

August 25, 2008  
Volume 1, Issue 2

# Challengers Chatter

## Important

Dates: (see  
Calendar link on  
[www.cobbchallengers.com](http://www.cobbchallengers.com) for more  
updates)

First Home  
Meet:  
September 13-  
13, 2008, Cobb  
Kick Off

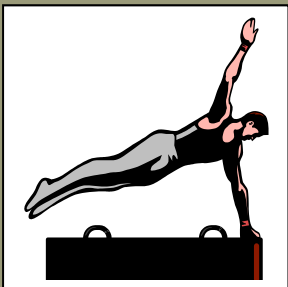
Nov. 15-16,  
2008, Candy  
Cane  
Invitational

**Parent Meetings:**  
(all at 7 pm)  
Dec. 12, 2008  
\*Holiday Party\*

Apr. 21, 2009

May 19, 2008

**GYM CLOSED :**  
Labor Day,  
Sept. 1, 2008



## From the CGCPC President

Greetings!

Let me take this opportunity to introduce myself. I am Leslie Owen, your most recently elected President. I have served on the board in the past as Vice-President and as a team rep. My son Wyn, is a level 10 gymnast. This will be our eighth competitive season with the Cobb Challengers. We are so proud to be a part of this team. Our facility, coaching staff and parent support far surpass other gyms in the area.

Now that we have the first year in our new facility under our belt, we can concentrate our efforts on advancing the sport of gymnastics in the community by demonstrating the accomplishments of our

club gymnasts. Take a look at the caliber of gymnasts you see when you are in the gym. Your competitive gymnast stands as a role model for younger gymnasts to continue in the sport. We applaud their dedication and determination!

Check the website and calendar often to keep abreast of events at the gym. Also note who your team rep. is and use them as they are in place to serve you. We want as much parent involvement as possible so let us know your thoughts and concerns. Here's to a great year with the Cobb Challenger Gymnastics program!

### 2008-09 Executive Board Members:

**President** - Leslie Owen  
[posowo@gmail.com](mailto:posowo@gmail.com)

**Vice-President** – Kinley Shell  
[Kinley.shell@altahelp.com](mailto:Kinley.shell@altahelp.com)

**Treasurer** – Lauren Wood-Viscardi  
[Spider1@ix.netcom.com](mailto:Spider1@ix.netcom.com)

**Secretary** – Shanda Mitchell  
[Shanda0815@gmail.com](mailto:Shanda0815@gmail.com)

### 2008-09 Board Members:

**Girls' AAU Rep** – Jeanette Taylor  
[familytaylor6@gmail.com](mailto:familytaylor6@gmail.com)

**Girls' USA Rep** – Latisha Cranford  
[clatisha@comcast.net](mailto:clatisha@comcast.net)

**Boys' Compulsory/TT Rep** – Ann Contrucci  
[theshirleys4@bellsouth.net](mailto:theshirleys4@bellsouth.net)

**Boys' Optional Rep** – Tina Moon  
[anitnoom@bellsouth.net](mailto:anitnoom@bellsouth.net)



Boys Level 5/6 Team with Coach Lorenzo

Christophe giving awards



## Picnic at Sun Valley Beach

The end of summer picnic for the Cobb Challengers Teams and their families was held on August 16 at Sun Valley Beach in Powder Springs. The kids and their families had a chance to socialize with each other and hang out. The day was perfect and not too hot for a summer day in August! The kids had a blast swinging on

ropes, doing the water obstacle course, doing flips and fulls off floating docks and diving boards as well as sliding down water slides. A catered lunch was provided at the pavilion as well. After lunch, Christophe recognized each team, summing up each individual as well as giving out awards. This year's awards

were given to :  
**Dove Award** – Katherine Steel  
**Eagle Award** – Schyler Nar-Nar  
**MVP Award** – Eric Worrall and Will Shirley.  
 Congratulations to these gymnasts and all our team gymnasts for their dedication and hard work!

## Fundraising Strikes Again!

Calling all Challenger members! While not a requirement, your participation in our fundraisers is strongly encouraged. Remember, the money you raise goes directly into your gymnast's account! Our kickoff fundraisers include the ever popular Entertainment coupon books being sold for \$20 each. If we sell more than 121 books total, each book's profit is \$10. We

also have the Bruster's Ice Cream Coupon books which sell for \$10 each. The profit from these is \$6 back to you. Books may be signed out and picked up at the gym. Please see Melanie Hicks (who runs the pro shop) to get books. For further questions, call or email Susan Korbett who is in charge of fundraising([kkorbett@aol.com](mailto:kkorbett@aol.com)) or 770-516-7444). PLEASE return the money

as quickly as possible as more Entertainment books cannot be given to us until all others are sold.

**GOOD LUCK and Happy Selling!**

## Parent Meeting Update

As we gear up for the 2008-09 season, please remember that as a club member, you are required to attend two of the four parent meetings a year. This year, the remainder of the meetings (all at 7 pm unless otherwise noted) will be **December 12, 2008** (this will also be

our holiday party), **April 21, 2009, and May 19, 2009**. The first parent meeting was held August 15 during pictures. Items discussed included the continued growth of our club – we are up to 80 total kids! We have 34 boys on team, the most ever! The dates of all

home meets are as follows: **Sept. 13-14, 2008, Cobb Kick Off, Nov. 15-16, 2008, Candy Cane Invitational, Feb. 14-15, 2009, Cobb Men's Challenge, and Feb. 28-Mar. 1, 2009, March Madness**. We are also making a bid for the State Meets.

## Reminders for All Parents

Several reminders for all new and returning parents are in order. Please make sure Christophe (or your team representative) has your correct contact information, especially **email addresses!** An accurate directory of members is helpful as well as allowing you to get timely notices. Member requirements for the club include, as stated previously, attendance at **2 of 4 general meetings** during the year. Members also may

attend board meetings if desired and these occur on the third Monday of each month at 7:30 pm. Please note this is a change from the previous years' board meetings. All members are required to work **all 4 home meets if your child is on a regular team.** If your child is on **Tiny Tots, Girls' or Boys' Training Teams,** you are required to work **2 of the 4 meets.** All members are required to **work one workday** – these dates

have not been determined yet but will be posted when available. Please remember while at the gym, sit upstairs and keep small children supervised at all times so the viewing area is pleasant for all parents and visitors as well as siblings doing homework. We have been asked to please respect the downstairs area to be reserved for disabled visitors and family members who cannot sit upstairs. Last but not least, please pay

your tuition...it's how our coaches get paid!! Keep in mind that all these coaches are here because they love this sport and care for our kids – they all have other jobs to support themselves. No tuition coming in...no coaches...no Cobb Challengers!! We appreciate everyone's cooperation and dedication to this sport and the gym.

## Meet the Coaches Corner – Katie Casey

Meet Katie Casey, one of the Challengers team coaches. She has been with the club for 12 years, both as a gymnast and a coach. She began gymnastics at age 9 with Cobb Challengers, competing until age 16 and finishing in Level 9. Since then she has been coaching in our club for the last 5 years. Katie graduated high school in 2005 and currently is a senior at Kennesaw State University as a Nursing student. She will graduate in one year with her

BSN/RN degree and would like to be a nurse on a woman's/OB unit.

Katie's favorite thing about gymnastics is spotting. She says, "It's fun, like juggling." She also loves to see gymnasts she coached 3-4 years ago competing successfully at higher levels.

When asked her least favorite thing, Katie says it's wanting success more than the gymnast wants it – which can be frustrating in such a mental sport.

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*"It's an amazing sport, mentally and physically."*  
-Katie Casey



# All Natural Supplements for Sports- All OK?

As athletics among children and adolescents reaches heights of competition never before seen, and children are getting personal trainers and coaches at ever younger ages, there is a growing concern among parents, coaches, and medical professionals about the ease of availability and prevalence of taking performance enhancing substances. I've seen so many young adolescents (usually boys) taking things like protein supplements and creatine but they have all the wrong information. Keep in mind that there is virtually NO data available on the efficacy and safety of these widely used substances in children and adolescents. The American Academy of Pediatrics strongly condemns the use of these supplements in children and adolescents. First, we'll discuss those substances generally seen only at the most elite levels of competition though ironically, this year's Olympics saw less incidents of "doping" than the 2004 Athens Games). Though these substances are illegal, many young people idolize the very athletes caught taking them which translates to "it must not be too bad." This includes anabolic-androgenic steroids and "andro", aka DHEA or "natural steroids" which are touted as being able to build muscle, increase strength, and improve performance. Medical

research has shown that in fact, they do not increase endurance or improve performance and they increase muscle strength and bulk only at high doses. Adverse effects of these include shrinking testicles (tell that to a 15 year old boy!) and increasing breast tissue in males as well as irreversible breast enlargement in males, deepened voice and increased facial hair in females. They also increase risk of heart attack by increasing blood pressure and cholesterol with possible adverse effects on the heart muscle itself. Liver swelling and jaundice can occur. Baldness, acne, and stretch marks are possible. The incidence of certain malignant tumors is increased as well. There is risk of tendon rupture and stunted growth. Psychological effects include depression, aggressive behavior, and addiction. Something else to consider if the above doesn't scare someone enough is that these are illegal substances and may be considered a felony offense if caught taking them. They are banned by all major sports organizations. Ephedra is another supplement that has been banned by all major sports organizations as well as sales being banned by the FDA since 2004. Its effects are to burn fat (when combined with caffeine) and delay fatigue

during workouts, by working as a stimulant. The adverse effects include jitteriness and tremors, sweating, and increased heart rate and blood pressure. More seriously is the risk of sudden cardiac death, heart attack, stroke, seizures, and prolonged high blood pressure. Creatine is a supplement many male adolescents have told me they use, especially the "skinny ones," mistakenly thinking it will "pump them up". The proposed effects are that it delays fatigue in workouts and promotes weight gain. In reality, the weight that is increased is mainly water weight and it does not increase strength, build muscle, or improve endurance. It does increase workout capacity for certain weightlifting or sprinting activities. However, it can cause kidney overload in certain instances, causes dehydration, and muscle and abdominal cramps. It is not banned for use though the National Collegiate Athletic Association prohibits distribution in its training facilities. It may be purchased as an over the counter supplement, thus making it available to potentially anyone. Protein supplements are the last one to discuss. Athletes mistakenly think these will promote weight gain and build muscle strength and lean muscle mass. In reality, they also do not build muscle strength or mass and

weight gain is variable based on the athlete's diet and his or her caloric and carbohydrate intake. This supplement has been shown to cause kidney problems due to protein overload. This is also available legally over the counter though cost may prohibit young athletes from purchasing it. In summary, hopefully this dispels some of the myths out there that "all natural" is "all good" or "all safe" because in reality, many of these substances, both legal and illegal, have not been shown to do what they say they do and in young athletes, have never been shown to be safe or effective. Also, some young people think that if some is good, more is better and clearly with these substances, it could result in devastating consequences. Coaches, teachers, and parents should be ever vigilant to young athletes' temptation to be stronger, better, faster at all costs...this should be tempered with disciplined exercise, a healthy diet, and a positive attitude of doing one's best. Don't misunderstand—healthy competition is a wonderful thing but overzealous use of some substances or the use at all of others is a potential for disaster. As always, teaching our young gymnasts healthy and safe ways to be strong and healthy is the best take home message anyone can give.

\* All of the above is intended for informational purposes only, and any medical advice should be directed towards your personal physician. Dr. Ann Contrucci is employed by Pediatric Emergency Medicine Associates, a group of physicians who staff the emergency departments at Children's Healthcare of Atlanta at Scottish Rite Hospital as well as other area hospitals. She is a board certified pediatrician with more than 12 years of pediatric experience. She may be reached for comments or questions at [dr\\_anncontrucci@yahoo.com](mailto:dr_anncontrucci@yahoo.com)