

CHALK TALK

NEW SKILLS

Nathan: Back 1 ½ pit tumbling, Giant Double Back Pit HB, 1/1 pirouette pit HB, Peach to support P-Bars!

Mat: Tsuk on pit vault

Lucas: Bonus 1 ½ Circle PH, Moy on PB...wanna hold my hand (inside joke, and the answer is still no Lucas!)

Lucas makes his flyaway all by his lonesome on HB! J

And his Flyaway off PB's

Kyle: Giant Flyaway on HB

Muscle up competition 1st to 15- we have a winner! Andrew!!! Runners up, Tanner 13 Tyler 10 and what happen to Eric 1L

Ty: dislocate on SR, kip on HB Ty makes 5 muscle ups in a row! And then makes 3 sets of 5 in a row! WOW!

Jacks Back! Stutz Hand PB, Double PB, Tkatchev timers HB... Wow and Double Backs on Floor! Bent arm back giant on SR

Andrew: kip on HB

Eric not new but over do BH on Floor J

TJ: Moy on PBf

Tanner/Andrew: RO 2 BH on Floor

Lucas/TJ: RO 2 BH B Tuck on Floor

SKILL DEFINITION

Headstand- Ok this is obvious and this skill is in the Level 4 Floor Routine. Pro-Tip: create a triangle with your head as the point and your hands to create the base. You will see us doing a lot of these at the end of practice right now with the Level 4 gymnasts - a lot of different positions to help them with their balance.

PARENT CHALLENGE

You guessed it! Headstand competitions with your son...watch out for that glass coffee table, oh and the blood rushing into your head!

UP COMING EVENTS

FunToFlip Invite coming up January 16th@ SWGTC! Check out the new web page! www.FunToFlip.com

January 2010

COACHES CORNER

Current Challenges:

Level 4's 1 ½ circle on Mushroom

Level 5's Kip on High Bar, 3 sets of 5 Muscle Ups SR(Tyler)

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

Level 8's Blind Change & Half Pirouette on HB

Level 9-10 Whippets on SR and Magyar on PH

FUNNY THE WAY IT IS

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

The Christmas Party at my house was a blast! Thanks to everyone who was able to make it! Well except those that sang Karaoke like a professional (jk)... and those that stayed late enough (5:00ish) to see some of us make fools out ourselves, not me of course but some of the other guest. J

The overnight party at the gym was also a lot of fun, even if we lost a tooth! However it was another night of little sleep, up till 6:30am! And special thanks to the guys that kept it interesting throughout the night with silly string sneak attacks, belching, farting, flying items -- candy and other objects, sleep walking, and last but not least, snoring (you know who you are)! J

Happy New Year!

ASK THE COACH

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

Wow you people make my job easy for this section J

Brock@FunToFlip.com



