

CHALK TALK

December 2009

NEW SKILLS

Tanner Kip on Octagon

Adam Handstand Dismount on PH, handstand 270 Floor PH

Kyle Handstand 270 Floor PH, Giant Flyaway in the pit, Back full of PB in the pit with a mat.

Tanner made two muscle ups in a row followed by little bro Tyler with 4...the healthy competition is on!

Andrew made his muscle up on Rings

Jacob and Josh Front Handspring on vault

Jonathon and Mason Back Hip Circle on High Bar

Eric Muscle Up on Still Rings, back handspring on 8" then 4" mat! The floor is next!

Lucas wakes up one day and decides he wants to do his Giants with spot on HB and he gets a Happy Cookie in the process ☺

SKILL DEFINITION

Handstand- Ok this is obvious ☺ but did you know that the HS should be a straight line? Any arching, piking, bent arms, shoulder angles, head too far out or in will receive a deduction. And the HS is used on all of the events so the better the HS the better the gymnast will score in the All Around! We use the wall at the gym to practice HS to help straighten them out!

PARENT CHALLENGE

So how did the L Challenge go? I heard that Kristie Phipps can hold hers for 10 seconds, must be in the genes!

UP COMING EVENTS

Holiday Overnight Party December 18th! Sign up and more details at the gym!

Competition Schedule will be posted on our web site soon! www.FunToFlip.com

COACHES CORNER

Ok we have a few challenges going on right now:

Level 4's 1 ½ circle on Mushroom

Level 5's Kip on High Bar

Level 6's Giants on High Bar & Splits on FX

Level 7's Blind Change & Half Pirouette on HB

Level 8-10 Whippit on SR and Magyar on PH

FUNNY THE WAY IT IS

We're not laughing at you we are laughing with you ☺

Jack still claims that Mama Mia is one of his all time favorite movies ☺ way to embrace your feminine side buddy!

Good advice in hind sight.... Don't do simple toilet repairs on Friday the 13th! A handle replacement can turn into a flood followed by a two hour repair of the tank! Good thing some of the office staff were qualified plumbers and could offer their advice throughout the whole process ☺

Congratulations to Michael Loh on getting his Eagle Scout and Adam for getting his driver's license....So word to the wise if you see a black pickup truck pulling in or out of the gym parking lot you may want to give him lots of room ☺ Now if we could just get Michael and Logan driving then it would be real exciting out front! Of course Jack and Nathan will probably get their licenses before that happens. LOL

ASK THE COACH

Ok you get to submit questions, which will be answered throughout the season.... No questions yet?

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