

April 14, 2009
Volume 1, Issue 4

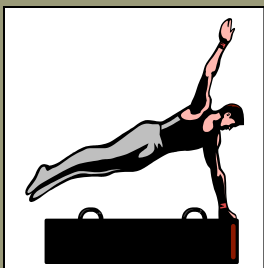
Challengers Chatter

Important Dates:

- Parents' Meeting/Elections, 4/21/09, 7:30 pm

- AAU2 Girls' State Meet, Apr 4/17-19/09

AAU4-5 Girls' State Meet, Apr 4/24-25/09



Highlights:

Boys' Team 2,5

Girls' Team 3

Energy drinks 4



Website: www.cobbchallengers.com

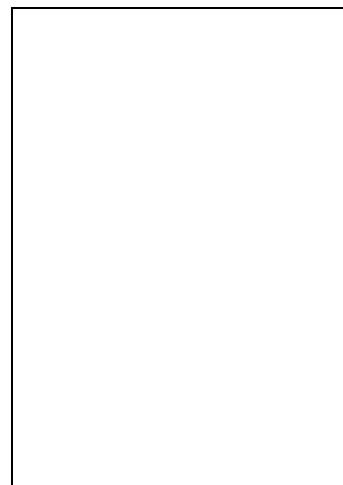
Cobb Hosts Successful Men's State Meet

Cobb Challengers hosted the Georgia Men's State Meet March 14-15, 2009. A total of 23 teams participated with 277 gymnasts competing. A special thanks to all who were a part of the meet, including parents, coaches, and judges. Final results of all teams and individuals are on the website with a few individual highlights (in their respective age groups) of top 10 finishers below:

Levels 4, 5, 6 teams each took 5th AA. Individual highlights included Level 4's Cole H. taking 3rd AA, 1st T floor and 1st high bar, Darren K. taking 4th AA and 1st T floor, Connor H. with 5th AA and 2nd T vault and Dorian K. with 8th AA, 3rd T high bar. Level 5's Dario S. placed 4th AA, 2nd high bar, and 4th rings, also making the State

Team. Ben L. placed 1st vault and 4th T pommel and Joseph W. took 2nd vault. Level 6's Jonathan G. placed 6th AA, 3rd pommel, 3rd T floor, and 5th vault. Kyle I. took 2nd floor and 7th AA. Will S. placed 5th high bar and 9th AA. Christopher K. won 3rd T high bar and 10th AA. Ben H. placed 1st T vault, Alex R., 3rd vault, and Connor B. 5th T vault. Bobby W. took 3rd high bar. The **Level 9 and 10 optionals** each took 2nd AA team awards. Individual highlights for them are as follows: for Level 9, Ben E. placed 1st AA, 1st rings, 2nd T pommel, 2nd T high bar, 3rd T p bars, 4th vault, and made the state team. Caleb K. won 4th T high bar and 10th AA. Level 10's Tyler G (1st pommel, 5th floor, 5th vault) and Eric V. (2nd

p bars, 3rd T floor, 3rd pommel, 4th vault) each placed 4th AA, making the state team. Skyler B. finished 7th AA, 5th floor, 4th T pommel and Kevin M. took 4th floor, with Wyn O. finishing 4th rings. Christophe was very pleased with the performances and very proud of all the boys this season, stating our club has never had this many qualify for Regionals. Keep up the strong work!



Compulsory Boys' Team Wraps Up 2008-09 Season



Level 6 State Meet

USAG Level 4-6 boys' capped off a great season, relatively injury free except for Will S. who missed 14 weeks of the season due to several injuries and Jonathan G. who missed Flip Fest due to injury. Flip Fest was the only out of state meet this year and was, as usual, very competitive. Level 4 placed 12th out of 26 teams with Cole H. 3rd AA. The Level 5 team placed 10th out of 25. Level 6 boys were 8th out of 13 teams. Peachtree

Classic standouts were Level 4 Cole H. 5th AA, Jason V. 9th AA, Connor H. 4th vault, and Darren K. 3rd floor. Level 5's Joseph W. and Dario S. were 10th AA. Level 6's top 10 AA scorers were Jonathan G. 4th, Alex R. and Christopher K. 9th, and Eric W. 10th. Bobby W. placed 3rd high bar and Connor B. 5th vault. Our own Cobb Men's Challenge showcased some individual top 10's including Level 4's AA scores of Cole H. at 3rd, Jason V. and Dorian K. 7th, and Darren K. 10th. Level

5's had AA scores of Ben L. and Dario S. at 7th, Zachary T. 9th T, and Joseph W. 10th. Level 6's AA top 10 scores in their age groups were Kyle I. and Christopher K. 7th, Eric W., Bobby W., and Jonathan G. all taking 8th in their age groups, and Alex R. 10th.

Ten boys competed in the Regional Championships in Miami over Spring Break with Ben. L. making the top ten AA Level 5, finishing 9th. We're proud of all of you!

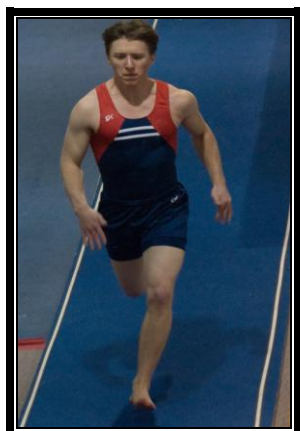
Wyn O.



Levels 9 and 10 finished a successful season this year. Injuries plagued one gymnast, Wyn O., out much of the season due to a knee injury but he has successfully petitioned to compete at Nationals. The Level 9 team had a solid year with team finishes at home of 3rd and at Roswell of 2nd. Some top 10 individual events by age group were at the Peachtree Classic, Ben E. taking 6th AA, 2T rings and 4th p bars. Caleb K. took 8th AA and Ben E. took 5th

AA at Roswell. The Level 10 team had some strong place finishes at many meets, including taking 1st at Flip Fest this year. They finished 2nd at the Roswell meet and our own host meet. The Pacific Coast Conference in CA proved to be a tough meet with our Level 10's holding their own against some very tough competition, finishing 5th as a team. Individual places went to Eric V. 3rd on p bars, Tyler G. 3rd T on pommel, and Skyler B. 8th on vault. A

few individual highlights from the Level 10 team include Eric V. placing 1st AA at our host meet as well as 2nd AA at Flip Fest. Tyler G. and Skyler B. got 4th AA and Jelani A. took 7th AA at Flip Fest. Regional Championships saw 9 boys compete, with Eric V. finishing 9th AA in Level 10. In addition, we're proud to announce our Academic All Americans this season and they are: Kevin M., Wyn O., Eric V., Jelani A., and Skyler B., all of whom have a GPA of 3.5 or better.



Seamus M.

3 Boys are Graduating Seniors

Three of our own Level 10 gymnasts will be graduating from high school this year. Wyn O. and Tyler G. have both been with our club and gymnasts for 10 years and both are undecided whether to compete for one more season. Seamus M. has finished

his last season but will continue to be involved in the sport through coaching. In addition, Tyler G. received GA Gymnast of the Year this year, an honor bestowed on a gymnast for overall achievement in the sport and voted on by the

coaches and members of USAG. We wish these 3 young men much success in their future endeavors and know that they will be missed when they complete their Cobb Challengers careers!

USAG and AAU Girls' Wrap Up 2008-09 Season

The girls are still wrapping up the rest of their season looking forward to AAU state meets at the end of April. The USAG Girls' State meet was last wk-end with our own Maddie M. placing 10th on uneven bars. Maddie also had a personal best AA score of 36.00 at the March Madness Meet, placing 3rd AA. She will be moving up to Level 8 next season

as well. A recap of some other individual and team highlights are as follows: AAU2's Lisa D. scored a vault personal best of 8.050 in Cartersville. AAU4's Madi T. was 1st AA at Winter Blast as well as March Madness and Spring Fling. The team took 3rd at March Madness. USA5's Tiffany J. was 1st on beam at Winter Blast and 1st on bars

at Champions Cup. She was 2nd AA at March madness and 1st AA at Spring Fling with a score of 36.975. USA5 team placed 3rd at Spring Fling.

The AAU2 Girls State Meet is April 17-19 and the AAU4-5 State meet is the wk-end after that.

Good luck to the girls finishing up their season and great job to all the girls this season!

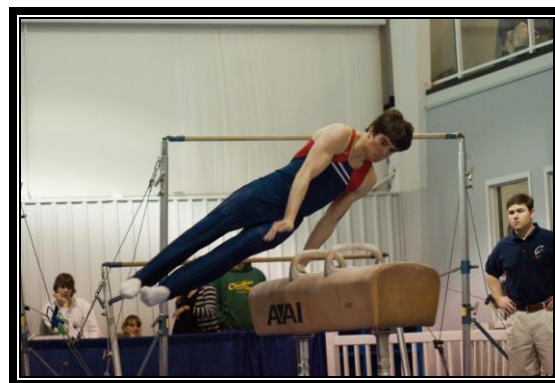


Coaches' News – Coach of the Year and a New Coach

A big congratulations goes out to our very own Coach Charles East, Boys' Optionals Level 10 Coach who received this season's GA Coach of the year. Charles has been with the club the last 2 seasons.

Other coaching news includes a big welcome to our newest coach, Robert Ito. He will be

coaching girls' optionals and boys Level 10 twice a week. He brings almost 20 years' coaching experience as well as extensive National and FIG judging experience. We welcome him to Cobb Challengers!



Coach Charles watches Tyler G. during State

Energy Drinks...the Buzz on them!

Red Bull, Monster, Full Throttle, Rockstar, NoFear...new IM lingo? Nope, these are a few of the names of energy drinks, a phenomenon that has increased by 700% since 2000! There are literally hundreds of different brands available, with new ones being released all the time. These manufacturers are happily pulling in \$5 billion a year to give kids as young as middle school age a “buzz in a bottle.” More accurately, these are stimulant drinks which promise a “burst of energy” when consumed. Many have twice or three times the amount of caffeine in a regular soda. This goes for the gourmet coffee drinks as well that are absolutely loaded with sugar and empty calories (think obesity problem in our children!) So, what’s in ‘em and are they really that bad for you?

Let’s talk ingredients first. These so called energy drinks pack a lot of sugar in them, for starters. The mainstay of these drinks, the “energy” part, is due to the high levels of caffeine in them, often much more than traditional sodas. For comparison, 10 ounces of Rockstar® has 150 mg of caffeine whereas 12 ounces of Coca Cola® has 34 mg and 8 ounces of regular coffee (we’re not even talking Starbucks®!) has 108 mg. These drinks are also

touted as having “natural ingredients”, including herbal supplements, vitamins, and amino acids. This category includes substances such as guarana and ginseng, as well as taurine, and carnitine. Guarana is a stimulant derived from a plant found in Brazil and Venezuela, with its main effects similar to that of caffeine as caffeine is present in it. However, it may have more prolonged effects than caffeine does. Ginseng has long been thought of as a substance that improves the body’s endurance under stress, aids recovery from illness, and increases physical and mental performance. However, scientific evidence as demonstrated by a review of 16 separate studies does not give as strong of evidence for its benefits. Adverse effects of ginseng include GI upset, high blood pressure, headaches, and insomnia.

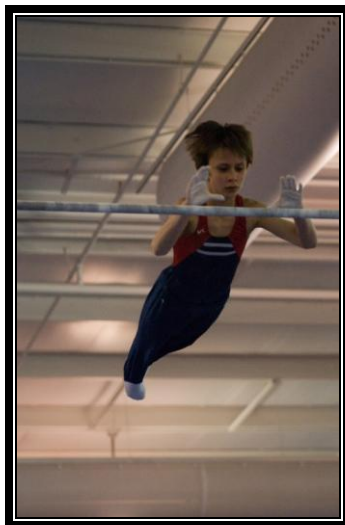
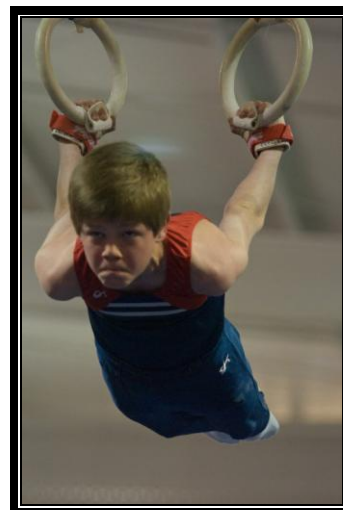
OK, so what’s all the hype on a little caffeine or other energy booster? For starters, many kids as young as middle school are becoming almost addicted to these drinks. Serious consequences can result in growing bodies. Dr. Angela Sharkey, a pediatric cardiologist was quoted in a Reader’s Digest article as saying that over the past five years, she is seeing more and more children and

young adolescents suffering from fainting and/or dizziness. This is due to the fact that they are drinking only caffeinated beverages all day long and getting dehydrated. At very high doses, caffeine can cause racing heartbeats, heart palpitations, seizures, extreme agitation and/or nervousness. An extreme example of this comes from the drink called “Cocaine” which landed a local teenager in an ER after drinking three quarters of a can of Cocaine – diagnosis: severe dehydration due to caffeine poisoning. Drinking these beverages during exercise most definitely predisposes children and adolescents to dehydration since caffeine is a potent diuretic. Sleeplessness due to large amounts of caffeine has long term effects, especially on young adolescents and young adults. A 2003 study from Ohio State University found that 7th-9th graders stay up later at night and are more tired during the day than their peers. Drinking a whole lot of these drinks at once can also backfire in terms of being so hyped up, one actually loses concentration and cannot focus on the task at hand. Don’t forget the calorie punch of these drinks as well – with the current child and adolescent obesity epidemic, do we really need one more thing for kids to have at their disposal as empty calories? (Not that gymnastics

parents need worry about that too much!) A single Java Chip Frappuccino® with whipped cream has 510 calories and 59 grams of sugar in 16 ounces!

The drink manufacturers state that they don’t intentionally market their products to teens. Yet, they sponsor skateboarding and fashion shows as well as concerts. The drinks show up in videos on YouTube and My Space accounts as well.

So, is there a reasonable amount of caffeine for children and teenagers? Many pediatricians, including myself, think any caffeine is too much. Margaret Savoca, PhD and pediatric nutritionist has found that more than 100 milligrams of caffeine a day is linked to elevated blood pressure in adolescents, especially African Americans. Keep in mind, that’s the equivalent of 3 cans of Cokes® but less than 10 ounces of many of the energy drinks. If children eat right and get the appropriate amount of sleep each night (for ages 11-17 years of age, that is a minimum of 8 hours a night), they should have all the energy that they need. There should be no need for energy in a bottle.



**State Meet
2009**

