

body alignment
 jumping
 cartwheels

presentation
 handstand work/drills
 walkovers

landings
 front/back rolls
 locomotive skills

VAULT

running
 landings
 body alignment

rebounding
 board take off
 aerial awareness

mini tramp work
 hurdles

TRAMPOLINE

spatial orientation
 jumps
 seat drop

body control
 jump combinations
 stomach drops

body alignment
 landings
 doggie drop

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, and 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