

CHALK TALK

SPRING 2022

COACHES CORNER
HOLLY GVM

SDP #2
highlights

**DR. WENDY
EXPLAINS
KNEE INJURIES**

**TEGAN
SIGNS**

UW





WARHAWKS

SIGNED

Tegan Haberstock

TEGAN HABERSTOCK

WOMEN'S GYMNASTICS



SENIOR SPOTLIGHT

Tegan Haberstock

CT: TELL US ABOUT YOUR GYMNASTICS JOURNEY UP TO NOW.

TH: I started gymnastics at the age of 3 and continued recreationally until the age of 11 where I felt like I was missing the competitive aspect of the sport. I joined my first competitive team in October 2016 and competed in my first competition as a JO6 in March 2017. After the summer of 2020, I moved gyms to CGC and competed in my first competition with the club as a JO10 athlete. Just recently I committed to the University of Wisconsin Whitewater to join their team in the fall of 2022.

CT: LET'S TAKE A WALK DOWN MEMORY LANE, WHAT ARE YOUR BEST MEMORIES FROM YOUR TIME AT CGC?

TH: I think just overall training has made some of my best memories from my time at CGC. Although I'm relatively new to CGC, I felt very accepted and welcomed right off the bat. We have all grown really close and shared some of my favorite and funniest memories. My first competition with CGC was also one of my favorite memories, everyone was so supportive and it was nice to be a part of a big team cheering everyone on.

CT: HOW WOULD YOUR COACHES AND TEAMMATES DESCRIBE YOU?

TH: I think my coaches and teammates would describe me as a hardworking, supportive and reliable teammate. I always try to give 100% during training and keep a light atmosphere to support my teammates in the gym.

CT: WHAT IS THE BIGGEST CHALLENGE YOU'VE HAD TO OVERCOME DURING YOUR GYMNASTICS CAREER SO FAR, AND HOW DID YOU GET PAST IT?

TH: The biggest challenge I've had to overcome so far was my ankle fracture in February 2021. It was really hard to watch the other girls continue training and progressing while I was stuck in a boot. I was able to maintain my motivation by using this time to gain flexibility and strength so that I could return in the same or even better shape when I was cleared. Although it was frustrating, I knew that only dwelling on the fact would hold me back from returning to the sport I love.

CT: WHAT IS THE BEST LESSON YOU'VE LEARNED THROUGH YOUR TIME AS A GYMNAST, THAT HAS HELPED YOU IN YOUR EVERYDAY LIFE?

TH: Gymnastics has taught me the importance of perseverance which has helped me greatly in and out of the gym to work through obstacles in order to achieve success.

CT: TALK ABOUT YOUR DREAMS AND GOALS FOR THE NEXT FEW YEARS.

TH: My main goal for the next few years is to figure out and commit to a career path that I find passion in during university.

CT: HOW DID YOU AND YOUR TEAMMATES, TOGETHER WITH YOUR COACHES, SUPPORT EACH OTHER DURING THE CHALLENGES OF COVID-19 TRAINING?

TH: During the challenges of Covid-19 we had to overcome many different obstacles and setbacks due to restrictions. I'm super grateful for all the efforts the coaches put in during this time, specifically Janna and Lisa for continuing to adapt during this process. Whether it was putting together zoom workouts while we were isolated at home, or creating new possible training schedules for each athlete during one-on-one training; they always had a new game plan to keep us active and ready for when we could be back in the gym full time. This really helped me both mentally and physically being able to connect with all my teammates even if it was only virtually, and kept my motivation and love for the sport high.

CT: HOW DO YOU PLAN TO CONTINUE IMPROVING AS AN ATHLETE AS YOU TRANSITION FROM YOUR CLUB TO NCAA?

TH: I plan to gain more confidence transitioning from club to NCAA. I think I've definitely come far by just moving to CGC, but I think confidence definitely comes with time and practice. So once I move to college gymnastics and all my routines are set in stone, I can really focus on my mindset before, during and after routines to help me perform with full confidence and perfection.

CT: WHAT MADE YOU CHOOSE THE UNIVERSITY OF WISCONSIN WHITEWATER?

TH: I chose the University of Wisconsin Whitewater because it provided any of the possible majors I had narrowed down, so I'm not worried about changing my mind. It also has smaller class sizes, is located in a smaller town, and I felt very welcomed and wanted by the gymnastics team!

CT: WHICH PROGRAM WILL YOU BE STUDYING, AND DO YOU HAVE ANY IDEAS FOR YOUR FUTURE CAREER PATH?

TH: As of right now I'm still uncertain of what exactly I want to do, however I think I've narrowed down my program of study to either biology or chemistry.

CT: WHAT ARE YOU LOOKING FORWARD TO MOST ABOUT BEING A WARHAWK?

TH: I'm looking forward to being a contributing member of the Warhawk family, and being part of a supportive team where I can be a successful student-athlete.

Tegan's Favourites!

FAVORITE QUOTE

YOU MISS 100% OF THE SHOTS YOU DON T TAKE -WAYNE GRETZKY

WHAT'S IN YOUR GYM BAG
A SUIT, SHORTS, HAIRBRUSH, AND HAIR TIES

HOBBY

I LOVE TO BAKE IN MY SPARE TIME,
USUALLY COOKIES OR BROWNIES

FAVORITE FOOD

CHOCOLATE BANANA CREPES

WHAT'S ON YOUR PLAYLIST

I'M USUALLY WILLING TO LISTEN TO WHATEVER BUT
FAVOURITE TYPE OF MUSIC IS PROBABLY CLASSIC ROCK

COMPETITION RITUALS

MINI EGGS BEFORE EVERY COMP!

FAVORITE MOVIE/SHOW

BACK TO THE FUTURE

YOUR FAVORITE SKILL TO PERFORM
DOUBLE TUCK ON FLOOR

7 WAYS TO DEVELOP CONFIDENCE AS A GYMNAST

Do you wish you could have more confidence in your gymnastics ability?

Do you compare yourself to other gymnasts around you and feel less competent than them?

Do you let other people's opinions of you determine your confidence in gymnastics?

As a gymnast it's incredibly important to have confidence in your abilities in order to perform your best. Gymnastics is a tough sport and learning new skills can be challenging. So one of the biggest skills you can learn to master in gymnastics is **confidence**.

According to the [English Language Learner's Dictionary](#), the definition of confidence is; ***A feeling or belief that you can do something well or succeed at something.***

It sounds simple enough. Have belief that you can do something well and you'll have confidence. But what if you don't believe in your own ability or lack a feeling of self-assurance when it comes to gymnastics? How do you develop confidence when you're not feeling confident? As you can imagine, gaining more confidence in gymnastics takes time and deliberate focused action. Luckily, it's possible to build up your confidence and by applying some of the tips here you can retrain yourself to feel more confident. Read on to learn our 7 tips for increasing your confidence in gymnastics.



NUMBER 1: REMEMBER THAT GYMNASTICS IS ONE OF THE HARDEST SPORTS

Did you know that many scientists have named gymnastics THE hardest sport with [scientific evidence to back it up](#)? Not only must gymnasts have balance and spatial awareness, they must also have strength equal to at least nine times their body weight, explosive power, short distance speed, the ability to rotate 180 and 360 degrees, proprioceptive and kinesthetic awareness, and incredible [flexibility](#). Those are a lot of skills to master in just one sport! So the first thing you can do to gain confidence in yourself is to recognize that you're learning a sport that is one of the hardest sports out there.

It's safe to say, then, that just by being a gymnast you have already accomplished more than most kids your age. When you walk on your hands in your living room or do a [backhandspring](#) on your trampoline at home, we bet your friends look at you with amazement! They wish they could learn those skills too but most of them don't now how to do them even though they've probably tried again and again. That's because not everyone has what it takes to be a gymnast.

So remember, the skills you already know how to do are hard! And the skills you are trying to learn are even harder. Be proud of your accomplishments and have confidence knowing you've already learned how to do skills that most kids your age can only dream about doing. And it's not only that you can do gymnastics skills that your friends can't.

You're also probably stronger than most kids in your grade and have a physical ability that surpasses your peers. That's something to feel confident about.



NUMBER 2: DON'T COMPARE YOURSELF TO OTHER GYMNASTS

There's a popular saying that goes: "Don't compare your chapter 1 to someone else's chapter 20." The reason is because it's easy to compare yourself to a gymnast who's at the top of her game and think you should be as successful as she is. When you start to play the comparison game you'll notice your confidence decrease and that's of no benefit to you.

While it's easy to compare yourself to another gymnast what's important to remember is that you most likely didn't see that gymnast's journey to get to the point she's at now. For example, you might not have seen the sacrifices she's made in her gymnastics career like giving up family vacations or school events in favor of training at the gym. Maybe she even gave up having a typical high school experience in favor of homeschool or couldn't attend her high school prom because she was traveling to a meet. You might see her at this point in her career and be envious of her success without even realizing how many sacrifices she's made along the way.

In her book *Fierce*, Aly Raisman talks about the first time her dad approached her coach to say they were going on a ten-day long family vacation. Aly's coach, Mihai, responded with:

“Being number one in the world at the top level is very, very hard; however, staying there is even harder. The best athletes don’t take vacations. The best athletes are the smartest: They know when to work hard, they know how to eat healthy, they know how to sleep well each night, they know how to rest when they need rest. The best athletes are professionals. If you want to be there someday, that starts now. It’s all right this time, because you didn’t know. But this will be the last time Aly ever gets to go on vacation, aside from when we close the gym for one week in the summer.”

In fact, over the course of her competitive career Aly even missed her high school graduation because of gymnastics. So while you might see other successful gymnasts and feel envious that you’re not as successful as them, remember you haven’t seen their entire journey to get to where they are. Comparing your journey to theirs, then, is not beneficial to boosting your confidence.

Finally it’s important to recognize that you’re on your own unique journey. There are many paths to get to the same end goal and they’re all equally as right. So embrace your journey and stop comparing yourself to those around you! Keep your blinders on and focus on your goal, whatever that might be for you.



**NUMBER 3: RECOGNIZE SETBACKS AS
PART OF THE JOURNEY**

NUMBER 3: RECOGNIZE SETBACKS AS PART OF THE JOURNEY

Going through a setback can really lower your confidence, especially when it’s something that seems insurmountable. When you’re injured, can’t seem to learn a skill as fast as your

teammates, or your nerves fall apart every time you go to a meet it can easily make you spiral into feelings of despair. Unfortunately, those feelings can really weigh down your confidence and make it hard for you to see the bigger picture that these setbacks are just one small part of your journey. And in most cases these setbacks will make you stronger in the end!

It's easy to see elite gymnasts and to think they had it easy or were "naturals" at gymnastics because you now see them dominating their sport. But in reality most elite gymnasts got to the top of this sport because they stuck it out when things got tough. If you read about any elite gymnast's journey you'll learn that she had to overcome many stumbling blocks along the way. It might have been injuries that set her back, having to switch coaches or gyms, or falling on a skill during a very important meet.

Did you know that in 2011 Simone Biles placed 14th and failed missing the Junior National Team by one place? Can you imagine how hard that must have been for her? She easily could have let that setback define her entire career. In her words in her book *Courage to Soar* Simone says:

"I had come to Nationals with a goal of making the 2011 team, and it didn't happen. I simply hadn't been good enough. That's how my journey as an elite gymnast began – with a defeat that put an ache in my heart and doubts in my mind."

She goes on to say:

"I thought my failure at the 2011 Nationals was an ending, but it was really a beginning – a turning point on a journey I still can't believe I'm taking."

In the end we know that she came out stronger than ever and obviously went on to win gold at the 2016 Olympics. But she just as easily could have let that moment be the end of her gymnastics career. Being able to get through setbacks like these is an important part of building confidence in your gymnastics ability. If you can overcome these setbacks and still make it to the other side then you can have faith in your ability to conquer anything. Instead of looking at these setbacks as stumbling blocks, look at them as part of the journey. The next time you come upon a setback you can see it for what it is as just a minor glitch in your journey and not let it throw you and your confidence off-course.



NUMBER 4: FOCUS ON HOW FAR YOU'VE COME

If you've been a gymnast for a while you've most likely learned a lot of new skills. But chances are you've forgotten where you started. Maybe you forgot that when you started gymnastics you couldn't do a forward or backward roll. Maybe you forgot how scary walking on the balance beam was. Maybe you forgot that you could barely pull yourself up on the rope with or without your legs or that you needed a spot from your coach to do a handstand or cartwheel.

Whether you're still a beginner or you're a high level gymnast, you've come far! And it's important to recognize that. When you go to the gym all the time it's easy to take the skills that you've learned for granted. One way to realize your accomplishments and to improve your confidence is to write down a list of all the skills you've learned in gymnastics on every event. We're talking about EVERY single skill you've learned. As you learn new skills you can add them to the list so that you see your list continue to grow. You might also take a trip down memory lane and look back at some old meet videos or pictures of you when you were just starting out in gymnastics. You'll see how far you've come when you look back at where you started, especially when you compare where you are now to where you were then.

The other thing to remember is that elite athletes were once beginners too. It's easy to see a talented gymnast and to assume she's always known how to do gymnastics or always been able to learn skills faster than everyone else. The truth is, ALL elite gymnasts started out not knowing how to do gymnastics at all. Sure, some developed an aptitude for

gymnastics quicker than other gymnasts, but it took them hours and hours in the gym to get to the level they're at now.

While it's a subtle mindshift, if you focus on how far you've come as opposed to how far you still need to go you'll turn your thoughts around to ones of accomplishment and success instead of lack. After all, even elite gymnasts have room to improve so you'll never truly be done learning or perfecting your gymnastics skills. And if you only focus on what you still need to master you'll never appreciate all that you've already accomplished. Confidence comes from feeling good about your abilities and if you can list out all your gymnastics accomplishments and really sit in awe of all that you've learned, you'll give yourself a much-needed boost of confidence.



NUMBER 5: TURN YOUR NEGATIVE SELF-TALK INTO POSITIVE SELF-TALK

Another way to gain confidence in gymnastics is to consistently use positive self-talk. While one thing all humans have in common is the presence of self-talk, some of us have self-talk that is more positive than others. Self-talk refers to the words you speak to yourself in your head. It is estimated that in a 24 hour period humans average between 50,000-80,000 thoughts! These thoughts can be words you repeat in your head, comments you make in your mind, words you heard other people around you say, or future conversations you play out in your mind. If you think you don't have a lot of thoughts in a day, try quieting your mind for a few minutes in meditation and you'll hear all those thoughts floating in and out.

Self-talk can help you develop more confidence or it can decrease your confidence depending on your words. It's really important that you first hear all the thoughts that are going through your mind and determine which ones are helping you and which ones are not. For example, when you're struggling on a new skill do you tell yourself that you'll never get it or are you rooting yourself on? When you fall on beam during a meet do you encourage yourself or do you immediately go to a negative place, perhaps telling yourself that it's not worth trying anymore?

Once you're mindful of the negative thoughts in your mind, you can now work to turn them around to the positive. The next time you find yourself speaking negative self-talk, pause for a minute, take a deep breath, and then talk back to those negative words! For example, if you hear your mind saying something like "I'll never learn this skill" say to yourself "That's not true, I've learned a lot of skills in gymnastics and this is no different." When you start doing this consistently you'll find that your negative self-talk appears a lot less often and that you'll be focused on hearing your positive thoughts instead. This is a great way to boost your confidence and greater [self-love](#) as a gymnast.



NUMBER 6: SET SMALL GOALS THAT YOU CAN ACHIEVE

Setting small goals is another way to increase your confidence in gymnastics. As a gymnast it's common to set big goals such as learning a new (and challenging) skill, getting a certain score at a meet, or even becoming an elite gymnast. What's less common is setting smaller daily goals that you can accomplish more regularly and feel good about.

Why set smaller goals? Because once you see yourself starting to accomplish the goals you set for yourself, you'll feel more confident about your abilities and will begin accomplishing bigger and bigger goals. An example of a small goal might be to focus on keeping your toes pointed throughout every skill in practice today. Another small goal might be to work on doing one extra rep of each conditioning exercise. Yet another goal could be to practice every beam routine with your chin lifted and head held high. These small goals might not sound like significant accomplishments but there's magic in showing up for yourself and consistently hitting goals. This is one of the best ways to increase your confidence.

A great way to try this exercise is to fill out the Weekly Small Goals tracking sheet that we've created for you. Write down 3-5 small goals you want to work on this week and then start tracking each of the days that you've completed them. At the end of the week you can look back and see everything you've accomplished for that week! You can keep this same list going for an entire month or change out your small goals weekly. But it's important that you aim to complete these goals 5-6 days out of the week. We've left off Saturday from the list because we think it's the perfect day to reflect back on what worked during your week and decide on your new goals for the upcoming week.



NUMBER 7: IGNORE OTHER PEOPLE'S NEGATIVE OPINIONS OF YOU

In gymnastics, as in life, there will always be others who have opinions of you that might not match the opinion you have of yourself. It's important to not let other people's opinions

determine the way you feel about yourself. If you start to listen to negative opinions and internalize those opinions then you can really feel a dip in your self-confidence. Instead, recognize that confidence comes from within from your own opinion of your self.

According to [Aly Raisman](#):

“Over the years, I’ve gradually realized that confidence must come from within, not from others’ opinions, and that it’s impossible to feel satisfied with yourself if you’re constantly worrying about what other people think. I also learned the importance of surrounding myself with kind, loving people who help make me feel confident and strong.”

Aly is not the only elite gymnast to have recognized the relationship between confidence and other people’s opinions. In 2007, Nastia Liukin suffered an ankle injury and many people told her that she was too old to compete in world level competitions. As she said in her book, [Finding My Shine](#):

“I felt from the bottom of my heart that I had not yet peaked in my gymnastics career. There would be many good, positive moments ahead of me – if I could learn not to listen to people who didn’t have the same goals as I had for myself. But that was hard. Positive or negative, we all eventually give in to the words that surround us, and I was no exception.”

In order to move forward from those comments that were influencing her confidence, she made a deliberate choice to ignore others’ opinions of her:

“But then I consciously decided to make a habit of looking at the situation from another direction. In that direction, I refused to allow other people to define me. That was not as easy as it sounds, however, and I slipped into negative self-talk many times. I knew I had to dig deeper to get those negative comments to start rolling off my back, and to convince myself that it didn’t matter what negative people said.”

While it’s not easy to ignore other’s opinions, if you want to build self confidence you must trust that your opinion and the positive opinions of the ones who support you are the only ones that matter.

JUST LIKE ANY GYMNASTICS SKILL, CONFIDENCE IS A SKILL YOU MUST WORK ON CONSISTENTLY.

As a gymnast you’ve learned many different gymnastics skills in addition to other skills like good work ethic, perseverance, and discipline. However, there’s one very important skill that isn’t always the focus of your practices and unless you spend deliberate time practicing this skill you might never improve it. That skill is called confidence.

There are many ways to go about developing more confidence and we've listed a few of them here for you. First, there's a reason for the saying "If gymnastics were easy it would be called football!" It's because gymnastics is a challenging sport and mastering it takes time, commitment, and perseverance. So recognize how hard this sport is and then pat yourself on the back for even getting this far! Next, it's important not to compare yourself to the gymnast next to you. We are all on our own unique journey and we need to recognize that we don't know all the pieces of someone else's journey, including the sacrifices they've made to get to where they are today.

Another important way to build confidence is to focus on how far you've come in gymnastics instead of only focusing on how far you still have to go. You can do this by writing down a list of all of the skills you've learned on each event and then take some time to really let those accomplishments sink in. Turning your negative self-talk into positive self-talk will also help to increase your confidence. With 50,000-80,000 thoughts per day it's important to use those thoughts to your benefit by focusing on positive, encouraging words! Also, setting small goals that you can achieve easily will give you a boost of confidence and show you how much you can accomplish if you set your mind to it! Finally, understand that confidence is something you have to develop within while ignoring other people's negative comments.

CONFIDENCE

COMES

FROM

WITHIN



I PLEDGE...

to focus on what *I* can do and to stop comparing myself to everyone else.

I pledge to try to do better at each *practice* than I did the *practice* before.

I pledge to stop using my score as an indicator of how good or bad I am at gymnastics but as a tool for knowing what I can improve on for next time.

I pledge to focus on how far I've come instead of focusing on how far I still need to go.

I pledge to ignore other people's opinions of me and to stay true to the goals I set out to achieve.

I pledge to believe in myself and to embrace my unique journey.

Name: _____

Date: _____

Signature: _____

TURNING NEGATIVE THOUGHTS AROUND



List some negative thoughts you hear yourself thinking:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

For each negative thought, turn it around into something
positive:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

"Thoughts become things so choose them wisely."

WEEK OF: _____

Color in each star as you complete your small goal for that day.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SUNDAY

Sit in splits at home for 10
minutes.



Do 1 extra rep of each
conditioning drill at the gym.



Keep my chin lifted during my
routine



Visualize my beam routine at
home.



Look at my vision board and
imagine what it would be like to
achieve my goals.



We've left off Saturday because we think it's a great day to reflect back on your accomplishments for the week and to think about your upcoming goals for the next week. How did your week go? Did you accomplish your small goals?
Anything you want to change for next week?

I started out the week strong but then I forgot to focus on my goals. I'm going to repeat the same goals
until I can complete them for an entire week.

WEEK OF: _____

Color in each star as you complete your small goal for that day.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SUNDAY



We've left off Saturday because we think it's a great day to reflect back on your accomplishments for the week and to think about your

upcoming goals for the next week. How did your week go? Did you accomplish your small goals?

Anything you want to change for next week?

S

K
I
L
L

D

E
V
E
L
O
P
M
E
N
T

P

R
O
G
R
A
M

TESTING # 2

athlete

highlights

DEV C

The Dev C group all around showed huge improvement from the previous testing in both skills and confidence.

Eden stayed calm and confident in everything she showed, she had an amazing floor and vault! This was **Isla's** very first testing, she stayed calm, showed off her hard work, and always cheered on her teammates! **Harper** showed off her beautiful back walkover on beam and challenged herself to go on the high beam. **Hannah** really focused on her shapes and showed huge improvement in the quality of her skills. **Avleen** showed off her amazing lines and had huge improvement in her confidence on vault. Isabella was super positive through the day and made huge improvements on beam! **Fatima** got to present her newly acquired round off back handspring and it was awesome! **Caty** was very brave and challenged herself to show off her roundoff back handspring on the floor and had an amazing vault! **Brianna** showed off some

awesome improvements all around but especially on beam where she showed a beautiful handstand! **Rebecca** was calm and confident the whole day, she encouraged her teammates and showed off the awesome front handspring she's been working so hard on! A successful testing for the Dev C's, awesome job girls!

Dev B

An amazing performance from the Dev B's as a lot of them did a handful of new tricks for the first time and showed off how much more polished and refined they were in their skills.

It was **Crystal's** very first testing day and it was great to see how well she performs and how much she has learned! She really shows off her strengths on floor with her powerful round off back handspring back tucks and her front handsprings! **Jillian** rocked her floor skills with her round off back handsprings and showed off her clean lines on balance beam! She really shows her sportsmanship by always cheering on her teammates! **Nora** has shown a great deal of improvement by doing her back walkovers for the first time on a high beam. She clearly loves performing as it brings out the best in her! **Tessa** overcame her fear of back tumbling by showing us how powerful she really is in her round off back handsprings as well as her incredible front handsprings on vault! What a powerhouse! **Maddie** and **Elliana A** pulled off their round off back handspring back tucks off the rod floor showing us how far they've come in learning big girl skills! They sure worked incredibly hard and it paid off! **OB** made her beam skills with ease

showing off her strong walkovers, back handsprings, jumps and leaps! She has shown such a strong enthusiasm for beam and it shows! **Paige** is continuously exuding more and more confidence in her gymnastics which is adding both power and grace to her skills! She performs back walkovers beautifully on the high beam without batting an eye, and after finally getting her kip she showed that off proudly! **Eliana** was one of the first to grasp the tricky front layout concept on vault, and demonstrated great technique when showing it during testing. We have seen great improvement in her lines and artistry with her attention to detail! **Raina** maintained such great consistency and is becoming a rock steady performer. Her determination to improve and get stronger shines so bright which was demonstrated beautifully at testing, and as well as at each practice! We'll done Dev B's! You all knocked it out of the park!

Dev A

It was a great testing day for the Dev A group. Everyone came in with such a high level of confidence and were not afraid to show off what they have learned these last few months.

Bobbie managed to get her giants in straps for the first time ever showing that she loves to rise to the occasion. She also showed off her gorgeous back handsprings on beam and her round-off back handspring layout on floor. **Syra** demonstrated nothing but fierceness and tenacity on beam after falling during her warm-up. Nothing was stopping her from showing her beautiful switch

splits and back handsprings. As for the little ones, **Evy**, our little beam queen, challenged the testing skills by doing her back handsprings on a high beam instead of a low beam as well as doing her full turn instead of a ½ turn. She absolutely loved the challenge and rocked it. **Elena** crushed her giants in straps and did one of her best press handstands on beam! What a performer! Finally, **Maele** was a powerhouse on floor and vault showing how bouncy she really is. Her sky high round off back handspring back tucks as well as her front layouts on the vault were incredible to watch! The A's overall showed passionate sportsmanship by always cheering on their teammates with a high level of drive and productivity throughout testing! ***Great work girls!***





coaches corner

HOLLY GUTSELL VANDER MEULEN

CT: TELL US A BIT ABOUT HOW YOU GOT INVOLVED WITH THE SPORT, AND YOUR EXPERIENCES AS A GYMNAST?

HGVM: MY PARENTS PUT ME IN THE SPORT WHEN I WAS THREE AS I HAD STARTED CLIMBING THE BOOKSHELVES IN OUR LIVING ROOM, LITTLE DID THEY KNOW I'D STICK WITH IT AS LONG AS I DID. I STARTED IN THE MIGHTY MITES PROGRAM AT CGC THEN WORKED MY WAY THROUGH THE DEVELOPMENTAL GROUPS UNTIL I STARTED COMPETING WHEN I WAS 9. I LOVED EVERY YEAR I SPENT IN THE SPORT. I HAD MANY UPS AND DOWNS IN COMPETITION. I WAS NOT A NATURAL COMPETITOR SO REMAINING CALM OUT ON THE FLOOR WAS A CHALLENGE BUT ONE I WORKED HARD TO OVERCOME WITH THE HELP OF MY AMAZING COACHES. I WENT TO WESTERNS AND NATIONALS A COUPLE TIMES, MY BEST COMPETITION HAD TO HAVE BEEN 2015 NATIONALS. I AM THANKFUL FOR EVERY OPPORTUNITY AND EXPERIENCE GYMNASTICS HAS GIVEN ME, THE SPORT WAS MY LIFE FOR MANY YEARS AND I AM GRATEFUL THAT I HAVE HAD THE CHANCE TO CONTINUE IN THE SPORT AS A COACH. I HOPE TO BE ABLE TO INSPIRE THE ATHLETES I WORK WITH AS MY COACHES INSPIRED ME.

CT: WHAT DO YOU LOVE MOST ABOUT COACHING?

HGVM: MY FAVOURITE PART OF COACHING IS SEEING HOW HAPPY THESE GIRLS GET WHEN THEY ACCOMPLISH A SKILL THEY'VE BEEN WORKING SO HARD ON FOR SO LONG, IT'S SO REWARDING BEING ABLE TO BE A PART OF THAT EXPERIENCE.

CT: HOW DO YOU USE YOUR OWN EXPERIENCES AS A NATIONAL LEVEL GYMNAST TO ENCOURAGE YOUR GYMNASTS?

HGVM: SOMETIMES THE GIRLS WILL ASK TO SEE A SKILL THEY'RE LEARNING AND I'LL HAPPILY SHOW THEM (IF MY BACK COMPLIES). THEY SEEM TO ENJOY SEEING THEIR COACHES TRY DUSTING OFF SOME OF THEIR OLD SKILLS.

CT: HOW WOULD YOU DEFINE YOUR COACHING PHILOSOPHY?

HGVM: CREATING A LIFE-LONG LOVE FOR SPORTS, STAYING ACTIVE, AND IMPARTING SKILLS SUCH AS RESILIENCE AND PERSISTENCE



CT: WHAT DO YOU BELIEVE IS THE GREATEST CHALLENGE MOST ATHLETES ARE FACING TODAY, AND WHAT ARE SOME STRATEGIES THEY CAN USE TO OVERCOME THEIR STRUGGLES?

HGVM: CONFIDENCE IS SOMETHING I BELIEVE MANY ATHLETES STRUGGLE WITH. IN MY EXPERIENCE AS A FORMER GYMNAST WHO STRUGGLED WITH THEIR CONFIDENCE, THIS CAN BE IMPROVED WITH REASSURANCE FROM COACHES, VISUALIZATION AND REPETITION OF SKILLS, AS WELL AS PERFORMING SKILLS UNDER A VARIETY OF CONDITIONS.

CT: WHAT ARE YOUR PROUDEST ACCOMPLISHMENTS THUS FAR AS A COACH?

HGVM: MY PROUDEST ACCOMPLISHMENT AS A COACH WILL BE TO SEE THESE GIRLS FOLLOW THROUGH WITH GYMNASTICS AND HAVE IT BE AS IMPORTANT OF A PART OF THEIR LIFE AS IT WAS IN MINE.

CT: WHAT ARE YOU STUDYING IN UNIVERSITY? WHAT ARE YOUR FUTURE CAREER GOALS??

HGVM: I'M CURRENTLY HEADING INTO THE FOURTH YEAR OF MY BACHELOR'S DEGREE IN CHEMISTRY WITH A CONCENTRATION ON ORGANIC CHEMISTRY IN THE HOPES OF ENTERING A MASTERS PROGRAM FOR A SIMILAR FIELD OF STUDY. I'M NOT ENTIRELY SURE WHAT DIRECTION I WOULD LIKE TO GO CAREER-WISE YET BUT I WOULD LIKE TO CONTINUE WITH SOMETHING RESEARCH BASED.

CT: WHAT ARE YOU MOST EXCITED ABOUT FOR THE SPRING?

HGVM: SPRING SPECTACULAR! I CAN'T WAIT TO SEE EVERYONE'S ROUTINES AND SHOW OFF EVERYTHING THEY'VE LEARNED THIS YEAR BEFORE WE TRANSITION INTO SUMMER TRAINING!



FINISH THE FOLLOWING SENTENCES

THE GREATEST THING I CAN DO FOR ALL MY ATHLETES IS... EQUIP THEM WITH SKILLS THAT WILL SERVE THEM LONG PAST THEIR GYMNASTICS CAREERS

A GOOD COACH WILL ALWAYS... TREAT THEIR ATHLETES WITH RESPECT AND COMPASSION

A GREAT ATHLETE WILL ALWAYS... BE ADAPTABLE TO ANY SITUATION THEY'RE PRESENTED WITH

I'M A GOOD COACH BECAUSE... I'M OPEN TO ANY FEEDBACK/SUGGESTIONS FROM ATHLETES AND COACHES ON HOW I CAN BE A BETTER COACH

AN ESSENTIAL QUALITY TO BE A GREAT CHAMPION IS... WORKING HARD AND HAVING CONFIDENCE IN THEIR ABILITIES.



FUN FACTS



HOMETOWN
CALGARY, ALBERTA

FAVOURITE EVENT TO COMPETE
FLOOR AND BARS

FAVOURITE EVENT TO COACH
FLOOR

GUILTY PLEASURE?
ABBA

FAVOURITE BOOK OR MOVIE
THE IMITATION GAME

ALL-TIME FAVOURITE GYMNAST
MARGZETTA FRAZIER

CHOOSE 3 WORDS THAT BEST DESCRIBE YOURSELF
PERFECTIONIST, APPROACHABLE, DRIVEN

FAVOURITE TRAVEL DESTINATION
ANYWHERE IN THE MOUNTAINS!

Overuse Knee Injuries and the Growing Gymnast

Dr. Wendy Carvalho-Ashby BSc (Hons), MSC (Joint injury and Arthritis), DC

www.endurance8health.com



Injury prevention is a primary concern for coaches, athletes and parents in the sport of gymnastics. With lower extremity forces reaching up to 15 times a gymnast's body weight upon landing it is important to understand ways to help the body accept loads, recover from repetitions in loading, and prevent joint injuries via proper sport specific programming.

A practitioner may classify knee injuries according to age, severity, and method or type of injury. Hence, for this article we will focus on knee overuse injuries of the developing gymnast. We want to prevent acute and internal derangement injuries in the long term for these athletes. So focusing on preventative programming (prehab) and proper rehabilitation of overuse injuries, will reduce the impact of severe or sidelining injuries in older competitive gymnasts.

Major Categories of Knee Injuries

Acute Traumatic Injuries: These injuries often impact the ligaments of the knee and are more likely to occur in teen-aged, higher level gymnasts. Examples include ACL tear, meniscal injury, and achilles tendon rupture. These injuries often require surgical repair and/or extensive rehabilitation.

Internal Derangement Injuries: These injuries may begin in younger adolescent aged gymnasts and continue through puberty. These injuries are aggravated by acute trauma causing chronic issues of tendons and ligaments. Imbalances of muscular strength and flexibility are often not properly managed immediately. Examples include chronic sprains and strains.

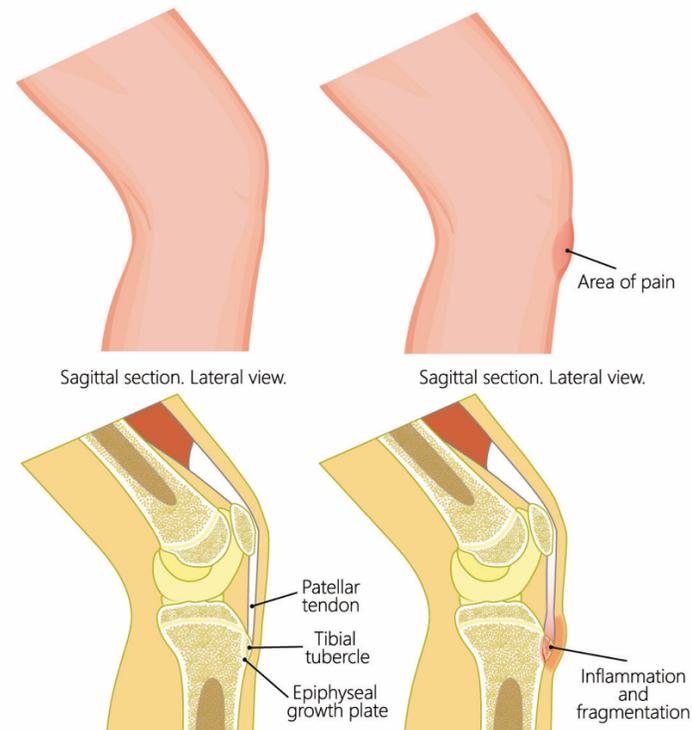
Overuse Injuries: These injuries mainly occur at tendon insertions around the knee, they are more common in rapidly growing adolescent gymnasts. Like derangement injuries, these are repetitive in nature and often overlooked creating nagging injuries. In this article we will discuss **Osgood Schlatters Disease** (pain and inflammation at the top of the shin bone). It would require another article to discuss **Sinding Larsen Johansson Syndrome** (inflammation at the bottom of the knee-cap) or **Patella-femoral-tracking Dysfunction** in depth.

OSGOOD-SCHLATTER'S DISEASE

Osgood Schlatters Disease (OGS):

Osgood-Schlatter disease (OSD) is growth-related apophysitis of the knee, affecting 1 in 10 athletic adolescents. OSD is characterized by inflammation in the area just below the knee where the kneecap (patellar) tendon meets the shinbone (tibia). The most common symptom is pain just below the knee-cap, which may intensify during physical activity. This condition is common in adolescent gymnasts and is caused primarily by overuse and repetitive actions that use the quadriceps muscles, such as running and jumping. During a child's growth spurt, the bones, muscles, and tendons grow at different rates. The femur (long bone of the thigh) may grow at a faster rate than the quadriceps muscle can keep up with. The Quadriceps becomes "tight" and pulls on the tibial tubercle (growth plate) at the front of the knee. This condition may cause discomfort, swelling and pain. **Ouch!**

Healthy knee of young adolescent. Unhealthy knee of young adolescent.



OSD usually happens in kids that are:

- in their growth spurt (usually around 9–14 years old)
- active in sports or activities that involve a lot of running or jumping like GYMNASTICS!

OSD outcome, treatment and return to sport:

- **Outcome:** Osgood-Schlatter disease usually goes away when the bones stop growing. Typically, this is when a teen is between 14 and 18 years old.
- **Passive Treatment:** a) Prior to activity: Place a heating pad or warm washcloth on the knee for 15 minutes before sports. b) After activity: Place ice on the knee for 15 minutes after the activity (with a towel between the ice and the skin). An athlete may want to consult with their health care provider for pain control options.
- **Return to sport:** An athlete may return to sport if they are pain free or if the pain improves after one to two days of rest. If activities cause limp or pain, an athlete should return to rest until they can repeat activity in a pain free range of motion. This is where athletes may create a longer-term problem...They return to activity too fast! Returning to the overuse activity without proper rest and rehabilitation can make the recovery a prolonged or painful process. OSD usually resolves when inflammation and rapid growth phase slows.

While we may not entirely be able to prevent OSD due other factors such as rapid growth and genetics, we can apply general prevention strategies to improve outcome.

Prevention:

Four key components for preventing or limiting general knee injury for the gymnast are:

1. Proper execution of landings and biomechanical analysis of form
2. Tracking growth of athletes and assessing overload during growth spurts
3. Immediate treatment for acute injuries in the prevention of chronic injuries
4. Prevention strategies by implementing functional flexibility and strengthening protocols for gymnasts of all ages - Prehab exercise

Landings: Are common in gymnastics and are at a time when many injuries occur. Gymnasts often land with minimal flexion at the hip, knee, and ankle, which is normally a primary means of attenuating energy during landings.

High-impact loads may be reduced if athletes, specifically gymnasts, are instructed and trained in landing technique to minimize the injury risk from repetitive high vertical-impact forces on the lower extremity. Instruction in landing technique has been shown to reduce landing impact loads in child and adolescent gymnasts.



Upright Chest, not parallel with shin angle

Not squatting to parallel

"Quad" dominant landing



Right leaning chest

Knees together

Feet together

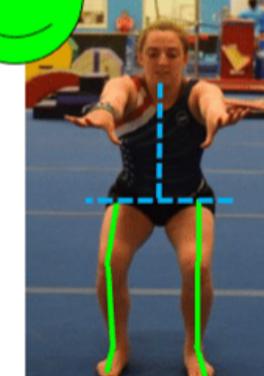
NOT Ideal Gymnastics Landing Pattern



Slight forward chest, parallel with shin angle

30 degree knee bend at impact

Hip/Knees bend more to squat just above parallel



Chest in midline, equal weight on both feet

Hips, knees, middle of foot all in line during landing and squat

Feet/knees hip width apart

Ideal Gymnastics Landing Pattern

 SHIFT

Tracking Growth: Rapid growth for athletes can start as young as 8 years old. An important strategy for coaches or parents may be to do monthly measurements or tracking of height in gymnasts:

a) Measure athletes sitting in pike position with back against a wall (measure trunk length) from top of the head to floor.

b) Measure athletes standing against wall (measure) total height from top of head to floor.

A simple tracking sheet in the gym, can help coaches identify when developmental athletes are entering growth spurts so they may modify training plans, add rest breaks or plan prehab strategies for changing bodies.

The best exercises for OSD:

Okay, this is the best part of the article. You get a high-5 so keep going! When I plan a rehab strategy I usually divide it into two areas of focus after we have controlled inflammation and pain. We focus on Improved flexibility or mobility of a tight structure and Improved strength/endurance/power of a weaker structure of the body. Please note, pain management and proper assessment by a qualified health professional is always the first step for an active injury. If you apply the prehab strategies below to a painful knee, or structure, you may worsen the injury. Guidance by qualified health professional is essential, they are trained to help you progress properly and apply the right exercises at the right time.

1. **Flexibility/Mobility:** Improved flexibility of the quadriceps muscle is very important in the management and prevention of OSD.
2. **Strength:** In an article by Rathleff, (2020) they approached OSD Rehab using a progressive activity ladder approach. I have linked the article below in my references. The purpose of these strength exercises here are for prevention. An active case of OSD should go through the proper activity ladder and return to sport protocol supervised by a health professional.

Isometrics: Isometric loading of a tendon helps to improve tendon strength, tendon integrity, and reduces pain. A simple 60 second wall sit can be done in between stations at gymnastics and is an effective conditioning tool requiring minimal equipment or space at the gym.



Stretching: The true quadriceps stretch is advanced in nature but highly effective for improving quadriceps flexibility via long term repeated weekly stretching (3 times per week minimum) held for 30 seconds and repeated 2 times. I would add 1 minute of foam rolling to each quadriceps muscle prior to stretching.



Alternating Single Leg Strengthening: To be honest a lot of specialists in the industry like the split squat or Bulgarian split squat for single leg strengthening. In older athletes these more complicated movement patterns are easy to execute and teach. For a developmental gymnast a practical and easy exercise is the walking lunge. They are easy to teach and a coach can look for dynamic imbalances like a wobbly knee, poor body positioning, etc. I also appreciate the whole lower body activation of the walking lunge targeting glutes, hamstrings, and quads. This can be completed 15 reps per side, totalling 30 steps across the gym floor or a tumble track, and 2-3 sets on a conditioning day or between stations.



Pain free patellar tendon loading jumps: Gymnastics is a sport of loading. It is important to progressively prepare tendons, ligaments and joints for future loading after a joint has been rehabilitated. A health professional would provide a guided return to sport which would help athletes and coaches take a ladder return to dynamic training. We may start with squats, progress to single leg movements, add bands, etc..

An effective prehab loading exercise for an injury free athlete is the burpee squat thrust. Just look at it, it is a beautifully hated exercise (haha!). So many variations can be applied by coaches to start simple, and then progressively make this exercise more challenging. It combines a push up position, a hip thrust, squat, squat jump all into one nice activity. Athletes could start with 10 reps between training stations. This could also be added to conditioning day. It is always nice to find exercises that mimic gymnastics movement patterns and combine concepts of conditioning all at once.



The big take home message from this article should be that overuse knee injuries happen.

However, with proper care under the supervision of a health professional, return to sport does not have to be a prolonged or difficult process. Coaches, parents, athletes and health providers should have open pathways of communication to quickly and effectively manage acute pain. Our knee is a complex joint but the protocols for prehab are actually quite simple. Stretch the very tight muscles and strengthen the weak structures. Also never forget REST is needed for recovery and repair during your child's long and exciting journey as a gymnast. REST is the number one overlooked intervention for any athlete, it costs nothing and provides so much in return!

About the Author

Dr. Wendy Carvalho-Ashby graduated from the University of Calgary with a Bachelor of Science degree (Honours) in Exercise and Health Physiology. Dr. Carvalho-Ashby later studied at U of C's Human Performance Laboratory and earned a Master of Science degree from the faculty of Medicine (with a specialization in Joint Injury and Arthritis). Dr. Wendy Carvalho-Ashby obtained her degree in Chiropractic from the Canadian Memorial Chiropractic College and is the Co-Director of Endurance on 8th Health Centre.

While attending University, Dr. Wendy Carvalho-Ashby began a coaching career as a NCCP level 2 gymnastics coach and trained gymnasts for over 10 years. Dr. Carvalho-Ashby has worked with many patients and athletes and has a great ability to connect with members from all age groups and backgrounds. In addition to practicing Chiropractic, Dr. Carvalho-Ashby became a Certified Personal Trainer. Dr. Carvalho-Ashby is very enthusiastic about combining her skills as a Doctor of Chiropractic and Certified Personal Trainer to efficiently rehabilitate her patients to a pre-injury state and help them to ultimately achieve their health, fitness and wellness goals.





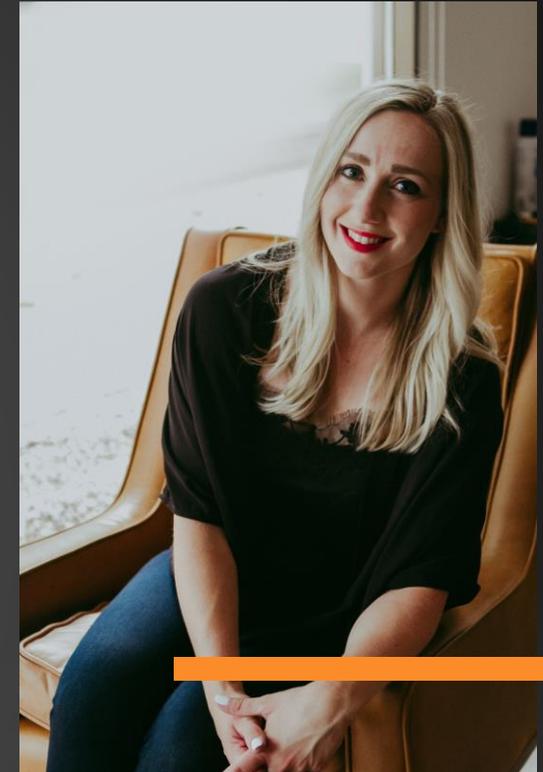
Katie Castle
BA., MC., R. Psych.

COMMUNICATING WITH YOUR ATHLETE



ABOUT ME

- Registered Psychologist
- Specialties: child/adolescent therapy, sport performance
- Trained in trauma and sand tray therapies
- Former competitive gymnast and coach/choreographer



Sherwood Park, AB



AGENDA

1. CHILD/ADOLESCENT
COMMUNICATION



2. COMMON
CHALLENGES



3. STRATEGIES FOR
PARENTS

“Although it has always been essential that coaches adapt their coaching to athlete characteristics, this may be more important today than ever before as coaches adjust to a new generation of athletes who have grown up in a total digital age” (Gould et al., 2020)

THE UPSIDE.....

- ✓ Competitive athletes typically learn about self-reflection at a younger age than their peers.
- ✓ Athletes get a lot of practice communicating with adults and more practice advocating for themselves as they spend time away from parents.

THE DOWNSIDE....

- x Generation Z athletes (born after 1996) have been shown to have poorer communication skills than prior generations (Gould et al., 2020)
- x Due to the highly technical nature of gymnastics, athletes have grown used to hearing critique and begin to internalize this as self-critique
- x Athletes in individual sports are more likely than athletes in team sports to become overly self-critical
- x Young athletes (>10 yrs) are likely to exhibit some people pleasing tendencies. This increases based on personality, past relationships, cultural factors, etc. Many grow out of this but some will not.

THE BIGGER RISKS

- = An internalized self-critical voice can spread to other areas of life, causing young athletes to grow up and expect perfection and fear failure.
- = The need to be constantly in tune with their thoughts and bodies may make athletes more like to over-interpret situations (They may attach meaning to situations where there is none).
- = Parents may send unintentional messages to athletes through verbal and non-verbal communication (both positive and negative).
- = Athletes may transfer any dysfunctional communication patterns to future relationships

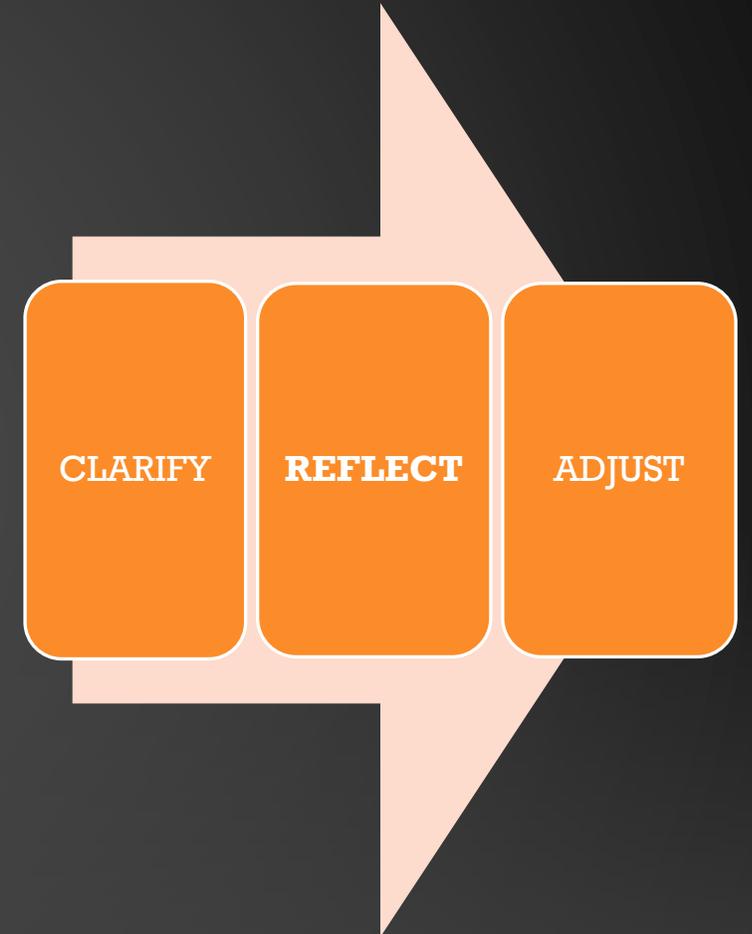
COMPOUNDING FACTORS

- Children develop communication skills through both personality and environment. This means their past experiences with communication heavily influence how they communicate in all environments.
- Reflect on the different ways your child is expected to communicate depending on where they are (school, home, gymnastics, friends). Reflect as well on how their communication is received in each situation (is it encouraged? Are their feelings/thoughts validated?)
- Female athletes are more likely to people-please; making them more likely to internalize criticism, self-blame, assume a negative message when none is intended, and ignore their instincts for fear of angering someone.
- Power differentials between adults-children and sport culture can make free communication harder.

MITIGATING COMMUNICATION RISKS

YOUR EXTERNAL VOICE WILL BECOME THEIR INTERNAL ONE

1. Reflect and clarify your intended message
 - Ex- If you only celebrate their successes will they believe you are only proud of them if they succeed?
2. Can the child accurately interpret your message?
 - A child under 10 or teen with low emotional maturity will certainly struggle more to interpret your message exactly as you intend it to be.
 - Messaging to your child can and should change as they mature (ex- age 6 “we feel proud when we do something hard!”, age 14 “some bad days are inevitable to reach my big goal”).



MITIGATING RISK

CONT.

3. Plan ahead

- You are more likely to be able to react as you had hoped if you plan your responses ahead of time. Think of a phrase you can use that communicates your thought/feeling with little to interpret (ex- what will you say if your child doesn't make the team?)

4. Clarify non-verbal messages

- An ongoing challenge since messages will be interpreted differently by many. Consider the most common ways non-verbal communication is misunderstood (ex- You feel sad for your child... will this be interpreted as you being disappointed in them?).

5. Reflect on your atmosphere

- Do you create opportunities for your child to communicate? If your child prefers non-confrontational communication, how can you accommodate this? How is communication received?

INTERPRETATION GOES BOTH WAYS

A scientist from the USA determined that when decoding a message from a source people use 8% words, 23% intonation, and 69% body language.

-A. Mehrabian

- Ask yourself if you are projecting an unintended message to your child through your tone or body language that may be contradictory and therefore confusing (ex. Walking away, using sarcasm, etc.)
- Think about how you may have interpreted your child's comments in the past; did you attempt to clarify? Jump in to solve?
- Think about the message your child needs to hear from you in order to balance out competing messages they may be hearing (more on this later)

SCENARIO 1

Your child gets into the car after training and is clearly upset/frustrated. You ask what is the matter and she blurts out that she is the worst one in her group and everyone else is getting their giants before her.

You respond by encouraging her to keep working hard and assure her she will catch up to her friends.

POSSIBLE INTERPRETATIONS

- You may interpret:
 - You have seen your child avoid hard work on occasion so they might not be putting in quite enough effort to get their giant.
 - Your child's coach has assured you that she is capable of this skill so you feel encouraging hard work will show them they can accomplish anything with effort.
- Your child may interpret:
 - Mom/Dad is calling me lazy
 - "See? they can tell I'm behind my friends too. I knew it"

STRATEGIES TO TRY

- Reflect back to your child and summarize what you have heard.
 - “it sounds like you’re feeling frustrated with your giant and worried about falling behind. Is that right?”
 - This prevents an incorrect interpretation and allows them to clarify their point if needed. It also validates how they are feeling and shows them you really want to understand them.
- Ask them how they would like to solve this problem
 - “what do you think we should do about this?”
 - This sends your child the message that they are capable of solving their own problems, that you trust their instincts and want them to trust their own instincts as well.

THE MAGICAL STATEMENT

“I wonder if.....”

BALANCE COMPETING MESSAGES

- Your child's unique combination of personality and past experiences in the world create a specific way they interpret messages from others.
- Ask yourself what they need to hear from you in order to balance out the things they experience that you cannot control.
- Ex- my child is a perfectionist and has had very little opportunity to experience mistakes and failure. I do not want to encourage more perfectionism since it is causing a lot of anxiety. I will make an effort to congratulate my child when they take a risk and try something out of their comfort zone... **ESPECIALLY** if they don't succeed the first time.

BALANCED MESSAGING (CONT)

- Ex- it seems my child has always had to work harder than her peers to achieve the same results. I do not want her to feel that her best is not good enough, so I will make a point to celebrate her effort and not just her results. This communicates to her that I am proud of how hard she works regardless of the outcome (this is important for school and sports!).
- Ex- my child has been dealing with mental blocks and fears for weeks and I know the gym has been a stressful place. I'm going to lighten up on the expectations at home for a bit so that she isn't feeling stressed in all environments at once.



SHOWTIME COLLEGE JULY 1 – 3 2022 BOUND CALGARY, ALBERTA CAMP CANADA

INSTEAD OF TRAVELING TO ALL THE DIFFERENT COLLEGE CAMPS...

**WE ARE BRINGING THE
COACHES HERE!**

- MULTIPLE DIV 1 & 2 UNIVERSITIES WILL HAVE COACHES ATTENDING
- GYMNASTS WILL BE COACHED DIRECTLY BY NCAA COACHES ON ALL 4 APPARATUS
- EACH GYMNAST WILL RECEIVE A LEOTARD TO IDENTIFY THEIR GRADUATING YEAR



"THE ULTIMATE NETWORKING CAMP!"

WWW.SHOWTIMECC.COM

SHOWTIME

COLLEGE BOUND CAMP

JULY 1 – 3 2022

The Calgary Gymnastics Centre, in association with SHOWTIME is pleased to offer a brand-new experience for Canadian gymnasts, THE ULTIMATE COLLEGE CAMP! Our camp will host multiple NCAA coaches, from various DIV 1 & DIV 2 Universities all across the USA. Never before has Canada hosted a camp like this. We are bringing the coaches here!

Since we haven't had Nationals for the last 2 years, it will be a great place for NCAA programs to gather and look at our country's great gymnasts! We've tried to create an opportunity where Canadians can come to this camp, and get the same exposure as traveling to all the various college camps around the states. Our goal is to bring more attention to our athletes, and create a NCAA recruitment network that is more accessible to Canadian Gymnasts.

Gymnasts who attend SHOWTIME will be coached directly by NCAA coaches on all 4 apparatus and rotate through other stations such as Hip-Hop and agility. There will be information sessions from both athletes and parents on the recruitment process, constructing NCAA routines, and much more!

This is an incredible opportunity for gymnasts to "get noticed", and expand their network. Each gymnast will submit individual profiles with quick links to their personal Instagram, YouTube accounts. This will make it more convenient for the University coaches to continue tracking potential gymnasts for their team. ***Gymnasts DO NOT need to attend with their personal coaches. This camp is best suited for Level 8+***