

BROADWAY BULLETIN

GIRLS' TEAM NEWS

Club 37

The following gymnasts scored 37 or above in their AA in a meet (or two) this season! Congratulations to the Club 37 girls!

Abby Anderson

Samantha Anderson

Leah Graham

Eve Jackson

Evin Nesburn

Malia Salzer

Keely Ross

Kendra Thornburgh-Mueller

Leah Totsubo

Club 38

The following gymnasts scored 38 or above in their AA in a meet this season!

Congratulations to the Club 38 girls!

Abby Anderson

Samantha Anderson

Leah Totsubo

Broadway Brings Home Bling!

Congratulations to all the gymnasts in Levels 3-4-5-6 who competed in their championships!

The Level 3 Championships were held November 13 in Fountain Valley. Our gymnasts had a great time and much success!

The Southern California North State Championships for Levels 4-5-6 were held in Pomona the weekend of November 18-20.

Our Level 4 team captured first place and our Level 5 team won second!

We also have some state champions on our team!

The following gymnasts placed first in an event, making them a state champion! Way to go girls!

Level 4

Samantha Anderson: Bars

Leah Graham: Vault

Malia Salzer: Bars, Floor

Leah Totsubo: Bars, AA

Level 5

Abby Anderson: Beam, Floor

Many of our gymnasts placed in the top 10 on their events and received medals for their success. Check out <http://meetscoresonline.com/results/12046> for full results!



Coach Kort's Korner

The compulsory season has come to an end and I am proud of our team success at States! Our Level 4 team won first place and the Level 5 girls won second place! What a great accomplishment for Broadway!

Often I am asked how it is decided which gymnasts will be moving on to the next level. Gymnasts who score at 37 or above at State will move on to the next level. Gymnasts who didn't meet this score will continue to reinforce their skills at their current

level. Additionally, they will have the opportunity to learn some of the skills at the next level when the coaches see they are ready to do so. The gymnasts' safety is our key concern.

It is important that gymnasts are ready both physically and mentally for the next level of competition. Gymnasts who move to the next level must realize they may have scores that are lower than their achievements at the previous level. Parental support during this transition is a crucial component for gymnast success! If you have questions regarding your daughter's progress please feel free to contact me.

STAY HEALTHY!

Cold and flu season. An unfortunate thing about optional season is it directly correlates with cold and flu season. Cold and flu season runs from October to April every year. Nothing is more disappointing than missing a meet or performing poorly due to illness. Here are some tips and guidelines to share with your daughter to try and avoid this from happening.

Wash Up! The basics of flu prevention date back to that Kindergarten lesson on proper hand-washing techniques. Most people wash their hands but not long enough. At least 20 seconds is needed to make it effective. Try teaching them to wash to a short song such as "Happy Birthday". Perform a thorough scrubbing with hand soap, leaving no crevice untouched. Antibacterial soap is not needed as most of our colds and flus are due to viruses anyhow. When drying your hands, use a paper towel, then use the same paper towel (be green!) to open the door and keep your clean hands off the nasty door handle. Hand sanitizer is great when hand washing isn't possible or inconvenient. A small bottle in their locker would be useful, especially before snack time. Teach your child to be sure their hands are completely rubbed in and not to ingest any of the sanitizer as it contains a high percentage of alcohol usually.

Hands Off! Though it may be difficult, try to avoid touching your face. Biting your nails might relieve stress, but it also gets dirt and germs straight into your mouth. The same goes for rubbing your eyes (it doesn't matter how tired you are), scratching your nose, chewing your pen cap, etc. Resist the urge, and avoid catching a cold. There are unavoidable shared items in the gym, such as a chalk box, which makes this a crucial way to avoid illness. When the need to cough arises please don't cover with your hand but teach your children to use their elbow. This is especially true in the gym where tissues are not readily available at all events. I like to teach it as the "Dracula cough" to help them remember.

Be Healthy! Maintaining a healthy lifestyle is important regardless of the season because it strengthens your immune system and allows it to perform at its optimal level.

- A balanced diet helps ensure good health. See link for suggested foods http://nutrition.about.com/od/foodfun/a/flu_foods.htm
- Though it may be challenging during competition season, reducing stress is key to a healthy immune system.
- Try to avoid those late-night conversations, or shall I say texting, with your friends, and get adequate sleep! Sleep is essential to staying healthy.
- Wear warm clothes over your leo on the way to and from practice. Cold weather compromises your immune system, since your body has to focus its energy on heating itself up instead of fighting germs.

Keep Your Distance! Try to avoid contact with people exhibiting symptoms of a cold or flu -- stimulating conversation with a sick significant other is just as entertaining as a snotty snuggle session. Refrain from giving encouraging hugs, handshakes, high-fives, and other friendly greetings. It might seem awkward, but it's worth it.

Listen to Your Body! "Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue," according to the CDC, If you catch the signs early, you can prevent a lengthy period of illness: Taking antiviral drugs within the first two days helps lessen the severity of the flu or another virus and helps your natural antibodies fight it off quicker. We understand you don't want to miss a workout but coming to work out with these symptoms are counterproductive and will only continue to spread the illness to your coaches and teammates. The following is a guideline to help you know when to return to work out:

Fever - Following any fever over 100 degrees, a child should remain at home until s/he has been without fever for at least 24 hours without the use of Tylenol or Motrin. Note that during the early morning hours, a child's temperature will often register at normal, whereas later in the day it may rise again. This is one reason why a child needs a period of at least 24 hours *without an elevated temperature without the use of Tylenol or Motrin* before returning to the gym.

Fresh Colds - Runny nose, nasal congestion, sneezing, sore throat, cough, headache, muscle aches, and decreased appetite can be some of the symptoms of a cold. The period during which cold viruses are contagious ranges from one to three days. Since it is impossible to determine which virus caused a particular cold, children should remain at home for *at least three days* from the onset of symptoms. Contact your doctor if symptoms last beyond 7-10 days or breathing becomes difficult.

Flu - Abrupt symptoms of fever, chills, headache, sore throat, cough, and sore muscles. The child should remain home until fever free for 24 hours without the use of Tylenol or Motrin.

Strep Throat - Strep throat is a bacterial infection requiring antibiotic treatment. Symptoms include fever, sore and red throat (with or without pus pockets), and even nausea and vomiting. Twenty-four hours after treatment has begun, strep throat is no longer considered communicable. The child needs to stay home until on antibiotics for *at least 24 hours* after the first dose and fever free without the use of Tylenol or Motrin.

Vomiting and Diarrhea - Children who have been suffering from vomiting or diarrhea need a period of time to regain strength before returning to gym. Children should be kept at home for a minimum of 24 hours *after* the last bout of vomiting and diarrhea. If the child has had any of these symptoms during the night, the child needs to stay home.

Lingering Coughs - Lingering coughs associated with cystic fibrosis or following bronchitis are not contagious. For all other lingering coughs, parents should seek advice from a physician before returning to gym.

Rule of thumb- If you were too sick to go to school, **DO NOT** come to gym that night. Even if you appear better!

Ask a Judge

Q What is different in judging for optional season vs. compulsory season?

A In the compulsories all routines are the same and scored from a 10.0. The routines being the same makes it easier for a judge to know what skills are being performed and to compare gymnast's technique and form. In optionals each gymnast gets to perform skills of her choosing. There are 8 requirements that are to be fulfilled on each event. These are to be fulfilled with proper technique to start from a 10.0. In addition level 9 and 10 require additional bonus connections to be performed for the 10.0

start. Not only are execution deductions used but a deduction called composition. This is a deduction used for those gymnasts not showing enough difficult skills for their level or not distributing them throughout the routine.

On vault, each vault has a specific start value. In each level it is valued differently as well. For example a handspring has a start value of 10.0 for level 7, a 9.0 for level 8, 8.6 for level 9, and 8.2 for level 10.



Photo's Wanted

Have you taken some great pictures of our gymnasts? Broadway needs them! Coach Christine decorates the team bulletin board located outside the downstairs locker room. She likes to keep it updated as much as possible. If you have some photos to share please drop them off at the front desk and let them know they are for the Christine to use on the team board! Thanks ahead of time!



Give Your Input!

If you have a daughter who competed this compulsory season you should have received an email with a link to a survey on the season. We value your input! Please take a moment to provide responses to help us evaluate and improve our program. If you didn't get an email or inadvertently deleted the link you can find it here:

<http://www.surveymonkey.com/s/XBJNDHM>



Holiday Celebration

There will be two holiday parties for girls' team members.

Superstars: Wednesday, December 14 @ 6:00

Night Workout: Friday, December 16 @ 7:00

Please bring a gift exchange item valued at \$10 that anyone at your workout would like.

Parents: Keep an eye out for potluck signup on the team board and be sure to sign up to bring tasty treats!

Winter Workout

All gymnasts from Super Stars and up are welcome to come to Winter Workout during their winter break!

December 19-22

December 27- 30

9 am ~ 2:30 pm

More information to follow regarding pricing.

Tips for Rips

Despite every action and strategy that you attempt to use to prevent rips, chances are that some time in your gymnastic career you are going to have to deal with and care for rips on your hands. For the beginner gymnast, rips usually happen because the hands are not yet accustomed and toughened to work for very long on bars. More advanced gymnasts usually rip because of exceptionally long bar practices or they did not tend to the calluses on their hands. When calluses on the hands get too big there is a chance that the ridge of the callus will catch on the bar causing a rip. Many gymnast shave down their calluses with a "Pyrex Corn and Callus Shaver", nail file or pumice stone. It is risky to use a razor blade this is not recommended!



Clean Up Your Hand and the Wound

First, you will want to clean up any blood from the wound and your hands. Cleaning your hands is the first step in protecting against the possibility of an infection, which can be a very serious problem. Currently, the latest research shows that a mild anti-bacterial soap and warm water is best for cleaning wounds. Neither betadine nor hydrogen peroxide are recommended as they are too strong and can delay healing.

Prevention of infection is the first thing that must be considered when treating a rip. Protect against and watch for signs of infection throughout the healing process. Look for redness around the rip, pus, yellowish discharge or fever. If any of these symptoms occur, see your doctor as soon as possible.

Trim Off Excess Skin

There is most often a flap of skin left over from rips that needs to be trimmed off carefully so that it does not leave any raised edges that later will catch on the bars and rip even further. The usual tools for trimming the skin flap off are either a pair of very small sharp scissors or fingernail clippers.

Healing Rips Quickly

Because rips are painful and can interfere with your normal gymnastics and bar workouts and competitions, you will want to heal them as soon

as possible. To do this, you want to keep them clean and free from infection, use medications that will speed the healing process and keep them uncovered and open to the air. There are any number of healing salves, creams and oils that you can use. Putting them on a fresh rip may hurt, but the sooner you use them, the sooner you heal.

Don't Crack Your Rip

Once a rip has begun to heal and a new layer of skin has covered the rip, you need to keep the rip moist. If the rip is allowed to dry up too much, the skin over the rip will crack and you will continue to rip again and again in the same spot. Rubbing Chapstick, or a similar product over a rip that is drying up too much can also prevent cracking.

Heal At Night while you are Sleeping

When you have a rip you want to make use of all the down time you have at night to heal your wound as well as during the day. Medicate your rip every night before you go to bed. Some gymnasts use a glove or a bag over their hand so they don't do anything gross during the night, like get ointment in their mouth or rub it all over their face, and so they don't have to smell some of the less appealing smelling treatment ointments. You want to get rid of rips quickly, so keep healing ointment on them day and night.

Rips are inevitable, and are part of the everyday life of gymnastics. Your child should condition herself to expect them and deal with them the best way she could.

Tried and true treatments by gymnasts:

- Neosporin to prevent infection
- Preparation H to stop bleeding and pain

To speed healing process:

- Black tea bag
- Tea tree oils (could sting)

Best moisturizers to prevent cracking:

- Chapstick or lip balm
- Bag balm
- Vitamin E products

When returning to bars with a rip be sure to protect it with a tape grip or other dressing.

Optional Team Schedule 2011-2012

Meet	Date	Level	Location
Charter Oak Two Event Meet	December 17-18 Saturday-Sunday	7-10	Charter Oak Gymnastics Covina
Gymnastics in the Wine Country	January 28-29 Saturday-Sunday	7-10	Rohnert Park Sports Cen- ter Rohnert Park, CA
Gliders Invitational "Fun in the Sun"	February 10-12 Friday-Sunday	7-10	Ontario Convention Center Ontario, CA
Chris Waller's "Heart of a Champion"	February 24-26 Friday-Sunday	7-10	Pasadena Convention Center Pasadena, CA
Malibu Coast Challenge	March 9-11 Friday-Sunday	7-10	Cal Lutheran University Thousand Oaks, CA
Level 8-10 State Championships	March 23-25 Friday-Saturday	8-10	Poway Gymnastics Town & Country Hotel San Diego, CA
Level 7 State Championships	March 31-April 1 Saturday-Sunday	7	Ventura County Community College Ventura, CA
Region 1 Championships	April 15-17 Friday-Sunday	8-9-10	Las Vegas
Junior Olympic (JO) Westerns	May 6-8 Friday-Sunday	9	TBD
Junior Olympic (JO) Nationals	May 12-15 Thurs -Sunday	10	Maryland