

Women's Artistic Gymnastics (WAG) Parent Meeting

Here is a general overview of what was discussed on Friday, September 11th.

Competitions

We started by taking a look at the tentative competition schedule for the upcoming season:

- Marian Invitational, Saskatoon : February 12-14 (Levels 3 – 5)
- Gymtastiks, Moose Jaw : March 18-19 (Levels 1 – 5)
- QCK, Regina : April 8-10 (Levels 1 – 5)
- Yorkton : April 1-3 (Levels 3 – 5)
- Can-Am, Saskatoon : April 22-24 (Levels 3 – 5) **tentative**
- Provincial Championships, Yorkton : May 13-15 (Levels 3 – 5)

We would like to put on a “mock meet” once again in mid-January, to help prepare our athletes!

Some changes have occurred with the implementation of the new Junior Olympic (JO) Program. Level 3 JO is now considered to be in the *provincial* stream. This means that athletes in Level 3 and above will be able to compete at the Provincial Championships – if they reach the qualifying score at two different competitions. For this reason, we recommend that they register for 3 – 4 competitions.

For levels 1 & 2, you have the option to compete at one or both of the competitions listed.

As a general rule:

- The 4 hour GymCats (training with Sarah) are Level 1 JO
- The 6 hour GymCats (training with Elise) are Level 2 JO
- The provincial athletes (training with Olga) are Levels 3 +

If there are any exceptions, we will make sure to discuss this with parents prior to competition registration.

Competition Attire

For the provincial stream (JO 3+), there will be new leotards and uniforms this year.

For the JO 1 & 2 athletes, the short sleeve leotard is the same as last year's. If you do not yet have one, or if your daughter has grown out of her old one, you will be able to purchase one at our front desk. We will not be needing a track suit – we simply ask that, if possible, black pants be worn at competitions.

Finally, hair should not be in the athlete's face. Simply make sure that it is tied back – and that it will hold through all of their routines!

JO Program

The new Junior Olympic Program has required that we take a different approach to training. Athletes will now have to perform compulsory routines - meaning that everyone in the same level has the same routine (note that for Levels 1 & 2 this was implemented last year). In order to achieve success in this program, we will need to focus mostly on technique and execution. Our first objective is to perfect the skills that will appear in the athletes' routines. At the same time, we will continue to develop new skills.

We will slowly start introducing the routines in the next month or two, for JO Levels 1 & 2. We will have tools we can make available to parents (e.g. videos) when this time comes – for those who would like to go over routines at home. Of course, along with at-home conditioning and flexibility – this is completely **OPTIONAL**. Do not feel that you have to do these exercises with your child. As always, if you feel that your daughter is struggling or falling behind – feel free to discuss this with her coach! This goes both ways – we will reach out to you if we are having any difficulties.

Additional Information

One thing we forgot to discuss was *nutrition*.

All competitive WAG athletes have a break halfway through training. Please make sure to pack snacks that will help boost energy levels, rather than sugary treats. Having healthy meals before practice is also very important – and can affect the quality of the athletes' training.

Questions

If you have any questions or concerns throughout the season, please do not hesitate to contact me at elisegagnon@sasktel.net.