



NEWSLETTER

OUR MISSION

The mission of College Park Gymnastics Program is to encourage participation and the pursuit of excellence in all aspects of gymnastics. THE COLLEGE PARK GYMNASTICS STAFF WILL DO OUR BEST TO ENSURE THAT EACH PARTICIPANT IN THE GYMNASTICS PROGRAM HAS AN EXPERIENCE THAT IS POSITIVE, SAFE, MENTALLY AND PHYSICALLY HEALTHY AND

WHAT'S GOING ON?

Our Staff

Coach Tamera, Coach Sharon, Coach Mistye, Coach Kenya, Coach Conice, Coach Andrea

Tanaysha Mapp (Gymnastics Class Coordinator)

Michelle Johnson (Gymnastics Program Coordinator)

Layla Constable (Head Coach)

Class Curriculum

During class each week we will be working certain skills that are needed to progress within the program. This curriculum is set in place to ensure that the gymnasts get exactly what they need. Starting from the first week we will be working the basics and learning terminology which are both very important aspects of gymnastics. From there we will progress and introduce more difficult skills as the session goes on. With that being said punctual attendance to class each week is very crucial not only because we will be building upon what we learned the previous week but also because the coaches will be conducting daily observations.

Evaluations

Daily observations will be conducted each week during class by the coaches. Approximately halfway through the session additional evaluations will be conducted by the class coordinator to determine who could possibly progress to the next level of classes. Following those evaluations the class coordinator will make a list based on the results of the evaluation as well as recommendations from the coaches. Lastly the list is given to our head coach who will conduct a final evaluation and decide whether the gymnast is ready to progress or not. After all that takes place the gymnast will receive notification of the outcome of their evaluation for registration purposes.

Parents please be patient with your gymnasts' rate of progression and let them know that it is a process and it can take some time. Progressions are strictly skilled based and have absolutely nothing to do with time. It is completely normal for a class to be taken several times before progression takes place. Please keep in mind some gymnast progress a little quicker than others but this is no reason to get discouraged as everyone is on their own pace. Also parents please try your best to have your gymnast present on evaluation days. The evaluation dates are listed on this newsletter to the left where the session information is located.

Fall I 2017

SESSION LENGTH:

(8 Weeks)

8/14/2017-10/07/2017

9/25/2017 through 10/15/2017

(Registration for Fall II Session)

9/11-9/14/2017 (Initial evaluations for all class participants)

9/18-9/21/2017 (Final evaluations for select class participants recommended from initial evaluations)

***Try your best to be present during evaluations so that we can track your participants progress. Please note that missing evaluations can result in not moving to the next class level. If you know that your child will miss evaluations let the coach know in advance so that we can accommodate accordingly. There will be no make-up evaluations.**

****Fun week takes place during the last week of class. Try your best to be present for the last day of class because we will be giving out certificates at this time.**



CLASS TIMES

NOVICE-BEGINNER

(Ages 7 & Up)

Monday	5:30-6:30
Tuesday	4:15-5:15
Wednesday	5:30-6:30
Thursday	4:15-5:15
Thursday	5:30-6:30

BRONZE-INTERMEDIATE

(Ages 7 & Up)

Monday	5:30-6:30
Wednesday	5:30-6:30
Thursday	4:15-5:15

SILVER-ADVANCE (Ages 7 & Up)

Tuesday	5:30-6:30
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INTERESTED IN TAKING PRIVATE LESSONS?

Group and Private Lessons available. For more information
call (404)669-4609

**Hugh C. Conley Recreation Center/ Gymnastics
Facility**

**3636 College Street
College Park, GA 30337
(404)669-4609**

CLASS ATTIRE

All participants should wear either a leotard or appropriate clothing such as gym shorts, or spandex shorts with t-shirt. Please no shorts with zippers and/or buttons. All hair must be pulled back and out of the participants face. To prevent injury, participants should not wear jewelry during class time.

WHAT TO EXPECT FROM OUR GYMNASTICS CLASSES?

Our goal is to teach the fundamentals of gymnastics while placing emphasis on learning the four events Vault, Bars, Beam, and Floor as well as different skills associated with them.



Parents Night Out!

Offered on select Fridays:

6:30pm-9:30pm

Cost: \$20

Girls & Boys (4 & up) Welcome!

Fun gymnastics activities, supervised free play, and
games!

Questions contact Coach Layla (678)851-0860

Text or Call

Gymnastics Birthday Parties

Please contact Coach Layla for additional information
and pricing.

(678)851-0860 or email: laylaconstable@gmail.com