

# CHALK TALK

November 2009

## NEW SKILLS

Tyler: Muscle up on rings

Adam: Double Back off P-Bars into the pit

Logan: Back Giant on Pit Rings

Andrew: kip on the octagon

Sean: five giants in a row on the pit bar

Jack: Level 4 High bar routine ☺

Keep up the good work guys!

## SKILL DEFINITION

- L- Support- when you support your weight on your hands and lift your legs up in front of you and create a 90 degree bend at the waist and your legs are straight out in front of you. This skill is used primarily on P-Bars and Rings and will be seen in almost every elite gymnast routine. This skill is in the Level 4 parallel bar routine. We often times practice these on the floor to get them nice and horizontal.

## PARENT CHALLENGE

Have your son show you an L on the floor and then you try and hold it on the floor to see how hard it is...See how long your son can hold it on the floor. Two of the level 4 gymnast got free open gym passes for holding it for 30 Seconds! Way to go Jonathon and Isaac!

## COACHES CORNER

Deductions in gymnastics are taken in increments of Small .1 Medium .3 Large .5 and 1.0 for falls off the event, or on the event. An example of a Small deduction would be a slight bent knee, flexed toe, small step on a landing or extra steps in a floor routine.

## FUNNY THE WAY IT IS

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

coming soon...

## ASK THE COACH

Ok you get to submit questions, which will be answered throughout the season....

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