

# TUMBLERS NEWS

ISSUE NO 5 | SEPTEMBER - 2020 | VOLUME 2



## WE CAN'T WAIT TO SEE YOU AT THE GYM!

We are so excited to be back to regular sessions this fall, but as you can imagine there will be some changes. As a result of Covid-19 we are implementing a policy for Parent Viewing – Effective July 1, 2020. This is to ensure the safety of our coaches, parents, and gymnasts. As well, it allows the coaches to maintain consistency within the gym.

### CLASSES

We are strongly encouraging parents to stay in their vehicles during drop off and pick up. Your child's coach will be waiting at the door for them and will supervise your child until class is over and you have picked them up. Parents of younger gymnasts are welcome to enter the building for drop off, with a maximum of 2 parents in the entry way at once to maintain physical distance.

If a parent would like to stay and watch their child's class, the following criteria must be met otherwise the parent will not be able to stay inside the gym:

- The coach must approve the parent staying BEFORE class as we have limited space in the gym to socially distance.
- No extra kids (siblings/friends) allowed in the gym.
- Parents must wear masks in the entry way and viewing area.

### PARENT & TOT CLASSES

For Parent & Tot classes, parents must wear masks; children participating in class do not need to wear a mask.

### DROP-INS

For Tot and Family Drop-ins, parents will be required to wear a mask.

We appreciate your co-operation with these new rules as we do our best to return to a sport our children love while following Alberta Health guidelines.



**HUGE THANK YOU TO  
THOSE WHO  
PURCHASED AND SOLD  
RAFFLE TICKETS. THIS  
WAS NOT THE MOST  
IDEAL TIME TO  
FUNDRAISE, AND YOU  
ALL HELPED MAKE THE  
BEST OF IT!**

---

**"WAKE UP EVERY DAY  
KNOWING THAT TODAY IS A  
NEW DAY AND ONLY YOU CAN  
DETERMINE THE OUTCOME OF  
THAT DAY. SO DREAM BIG,  
ACCEPT THE CHALLENGE, AND  
NEVER LOOK BACK.."**

-ALICIA SACRAMONE

---

**VISIT US ON  
FACEBOOK!**

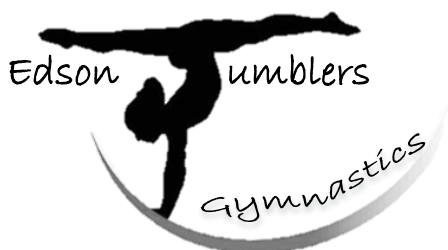
Check out our Facebook page to see some fun at home activities, challenges, and stay in touch. We can't wait to see all our gymnasts again soon, until then keep up your love of gymnastics!

## SEPTEMBER CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NEW – Please register online for Drop In</b> <b>Please fill out pre screen form prior to attending all classes, this is available online or at the door.</b>						
6 Tumblebugs –	7 <b>Labour Day</b>	8	9	10	11	12
13	14 First Day of Classes <b>Tot Drop In 10-11</b>	15	16 <b>Family Drop In 10-11</b>	17 <b>Tot Drop In 10-11</b>	18 <b>Friday Teen Drop In – Time TBA</b>	19 ** Teen Drop in is ages 12-16, parent participation not required**
20 Tumblebugs -	21 <b>Tot Drop In 10-11</b>	22	23 <b>Family Drop In 10-11</b>	24 <b>Tot Drop In 10-11</b>	25 <b>Friday Teen Drop In – Time TBA</b>	26
27	28 <b>Tot Drop In 10-11</b>	29	30 <b>Family Drop In 10-11</b>			

Family & Tot Drop In: \$2.50 per person per session to be paid online (1 parent + 1 child = \$5) + once yearly \$15 insurance fee – 5 +under must be accompanied by adult, max 4 children per parent. To register visit – [www.amilia.com/store/edsontumblers-gymnastics](http://www.amilia.com/store/edsontumblers-gymnastics)

Please wear masks



### Reminders

- Playroom CLOSED until further notice
- Please DO NOT PARK in front of OR BEHIND of Safety Store. Our Parking area is to the WEST SIDE of the Club ONLY
- Have a water bottle for your child, and dressed in comfortable clothing (no hoods, zippers or jeans), bare feet & hair tied back

### Stretching Routine for Splits:

#### Side Splits:

Squatting Adductor Stretch  
Deep Side Lunge Stretch x2 (each side)  
Straddle (Lean to middle)  
Straddle x2 (Lean to each side)  
Butterfly Stretch  
Side Split

#### Front Splits:

Forward Fold  
Hamstring Stretch  
Kneeling Hip Flexor Lunge  
Hip Flexor Stretch  
Pigeon  
Front Split

\*\*Complete for each side

Do each stretch for 30s for two weeks. Then for 45s for another two weeks and move up to 60s while gradually getting deeper until you reach your goals.