

Parent's meeting: **1-8-10** Vegas Cup is coming up—here are a few reminders:

- ❖ We want to represent our team and our competition well. We want our attendees to return next year – so we would like all of you to represent Gymcats and Vegas Cup really well. So far we have a little over 700 athletes competing.
- ❖ We want to help people enjoy their stay here in Las Vegas – so if there is anything you can do to help our guests, please do so – that extra help by a stranger can make all the difference to someone who is just visiting and needing some help.
- ❖ Sometimes parents are stressed out about different things that happen at a meet, so if someone is rude to you, please try your best to be nice and calm back to them. Also please wear a Gymcats shirt when working the event. All workers get a special reduced rate if they need to buy a shirt before the event. Please wear Gymcats shirts to all our meets if at all possible.
- ❖ Vegas Cup program ads: -. Prices are: \$125 full page, \$100 ½ page, \$75 ¼ page, \$50 business card Ads are due 1/27 (copy ready) You get points too!
- ❖ Those who are new to competition, be prepared for meet admission fees for spectators - - they range between \$5 and \$15 per person per session – so be ready for that when watching competitions. Vegas Cup will not have a spectator fee this year.
- ❖ We have a survey online to help improve Gymcats. [www.gymcats.com/survey](http://www.gymcats.com/survey) - this is an anonymous survey that you can take to send suggestions or recommendations to Gymcats coaches and staff. We are also going to have a meet survey on there that you can take at the end of the meets to let us know your thoughts too...
- ❖ Fan page on facebook – help us promote your kids – send us ideas for updates on fb/twitter....
- ❖ FEAT classes and why it's great for your kids to be involved.
- ❖ Parent education: Helping your kids and coaching a team athlete on our website.
- ❖ How to behave at a competition. –Tips for how to win and lose with Class!!
- ❖ All participants should be held accountable and responsible for their attitudes and behaviors.
- ❖ If you “win” be proud internally and be respectful externally to those who are not in the winning position. The gymnast is seen as honorable, dignified, moral, full of pride and valuable. This brings with it the respectability for oneself and others, When a team wins, it is explicit that they are the winners and that they have something to be proud of, thereby making it unnecessary to gloat and be disparaging to other performers.
- ❖ No blaming others for loss. In defeat, we have a tendency to externalize and blame some outside force for our disappointment of not standing in the #1 spot. When we win we have no problem taking full responsibility for our win.
- ❖ No trash talk – It is just a personal and professional NO-NO. There is something to be said for the old saying, “if you don't have anything good to say, don't say anything at all”
- ❖ Watch what fuel you're giving your body especially during meet season. Your body needs complex carbs, protein for immediate energy and nutrients to help repair tissue break down. Give your child more healthy choices and they'll feel better, minimize injury risks and develop good eating habits for adult hood.
- ❖ Sleep is very important—especially for teenagers who have hours of homework and early school schedule. Encourage your kids to plan ahead, reduce wasted time at night and beauty time in the morning in exchange for more sleep!!
- ❖ As a parent behave as you would like your kids to behave. The best education is your behavior. Kids will always emulate their parents.
- ❖ Try to help kids leave any out of gym problems out of the gym and as well leave gym problems at the gym.
- ❖ **Pain and injuries** your child might be experiencing – 3 types of pain 1. Normal/good pain – some pain is good or ok and some pain is not. We have to help our kids deal with the good pain and listen to the bad pain (therefore stop) Some normal and expected pain in gymnastics is: - wrist pain when doing a lot of handstands - back pain when doing a lot of bridges - hand pain when swinging a lot of bars - leg pain when doing a lot of leg conditioning - stretching pain when working flexibility 2. Some common growth pains especially in kids between 8 and 14 are – Sever's and Osgood's – Sever's is a very common heel pain and Osgood's is a very common knee pain – These are syndromes that can be managed – and before brushing off your child's complaints – check with a coach or the front desk and we can tell you of ways to have your child deal with these syndromes. – 3. Kids must learn to listen to their bodies for other pain – so they can know when to stop. Some pain absolutely should not be pushed through. Once your child recognizes the difference, the safer and stronger an athlete they will be. Coaches have some experience with this but ultimately the child has to learn which pain is which and BE

ABLE TO COMMUNICATE THIS WITH COACHES. Please don't give your kids the excuse that they are just too shy or too afraid to communicate or are just pushing through the pain because they are "so tough" – that is not acceptable for the athletes we are raising. We are raising personally responsible gymnasts which include this type of communication.

- ❖ **Here are a few common injury misconceptions:** \*a fracture IS the same thing as a broken bone \*after being immobile for a period of time, kids cannot come back and work out as usual, the most fragile state is when it is healed but extremely weak and inflexible – physical therapy is needed after an injury that comes out of a cast to properly get full range of motion back and full strength \*Over-use injuries are very rare in kids under level 7 and are much more common the higher the level and age of the athlete (this does not pertain to an acute injury)
- ❖ **Expect your kids to do their part** – if your child is having pain – expect them to be diligent with icing after practice, doing activities that won't aggravate their pain, such as when they have heel pain – it is very detrimental to walk around the mall for 3-4 hours – it will definitely increase their pain. Do stretching exercises that will help with the pain etc. Make them responsible for taking action in helping to manage their pain.
- ❖ **Remember to teach the 3 P's:** if your child learns these 3 and practices them there is no stopping them in life.... Personal responsibility, Perseverance, Positive. Check out the website for more articles on these.  
<http://www.gymcats.com/parentguide.html>