

# CHALK TALK

FEB 2022

## CGC SHINES AT EXELTA CUP!



*gym style*

**TOP 10**  
**WAYS TO CONQUER**  
**FEAR IN THE GYM**

**SLEEP STRATEGIES**  
**FOR KIDS**



# EXELTA CUP

Our Competitive Women's Team was in Red Deer on February 5<sup>th</sup> competing at Exelta Cup & 1<sup>st</sup> Trials to Nationals. Congratulations to all of the CGC Gymnasts on a great performance! Our club received many compliments from judges and coaches all over the province. In total CGC took home 35 medals, and had All-Around Champions in Level 10 (Reese Grolla) & Aspire (Kennedy Hirtle). This was a wonderful starting point for a fantastic season, keep working hard ladies!



## Exelta Cup Results

### Level 7

Claire McDonald VT 7<sup>th</sup>, FX 5<sup>th</sup>

Caia Beck BB 8<sup>th</sup>

Angelica Brandt BB 2<sup>nd</sup>

Kenya Otieno VT 4<sup>th</sup>, UB 4<sup>th</sup>, AA 6<sup>th</sup>

### Aspire 1

Kinslee MacLean VT 3<sup>rd</sup>, UB 1<sup>st</sup>, BB 4<sup>th</sup>, FX 3<sup>rd</sup>, AA 2<sup>nd</sup>

Zoe Ewans VT 4<sup>th</sup>, BB 2<sup>nd</sup>, FX 4<sup>th</sup>, AA 5<sup>th</sup>

Kennedy Hirtle VT 1<sup>st</sup>, UB 3<sup>rd</sup>, BB 1<sup>st</sup>, FX 1<sup>st</sup>, AA 1<sup>st</sup>

### Level 8

Myla Lambe UB 2<sup>nd</sup>, BB 4<sup>th</sup>, FX 4<sup>th</sup>, AA 2<sup>nd</sup>

## 1<sup>st</sup> Trials to Nationals Results

### Level 9

Sara Wong VT 2<sup>nd</sup>, UB 8<sup>th</sup>, BB 1<sup>st</sup>, FX 8<sup>th</sup>, AA 3<sup>rd</sup>

Victoria Arteaga VT 5<sup>th</sup>, UB 6<sup>th</sup>, BB 6<sup>th</sup>, AA 7<sup>th</sup>

Valentina Heinz VT 1<sup>st</sup>, BB 3<sup>rd</sup>

Zoe Kramer BB 6<sup>th</sup>, FX 2<sup>nd</sup>

Majken Holmgren-Zunti VT 3<sup>rd</sup>, FX 6<sup>th</sup>

Elyse Bodtker VT 3<sup>rd</sup>, BB 1<sup>st</sup>, FX 5<sup>th</sup>, AA 3<sup>rd</sup>

### Level 10

Tegan Haberstock VT 3<sup>rd</sup>, FX 7<sup>th</sup>

Aj Samaniego BB 3<sup>rd</sup>, FX 2<sup>nd</sup> AA 5<sup>th</sup>

Reese Grolla VT 1<sup>st</sup>, UB 7<sup>th</sup>, BB 1<sup>st</sup>, FX 1<sup>st</sup>, AA 1<sup>st</sup>

Marisa de Groot VT 12<sup>th</sup> & BB 9<sup>th</sup>

Piper Johnson BB 5<sup>th</sup>

Ava-Lee MacLean VT 5<sup>th</sup>, FX 8<sup>th</sup>

Ella Wetteskind VT 2<sup>nd</sup>, UB 3<sup>rd</sup>, BB 3<sup>rd</sup>, FX 2<sup>nd</sup>, AA 3<sup>rd</sup>

# Sleep Strategies for Kids

It's well known that proper sleep is essential to a child's development. But for the 25-30 percent of kids and teens who struggle to fall asleep or stay asleep, getting adequate rest can feel daunting.

Helpless parents may begin to dread bedtime, unsure how to help their little one nod off and sleep soundly. Sleeping pills, commonly turned to for adult insomnia, are strongly discouraged in children. Pharmaceutical sleep aids can have significant risk of side effects in children, and therefore should only be used under the careful guidance of a doctor. Vitamins and supplements may be marketed for children, but the FDA doesn't monitor them the same way they do drugs, so we recommend consulting a doctor before trying these.

Fortunately, specific behavioral changes and adjustments to the sleep environment will help most children with insomnia. We've compiled the top tips that are proven to help kids sleep. The recommendations outlined here are best suited for toddlers through early adolescence. Both babies and teens will have specific considerations of their own. These lists may seem long, but you don't need to implement them all at once. It's better to focus on trying a few small changes, giving them time to work, and then adjusting your approach based on how your child responds.

Keep in mind that every child's sleep needs will vary based on their age, genetics, and cultural differences. Therefore, not all approaches will work equally well for all children, and there can be an element of trial and error. However, your patience will be rewarded in time as your little one learns to fall asleep quickly on their own and keep sleeping soundly through the night.

# Sleep Hygiene for Kids

Sleep hygiene — a collection of habits and behaviors that promote good sleep — is vital for children. Many sleep struggles are caused or made worse by poor sleep hygiene. When practicing sleep hygiene, remember that consistency is key. Sleep strategies take time and repetition to be effective.

- **Create a Routine:** Humans are creatures of habit. A consistent bedtime routine lets your child's body and mind know that it's time to settle down and prepare for sleep. The actual routine can be specific to your child, but it should last around 20 minutes and consist of three to four quiet, soothing activities such as a warm bath, putting on PJs, brushing teeth, and reading. Bedtime routines provide children with a sense of familiarity and comfort, which acts in direct opposition to the uncertainty of insomnia.
- **Set a Bedtime:** A sleep schedule works with your child's natural biological clock to promote dozing off with regularity. Bedtimes are most useful when they're consistent, so try to keep the same bedtime on weekends as on school nights. Altering bedtimes during the weekend will make it more difficult for kids to maintain their normal weekday schedules.
- **Implement a Screen Curfew:** The ubiquity of screens makes this rule hard to implement, but it's well worth it. Mobile devices, TVs, and tablets emit a type of blue light that suppresses melatonin, a hormone that promotes sleep. Children may be particularly vulnerable to the effects of light from screens. Screen time also stimulates the brain, making it harder to wind down for sleep. Electronic devices should be kept out of the bedroom and ideally not used within one hour of bedtime. Consider using the family media plan created by the American Academy of Pediatrics.
- **Get Exercise:** Physical activity is proven to help people of all ages fall asleep faster and stay asleep. Most children need at least one hour of exercise per day. Just make sure to avoid vigorous activity within two hours of bedtime. Otherwise, your child may feel wound-up and find it harder to fall asleep.
- **Avoid Scary or Violent Content:** Feeling scared or worried is a common reason kids can't sleep. So it's no wonder that scary or violent movies, TV, video games, and even books in the evening are linked to sleep disturbances in children. If your kiddo likes the gory or spooky stuff, save it for the daytime.

- **Nix Caffeine:** This is a no brainer. Caffeine is a stimulant that can both make it harder to fall asleep and reduce the quality of sleep. In addition to the usual suspects like soda, coffee, and energy drinks, watch out for more discreet sources like tea, decaf coffee (which still has trace amounts of caffeine) and chocolate. Even small amounts of caffeine can have a big impact in a little body. Don't let your child consume caffeine within six hours of bedtime, or preferably, avoid it all together.
  - **Don't Sleep with a Pet:** While it's tempting for tots to snuggle Fido in bed, a pet's movements and noises during the night can awaken them from a peaceful slumber. Try having your furry family member sleep outside of your child's bedroom for a few nights to see if that helps. To make the transition easier, include saying goodnight to pets in the bedtime routine.
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## Making a Sleepy Bedroom

Optimizing your child's bedroom is an integral part of inducing quick and seamless shuteye. People with insomnia are more likely to be distracted by an uncomfortable bedroom, which makes sleep even harder. These tips can help you create the perfect sleep setup for your little one:

- **Room Temperature:** The body and brain both cool down in preparation for sleep, and this can be disrupted by a stuffy bedroom. To avoid this, try to keep the thermostat around 19 degrees.
- **Noise:** Research suggests that even mild sound disturbances can affect the quality of slumber, even if the sleeper never awakens. Consider noise-blocking curtains to cut down on street noise. You can also use a fan or white noise machine to drown out unpredictable or distracting sounds.
- **Light Level:** Start dimming indoor lights as bedtime approaches, and keep your child's bedroom as dark as possible. This promotes healthy levels of melatonin and supports your child's natural biological clock. If your child is afraid of the dark, a small nightlight is okay.
- **Soothing smells:** Calming scents like lavender can have mild sedative effects. You might try using essential oils, a room diffuser, or dried potpourri sachet to provide a soothing, sleep-inducing smell.

# Overcoming Bedtime Worry

Unfortunately, childhood anxiety is steadily rising. Stress is known to disrupt sleep in all ages, so anything that can reduce worrying before bed is helpful. Help your child learn to manage their concerns with these tactics:

- **Write In a Journal:** Encourage your child to get their anxious thoughts out of their head and onto paper. It can also help for them to write about the good things that happened in the day. Focusing on the positive will help children feel more secure.
- **Mindfulness Exercises:** Mindfulness exercises like meditation are proven to calm the nervous system and decrease stress hormones. There are many kid-friendly meditations that parents and children can do together. These often consist of simple breathing techniques, body awareness, or guided imagery. Look to books, tapes, and even smartphone apps for ideas.
- **Create a Worry Time:** It's okay to discuss worries, just not at bedtime. Set aside a specific time during the day for your children to discuss their concerns and how to cope with them. This can free children of the need to dwell on worries before bed.

## The Art of the Room Check

It's normal for even the best little sleepers to awaken from slumber and ask for a parent. When your child cries out for you, it's okay to tend to them. However, you should do so with intention. This is not the time to give in to demands, as doing so can increase stimulation and make it harder to fall asleep. Fulfilling your child's every request can also reinforce an unhelpful pattern of relying on parental assistance for sleep.

Instead, keep the checks short and simple. The point is to provide your child with reassurance that they're safe and cared for, while still fostering their ability to self-soothe and sleep on their own. Some parents may even wait a few seconds before answering a call so that their child has the opportunity to fall back asleep on their own.

If you have any doubt over whether your child's nighttime checks are appropriate, consult your child's doctor for guidance.

# When To See the Doctor

If your child continues to have trouble sleeping despite your best efforts, it may be time to check in with their pediatrician. Although uncommon, there can be more serious causes of childhood insomnia, such as childhood sleep apnea or restless leg syndrome. Any of these reasons are cause to involve a doctor:

- Significant daytime sleepiness
- Frequent or severe snoring or other abnormal breathing during sleep
- Suspected psychological or developmental condition
- Considering medications or supplements to aid in sleep

For a couple of weeks before the doctor appointment, it can help to keep a sleep diary. This is a nightly recording of your child's bed time, nap times, sleep length, and activities. A sleep diary helps to identify patterns and possible problems to address.



# *gym style*

Women's Artistic Gymnastics is an incredibly challenging sport, demanding strength, power, flexibility, agility, courage, and a combination of technical precision and artistic creativity. When these elements are mastered, the performances appear almost effortless and are riveting to watch. The gymnast must perform incredibly hard skills, while expressing elegance, flexibility, confidence, and self-control. Gymnastics has very specific rules about Gymnast Attire & Appearance. Gymnasts are required to have an overall "well-groomed" appearance.

***When you look good, you feel good!***

## **Hair**

For training, hair must be pulled back neatly away from the face. If hair is loose or falling out, it can be dangerous for the gymnast, and makes it very hard for coaches to spot. Hairspray is not necessary for training; clips can be used if a gymnast has lots of flyaways/loose hairs. Appropriate hairstyles include High Pony Tails, Buns etc. Please feel free to be creative if you want, just keep in mind the style should not obstruct the gymnast. Gymnasts must have extra hair supplies in their gym bag, and should be able to do their own hair by age 8.

For competition, hair must be sleek, tight, and complimentary of each gymnast. If you have questions, please ask your daughter's coach.

## **Hair Tutorial Videos**

Practice makes perfect

**HOW TO DO A BASIC HIGH PONY-** <https://www.youtube.com/watch?v=mpZpX5XB6Qk>

**4 HAIRSTYLE IDEAS FOR GYMNASTICS-** <https://www.youtube.com/watch?v=jehEUWR1Z3k>

**HOW TO DO THE PERFECT GYMNASTICS HAIR BUN-** <https://www.youtube.com/watch?v=Ulx8qwKkF58>

**10 BASIC BRAIDS FOR BEGINNERS-** <https://www.youtube.com/watch?v=3xfqp8lLFfQ>

## **Nail Polish & Make-Up**

Nail polish of any kind is permitted at training. Make up & Nail polish is also permitted at competition, but should be complimentary to each gymnast. **Neutral tones are always preferred.** Dark colors are not recommended.

## **Jewelry**

Earrings are allowed for gymnastics training; big hoops are not permitted. Other jewelry such as necklaces, Fitbits, anklets, rings etc. are not allowed to be worn during training.

Body Piercings should not be worn to gymnastics, as they can catch on equipment and cause injury ex. Belly button piercing on trampoline

For competition, only 1 pair of stud earring is allowed. No body piercings are permitted, including nose studs.

## **Tape/Braces**

For training, tape & braces can be any color. For competition, please try to match your skin tone as closely as possible to minimize the distraction.



# TOP 10

## WAYS TO CONQUER

# FEAR IN THE GYM

***As a gymnast, have you ever been fearful in practice?***

Ever had to practice that one skill, or routine, that exponentially raised anxiety levels just thinking about it? Fear is an inevitable part of life, and can be found in gymnastics everyday, even in every turn a gymnast takes. It's a powerful emotion that can override all other thoughts and priorities, which is why this is a particularly devastating feeling for gymnasts, who put themselves at risk every day. In order to reach their full potential, athletically and mentally, a gymnast needs to persevere through the hard days, and remain mentally strong in the midst of stressful situations. Below are ten steps a gymnast can follow in order to overcome their fear, so they can instead, focus on improving themselves as people, and athletes. The more a gymnast can gain insight into their internal obstacles, the greater their ability will be to contain and manage anxieties, inside and out of the gym.

## **1. Acknowledge your fear- Is it a specific skill? Routine?**

Courage is never obtained when avoiding anything we may be scared of. Athletes need to face fears head on and exhibit strength and bravery in practice. The first step is to name your fear- make it clearly known by letting it rise to the surface of your mind, giving you the ability to analyze it. Helpful tactics include writing it down, keeping a journal in order to track your progress as you work to conquer your goal.

## **2. Define its boundaries.**

Ask yourself these questions: What is the history of this fear? Did you have a bad fall? Injury? How are you affected by constant fear in practice?

## **3. Be open with your coach about what problems you have.**

If there is anyone who needs to be aware of any issues you may have as a gymnast, it's your coach. Coaches are your leaders in the gym, who guide and strengthen you so that you can obtain ultimate success and fulfill your highest potential. They need to be aware of issues you may have, no matter how big or small, so they can act as a support system and help you work through the negative emotions.

## **4. Focus on your mental game.**

Mental toughness is a significant factor that contributes to an athlete's overall success. In this step, you need to focus your energy on keeping your mind sharp, so as to avoid any weakness that will result in digression from your progress. Mental toughness allows you the ability to travel beyond physical ability, tapping into the mental aspect of performance optimization.

## **5. Imagine every skill in your routine, writing a positive script in your imagination.**

Using your journal, write down every element in your routines, the thoughts and emotions you experience during the routines, and your ultimate goal. The goal you have doesn't necessarily have to be a physical feat- Is it winning? Is it finishing? Is it an improvement you want to make?

## **6. Visualize a positive result and replay it over and over in your head.**

Taking your written goal from the previous step, utilize visualization tactics throughout the day to imagine yourself achieving your goal.

## **7. Challenge and replace negative self-talk with positive self-talk.**

You can experiment with a number of different verbal and mental cues to ensure control of your mind and performance. When you begin to feel weak, and think "I'm too tired... I can't do this...", you can replace the message with, "Relax and trust myself."

## **8. Relax and trust your physical ability and training.**

The mental components of these steps have concluded, and now it's time to trust your ability and take a deep breath. With a strong mental game, any gymnast can face their fears head on, all the while utilizing the techniques in the previous steps, in order to come out successful.

## **9. Practice.**

Often in life, especially in gymnastics, we are afraid of things because we haven't had much exposure to what we're afraid of, also known as, Fear of the Unknown. You need to begin practicing what scares you, attempting the skill or routine a couple times a day, until you build a gradual resiliency to the mean of anxiety. You will begin to gain a better understand of the physics of the skill, increasing knowledge of, and comfortability with, the skill in question.

## **10. Keep the momentum going.**

It takes a lot of determination and momentum when conquering fears, and when failures and setbacks arise, which they will, you will want to give up- Don't! Stay determined to conquer your anxiety, even when it seems impossible. Keep your mental game strong, and continually work to talk positively about yourself, and about your surroundings.



# The Gymnastics Kitchen With Betsy McNally

## 3 SHAKES TO REFUEL GYMNASTS



BETSY MCNALLY-LAOUAR IS A PERSONAL TRAINER AND SPORTS NUTRITIONIST WHO WORKS WITH GYMNASTS AND FAMILIES FROM LEVEL 1'S TO OLYMPIANS.



You just finished a four-hour practice. Your muscles are starving for a carb refuel and some protein repair. Your brain is craving nourishment from healthy omega fats. But you have a 45-minute car ride and need something in your body within the next 20 minutes! Whether it's muscle, bone, or brain repair, you only have a short window of time when the body will fully absorb those nutrients.

In this moment, you know preparation is crucial.

From a sports nutritionist perspective, your best bet is to make a protein shake before you leave for practice and have it right after gym.

Here are my favorite post-workout shakes that refuel and repair your body.

# 1. Chocolate Cashew Dream Shake

*Best for recovery of lost vitamins and minerals and regaining mental focus*

- 14 oz coconut water
- 1 whole banana
- 1 heaping tablespoon of cashew butter
- 1 tablespoon of chia seeds
- 1 tablespoon of organic cocoa powder
- 1 cup of ice
- 1 teaspoon of honey

Blend all the ingredients thoroughly.

This shake is packed with electrolytes, antioxidants, healthy fat, and protein. It boosts energy and works to heal both your body and your brain!

# 2. Apple Pie Protein Shake

*Best for recovery and repair of broken-down muscle*

- 8 ounces of almond milk
- 1 granny smith apple, chopped
- 1/2 cup real, old fashioned organic rolled oats
- 1/2 cup organic plain Greek yogurt
- 1 teaspoon of organic coconut sugar
- 1 teaspoon of organic cinnamon
- 1 cup of ice

Blend all the ingredients thoroughly.

Who doesn't love apple pie? And after a workout, too! This is a delicious way to get natural sugar, vitamins A and C, and one of the best complex carbs (oatmeal) into your body after your muscles are exhausted from a long workout or meet.

### 3. Tropical Vacation Shake

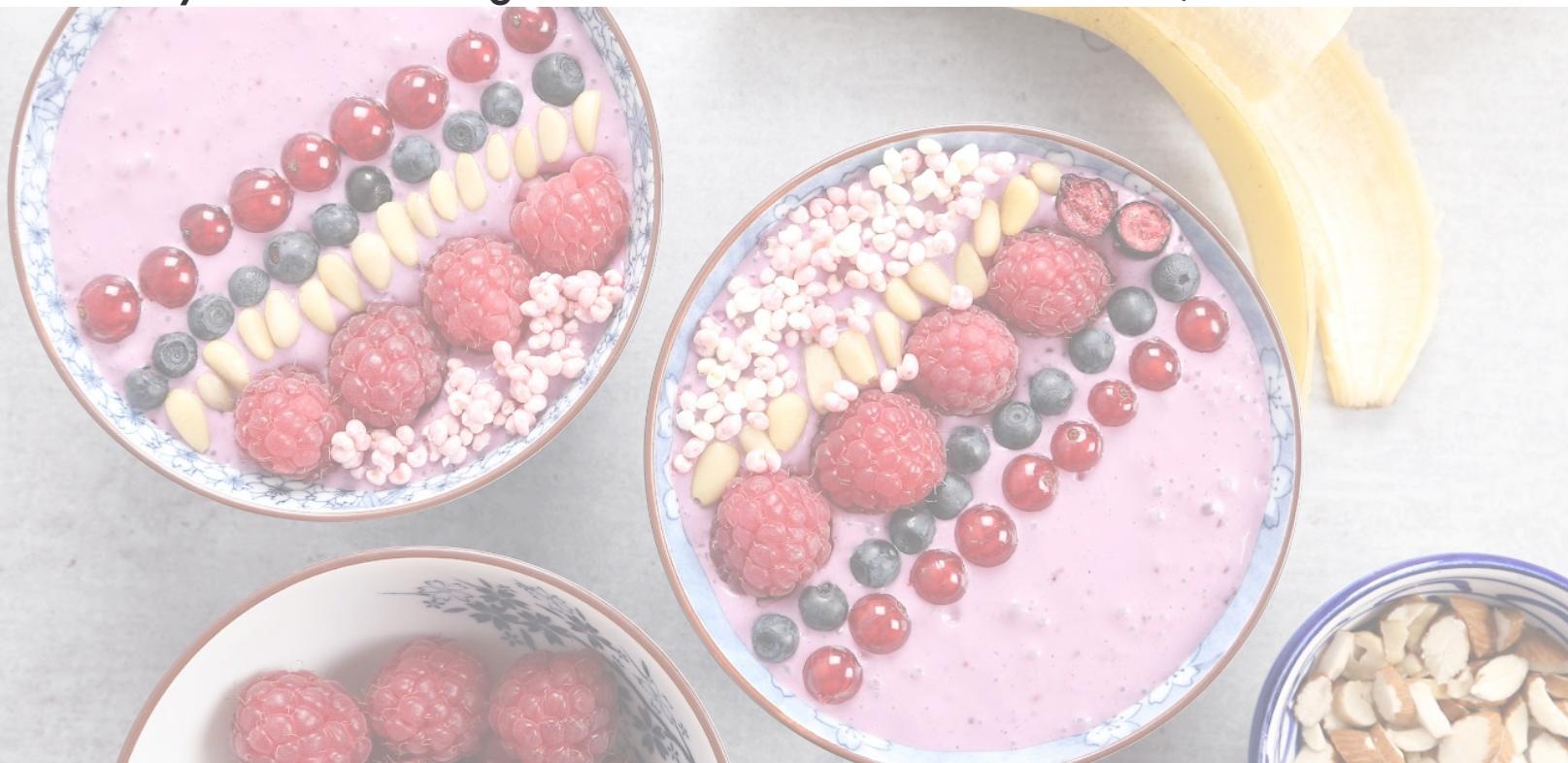
*Best for bone recovery and reducing inflammation*

- 4 cups of raw, organic spinach
- 1/2 cup of coconut yogurt
- 1 cup of water
- 1 cup of pineapple chunks
- 1/4 cup pomegranate seeds
- 3 tablespoons of shredded coconut
- 1 cup of ice
- 1 scoop organic raw vegetable protein powder

There is nothing like the taste of the tropics! After a workout, our bodies crave the replenishment of essential vitamins, minerals, and healthy fat. This shake has great proteins and healthy fats, as well as vitamin K from the spinach — a vitamin that helps blood flow. This shake is a great option to aid your body in healing inflammation of the joints, muscles, and bones.

For fun, sprinkle on some coconut flakes — which are loaded with zinc to help with immunity!

Try making shakes for the next two weeks and see how your body responds! I know you will feel better, and you'll probably see yourself making better meal decisions at dinner, too.



# TEAM CGC

## 2022 WOMEN'S COMPETITIVE CALENDAR

### Team CGC Mock Meet

- January 23<sup>rd</sup>
- 8:00am-12:00pm
- Level 7-10 + Aspire + High Performance

### Exelta Cup

#### 1<sup>st</sup> Trials to Canadian Championships

- February 4<sup>th</sup>-6<sup>th</sup>
- Red Deer, AB
- Schedule Sent & Below
- Level 7-10 + Aspire

### Team CGC Competition | SDP Testing #2

- February 27<sup>th</sup>
- Competitive 8:00am-11:00am
- Developmental 11:30am-3:30pm

### Elite Canada

- Virtual Competition
- JR & SR March 8th & 11th
- Novice March 14th & 16th

### Trials To Westerns

#### 2<sup>nd</sup> Trials to Canadian Championships

- March 26<sup>th</sup>
- Wetaskiwin, AB
- Schedule TBC
- Level 7-10 + Aspire

### Provincial Championships

#### 3<sup>rd</sup> Trials to Canadian Championships

- April 8<sup>th</sup>-10<sup>th</sup>
- Edmonton, AB
- Schedule TBC
- Level 7-10 + Aspire + High Performance

### Western Canadian Championships

- April 21<sup>st</sup>-24<sup>th</sup>
- Winnipeg, MB
- Schedule TBC
- Team Alberta Members Level 8-10 + Aspire

### Canmore Summit Invitational

- May 5<sup>TH</sup>-8<sup>TH</sup>
- Canmore, AB
- Schedule TBC
- Athletes TBD

### Canadian Championships

- Dates, Location, and Schedule TBC
- Team Alberta Members 9-10 + High Performance

### Ogopogo Invitational

- June 3<sup>rd</sup>-5<sup>th</sup>
- West Kelowna, BC
- Schedule TBC
- Athletes TBD

### Spring Fling | SDP Testing #3

- June 12<sup>th</sup>
- Schedule TBD
- Developmental Athletes

**\*PLEASE NOTE THIS CALENDAR IS SUBJECT TO CHANGE.**

**PARTICIPATION IN ANY COMPETITION WILL BE DEPENDENT UPON ATHLETE HEALTH AND READINESS\*\***

# **GO CANADA GO!!**

**BEST OF LUCK TO ALL OF  
THE CANADIAN ATHLETES  
COMPETING AT THE 2022  
WINTER OLYMPIC GAMES IN  
BEIJING CHINA!!**

