



## RGC Class Coaches Newsletter

### You are a role model!!!

The kids look up to all of you and we want them to have the best experience possible at Richfield Gymnastics Club!

Winter Session Stats:  
I am very proud to say that we have 186 kids signed up for the Winter Session! That is the most we have had in at least 2 years!!

Please help show these parents and kids why RGC is the place where they should keep their gymnast enrolled!!



### **RGC Class Mini Meet**

August 2009

Group of Beginner I Gymnasts saluting and showing off their ribbons!

### *Winter Session is upon us and quickly underway!*

The purpose of a newsletter is to keep all of the class coaches up to date and on the same page. It also will include reminders of what my expectations are for classes here at RGC. I will be trying to get out a newsletter every 2 or 3 weeks depending on the session and what is going on with classes.

## RGC Classes – Winter 2009-2010

- Be sure you are always wearing an RGC shirt! I know it is very cold in the gym and you are welcome to wear a zip up hoodie or something plain over it but be sure you are wearing your RGC apparel. This is something you can get a written warning for if not complied with.
- We have gotten through parent's week and are on to week #2 of the session. As you have noticed we are only doing 3 events per class instead of 4. I decided that it is better not to rush through everything and it allows for time if you need to stop and do some group instruction. For instance if your girls are not understanding how to lunge before and after a cartwheel, you should be able to stop everyone from what they are doing and come together as a group to go over it.
- I am still seeing lots of sitting down while going over what your stations will be! Please don't be lazy and stand up while giving instruction and demonstrate if it is something new to the kids. We need to get them moving as fast as we can so they get as much out of it as possible.
- Please make sure that during stretching and warm ups you are walking around helping kids stretch unless you are the stretch leader or taking attendance quickly. We have lots of new students and they need your help. **Also be sure to be careful while helping kids stretch. Do not push their little bodies too hard. I had one parent approach me and said her daughter was pushed hard during her splits and they think she pulled her groin muscle.**
- We do have a cleaning schedule and if you have a weekly assigned job, it **MUST** be completed. I don't believe that they have been updated for this week but keep checking the bulletin board. Please initial by your name once it's completed. **If you do not complete your cleaning job, you will get a written warning!**