

CHALK TALK

March 2010

NEW SKILLS / ACCOMPLISHMENTS

Nathan- 1/1 pirouette HB, Double off HB, Endo 1/1 pirouette HB, Front 1/1 off PBars

Logan-

Lucas- Back Giant on HB, then 2 in a row! Flyaway and Moy from handstand.

Kyle- Double off HB on to pit mats, Tsuk on main vault

Jack- Vault Catch on HB

Adam- Tsuk on main vault, Reverse grip kip HB

Wayclef - Arabian on FX

Andrew-

TJ-

Tanner-

Mat- Wendi down to flank PH, Tsuk on main vault, Uprise to free hip giants HB

Brynn- Swing Handstand off end of PB!

Isaac- Swing Handstand off end of PB!

Johnathon- Swing Handstand off end of PB!

Mason- Swing Handstand off end of PB!

Tyler- Swing Handstand on PB. Wow where did that Plange on SR come from?

Jacob- Back giant on HB, then 2 in a row, Flyaway from handstand on PB!

Isaiah- Straight body inlocate on SR

Sean-

Josh- Front Giants on HB

UP COMING EVENTS

Good luck this weekend at States guys!

Qualifying to Regional's for Level 5-10 is as below:

L5 (7-9) (Tyler, Isaiah) top 6 out of 19 guys AS=6

L5 (10-18) (Tanner, Andrew) top 13 out of 33 guys AS=6

L6 (10-11) (Jacob) top 8 out of 12 guys AS=6

L6 (12-18) (Sean, Lucas, TJ, Josh) top 8 out of 22 guys AS=3

L8 (14-18) (Adam, Joseph, Mat) top 6 out of 7 guys AS=3

L9 (12-13) (Kyle) top 7 out of 7 guys AS=6

L10 (14-15) (Jack, Nathan) top 7 out of 7 guys AS=6

L10 (16-18) (Logan) top 17 out of 17 guys AS=6

AS= Number of All Star Team Members at each level

Reminder I will need to know immediately after each session if your son will not be going to Regional's!

State Championships- Schedule, Hotel and other info on our web page! www.FunToFlip.com

COACHES CORNER

Current Challenges: Level 4's 1 ½ circle on Mushroom. Johnathon is still the only one to get past 1 ½ circles...come on guys who will be the next one to get their circle on? Level 5's Kip cast on High Bar (coming soon!) Tyler and Andrew are close!

Level 6's Giants on High Bar & Splits on FX Splits are getting lower due to weekly torture sessions! Jacob & Lucas got their Back Giants on HB!

Level 8-10 Releases and Dorsals! Jack has his dorsal, got his Vault Catch and is about 50 % on his Tkatchev. Who will be next?

SKILL DEFINITION

Tkatchev- A release move on High Bar that requires the gymnast to do a giant, release in front of the bar, counter rotate and straddle over the bar and then catch the bar. This is the release move that Jack is currently working on and will be added to his routine soon!

Wrong Way:

Correct Way:

FUNNY THE WAY IT IS

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

Lucas Leg is disappearing! Now if we could eliminate TJ toe? And "Arch Enemy"! Oh and that phantom farter that shows up at every Level 5/6 workout :) Will Wayclef make it through a HB routine at States without and "oh god" moment?

PARENT CHALLENGE

Encouraging your boys to do their best at States and then hugging them and telling them how great they did at the end!

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 ☺

Brock@FunToFlip.com

