

Upcoming Events

July 7-11

Team Training Camp 1

August 11-15

Team Training Camp 2

Sept 15

Mills Baby Due

Gym will be closed after birth

Monthly Highlights

No Gym:

July 4

DESIRE

How strong is your desire? Desire provides the drive that carries an athlete to success.

Dedicated athletes have a strong desire to improve, to compete, and to win. No one gets to be the best without a burning desire to be the best.

Rhythmic Attitudes Team Newsletter

Summer Workouts

M,W,F 10:00-2:00
TU, TH 4:00-8:00

Summer workouts are when we learn all apparatus skills, new stretching and conditioning exercises as a foundation for the upcoming season.

The girls also will have the opportunity to have fun by trying to master a routine from the recent Visa nationals.

They will also receive their new routines for the upcoming season.

As you can see, with all this, it is important that you come as often as possible during the summer. Five days per week is preferable.

I will not be charging for this extra time now, in order to make up for any lost

time during my maternity leave.

New USAG Rules!

As after every Olympic Games the International Federation of Gymnastics (FIG) changes its rules. This ensures that our sport grows and gets challenged a bit differently every four years. The new rules should be fully out by August 15th. USA Gymnastics is creating its own new rules based on FIG's direction.

I have got the first rough draft of the new rules from USAG. They have changed the levels tremendously.

Now level 4s have to be able to do C level elements. (Comparison to last year, only level 6s had to do C elements.) So you can not compare this years level 4 with last years level 4. We have to work very hard to practice higher value elements, so the girls can compete. I know it is frustrating, but that is how the sport changes. It is hard the first year after the Olympics, then it gets a bit easier.

Parents, please explain to your daughter that this year is like starting all over in the number of levels. Right now I am not sure who will go in which level .

Vacations!

I know that everyone goes (SHOULD) go on vacation. Even though you are not in the gym do not miss out on your monthly full payment.

Training Camps

Camp 1: July 7-11
M - F 10:00-6:00

Bring your own lunch, drinks and snacks!

Order Apparatus!

I will have a group order on July 20 from www.RhythmicGymnastics.com. If you wish to order something, please fill out the order form with the appropriate name, number, color, size by July 20. This way we may be able to save some money on shipping all our orders together.

Ballet

Starting in July all team kids will take ballet twice a week. Monday 10:00-11:30, and Thursday 4:00-5:00. Please make sure that you are here on time and on those days and the girls have proper ballet outfit. (leotard, shorts, no shirts) The additional cost will be \$25/month.