

Important Dates:

GYM CLOSED:

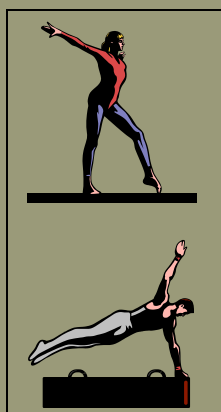
Nov. 27,28,
Dec. 24, 25,
Jan. 1

December
6-7, 2008 –
Boys Levels
4-10 Winter
Carnival
Meet,
Cartersville

December 12,
2008 – Parents'
Meeting 7 pm
with Holiday
Party

Individual Highlights:

Girls' update	1
Boys' update	1
Meet pictures	2
Board news/	
Coach spotlight	3
Article	4-5



Website : www.cobbchallengers.com

Girls' Meet Season is Underway

The Girls' AAU/USAG season kicked off in September with some great results from some of our own girls. Alyssa S., Level 5, took 3rd AA (34.375). In October, Jessie B., Level 5, took 1st AA (36.275).

The Candy Cane Meet was held this month in our gym and was a well attended meet with almost 400 gymnasts, from GA as well as TN and FL. Cobb girls stole the

meet as shown by the following results.

AAU2's competed for the first time ever and Emma H. placed 1st AA (37.275), Aisha W. was 2nd AA (36.375). Jasmine G. was 4th AA (35.775).

AAU4's took the team award for 1st place.

Two girls, Madi T. and Clara Z. were competing for the first time. In their age groups, Madi T. (33.575), Clara Z.

(34.0), and Kathryn C. (34.4) all placed 1st AA.

USA5's also took 1st place team. Two girls placed 1st AA in their age groups, Tiffany J. (35.5) and Nathalie S. (34.6), with Rebekah A. placing 2nd AA (34.1).

Last but not least was our USAG7 gymnast, Maddie M. who placed 1st AA (35.65). (For individual results, see the website). Excellent work, girls!!

Boys' Season Ready to Kickoff

Boys' levels 4-10 are gearing up for another competition season, with the first meet being the Cartersville Winter Carnival December 6-7th. There are many returning faces as well as some new ones, making for a total of 35 boys. It's the largest boys' team Cobb Challengers has ever seen!

In October, the Roswell Club hosted the Future Stars Clinic and Regional Competition. Most of the boys attended the clinic Friday evening, October 3 and really enjoyed it.

That Saturday, Level 6 boys Jonathan G. and Will S. competed in the regional competition. Will finished 8th overall

and Jonathan finished 9th overall in their age group. Way to go, boys!

Lastly, congratulations goes out to our own Christophe who was awarded with a 10 year service award as the GA State Chairman for Men's Gymnastics – thanks for your dedication to the sport!



AAU 5: Nathalie S., Rebecca A., Tiffany J.



AAU 4: Madi T., Kathryn C., Clara Z.

**Candy Cane
Meet
Champions**



AAU 2: Emma H.

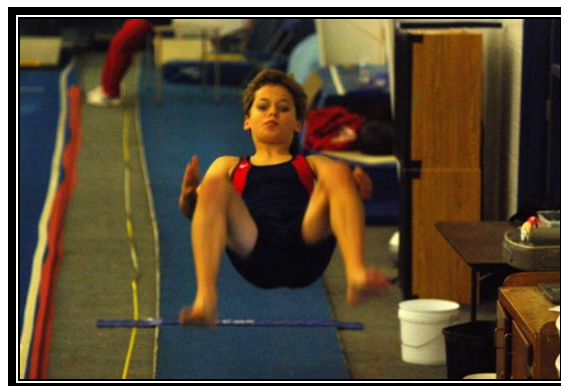


USAG 7: Maddie M.



Will S.

**Future Stars
Participants**



Jonathan G.

Board News

The monthly board meeting for Cobb Challengers was held the third Monday of the month. Items on the agenda included the upcoming parents' meeting to coincide with the Holiday Party on Dec. 12. Please remember all team parents are required to attend two of the four yearly meetings held.

The Candy Cane Meet details were discussed. Our profit, not counting meet fees, was approximately \$8500.

Remember, team parents **MUST** work all 4 meets (or pay someone to work in your place) and training team parents must work 2 meets each year. The raffle basket only made approximately \$100. There was discussion on doing a 50/50 raffle after each session for the next meet to see if that would improve the profit.

County class registration begins Dec. 6th. County classes are on break from 12/19-1/2. Team

practices will be as usual until....

Team reps will be collecting money for coaches' gifts – while things may be tough for everyone financially this year, please remember what these coaches do for our kids, and they don't get paid much to do it! Thanks in advance for your generosity!

Don't forget to order your Kroger gift cards by the 15th of each month.

Lastly, instead of Secret Santa this year

for the kids to participate in during the holiday party, the club will be giving back to the community by participating in an Angel Tree. Each team will be assigned a child in need that they are responsible for buying gifts for. Gifts will be brought, wrapped, to the holiday party. Details to follow from Susan Korbett .

Meet the Coaches Corner

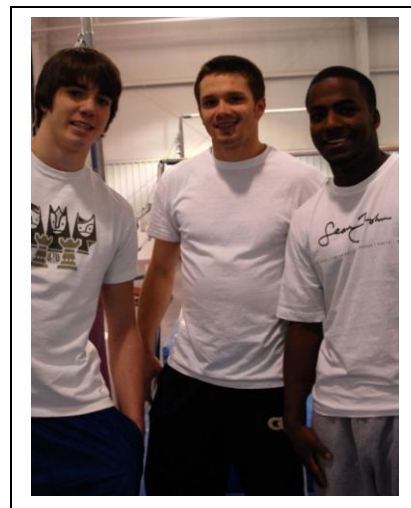
This month is a spotlight on the boys' Level 4 and 5/6 coaches, Tyler, Alec, and Lorenzo. Tyler is the Level 4 coach and has 9 years of experience as a gymnast, including currently a member of the Optionals team. He has been coaching for 2 years with the club. He is a senior in high school whose favorite thing about gymnastics is that it "is the most difficult and challenging sport and there is always something new and different to learn."

His least favorite thing is it is very time consuming. Alec has started his 10th year of coaching this year and competed as a Challenger for 5 years previous to that. He has a bachelor's degree in management from GA Tech and states his favorite thing about gymnastics is "being in the air" as well as "pushing the human body as far as it can go." Being around the kids makes him feel like a "big kid" himself! His least favorite thing about coaching is

occasionally having to "raise my voice and be mean" and pommel horse.

Lorenzo has been coaching for 4 years here and previously was a gymnast for 8 years. His least favorite thing can sometimes be the hard work it requires.

His favorite thing about the sport seems to ring true for so many gymnasts and that is "it doesn't get old, there's always something new."



Tyler, Alec, and Lorenzo

***Papa Don't Help -
Why Parents
Should Not Help
Coach
By David Arthur***

“A coach is in many ways like a sculptor. The gymnast is the medium in which he (or she) must work.”

Papa Don't Help

The following is an article from Christophe from Open Floor Magazine:

A coach is in many ways like a sculptor. The gymnast (your child) is the medium in which he must work. Each child has differing innate abilities. Your child may be a plate of cold steel, a block of wood, or even soft pliable clay. The coach's creativity is expressed in his ability to shape or mold the gymnast into a finished work of art. This finished work becomes animated in your child. A parent's coaching words, if done in the coach's presence, may undermine strategy already underway. This is not to say any outside input will offend a primadonna coach with visions of self grandeur. The following examples may help to clarify some common problems.

Case No. 1: A parent overheard the coach tell a more advanced student to make his approach (preflight) to a handspring vault at a 35 degree angle. The parent later noticed that his child's preflight angle was always at a

65 degree angle.

Remembering what he had heard and with good intentions, the parents insisted that his child approach at a 35 degree angle.

Result Conclusion:

The lower angle of preflight is desirable because it allows the gymnast's forward momentum to be suddenly converted into greater post-flight height. Yet, the lower the angle of preflight that one approaches, the greater "power" a gymnast must possess. The beginner gymnast had not yet developed the "power to make a 35 degree angle approach. Associated skills were being practiced to develop the needed power, but in the interim a 60 degree angle was recommended to best utilize the gymnast's present level of development.

The parent had created a conflict that confused the child and accounted for regression until the source of the problem was discovered.

Case No. 2 (The Most Common): Parents will often yell across the gym or make gestures regarding form; knees,

toes, etc.

Result Conclusion:

Often a gymnast may bend his knees while executing a skill simply because he would not complete the skill otherwise. This is especially true in the learning stages. Bending of the knees may allow a gymnast to increase angular momentum by shortening body radius, which may allow just the extra power to finish a swing handstand or a giant swing. Coaches often de-emphasize form until the necessary muscles have developed. Then zero in on refinement.

A coach may also isolate a specific part of a skill for improvement. During repetitive executions he may not want to overload the gymnast with toe point comments, etc., until the isolated section is improved upon. If a child has a general form problem let the coach handle it unless specific assistance is asked for.

Case No. 3: A gymnast is learning a handspring vault. The work-out is dedicated to working specifically on preflight angles and body positions. A parent

Papa Don't Help Continued...

watching the work-out tries to encourage the child to increase the distance from the horse upon landing.

Result Conclusion:

As far as the coach was concerned, the exercise ended after the student's hands touched the horse even though the entire vault was completed. The successfulness of completing all gymnastics skills is determined on the successfulness of each preceding phase of the skill. There was no point in critiquing the second phase of the

vault because it's outcome was entirely dependent upon the first phase which had not been learned yet. One of the coach's jobs is to advise the child what was done wrong and how to correct it. Therefore, a coach's input is often negative. A coach's negative points work well with a counteracting positive force. That is where the parent can play an important role in the development of an advanced gymnast. The parent's input should be positive. Always reassuring,

never showing disappointment regarding performance. The coach should display an appropriate amount of disappointment if necessary. Negative input from more than one source can become counter productive and even cause damage to the gymnast's self-esteem.

2008-09 Board Members

Here is a list of the board members. As always, please do not hesitate to contact any of them with specific concerns or questions.

2008-09 Executive Board Members:

President:

Leslie Owen
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Vice-President:

Kinley Shell
Kinleyg@bellsouth.net

Treasurer:

Lauren Wood-Viscardi
Spider1@ix.netcom.com

Secretary:

Shanda Mitchell
Shanda0815@gmail.com

2008-09 Board Members:

Girls' AAU/USAG

Rep:
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Boys' Compulsory/TT

Rep: Ann Contrucci
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Boys' Optional Rep:

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