



# **BAGC PARENT POWER-UP**

Quarterly Parent Newsletter

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Dear Blue Angels Gymnastics Families,

I wanted to take a moment to properly introduce myself and share a bit more about my background, so you can feel confident about the leadership and direction of Blue Angels Gymnastics. I understand that trusting someone new with your child's training, safety, and overall experience is a big deal and you deserve to know who is helping guide the program and what I bring to the table.

My name is Krystal, and I bring over 20 years of experience in the gymnastics industry, with a focus on athlete development, coaching standards, gym operations, and strong gym cultures. Gymnastics is a unique environment; it requires strong systems, consistent expectations, and a culture that protects both safety and confidence.

My background includes a degree in Business, Safety & Risk Management training, SafeSport, a Developmental Sports Science Certification, and service in multiple national roles—National Association of Women's Gymnastics Level 8 Judge, Women's National Meet Director, National Gymnastics Association National Coach of the Year (2021-2022), and National Gymnastics Association MN State Representative.

I'm the founder of Digital Gym Director, LLC, where I help gymnastics gyms build the systems and leadership rhythms that create consistency, stability, and a positive culture. I'm also the creator of Teens in Leadership Training (TILT), a leadership and coach-development program that helps teen athletes become confident leaders and well-trained coaches & judges through structured training and mentorship. I'm proud that TILT serves gyms and athletes internationally.

As a coach, I've worked with gymnasts from the itty-bitty years all the way through their college dreams, and I've had the privilege of helping many athletes reach incredible collegiate programs. I've worked with multiple gymnastics associations both locally and nationally.

My commitment to Blue Angels Gymnastics is simple: protect athlete safety, strengthen coaching consistency, improve communication, and build a program families can be proud to be part of. I'm here to support our coaches, tighten up systems, and ensure that our gym culture stays positive, professional, and athlete-centered. Thank you for giving me the opportunity to earn your trust. I'm excited about what we're building together at BAGC.

Krystal

# What are we Learning?

In gymnastics, the “basics” are not the easy skills we do before the fun skills—they are the fun skills, just in their earliest form. Strong basics show up inside every harder skill: tight body shapes, safe landings, strong arms, controlled kicks, and confident movement. When we spend time on foundational pieces, we’re not holding athletes back, we’re building the strength, coordination, and body awareness that make bigger skills possible and safer, not to mention, they learn them quicker!

A good way to picture this is how an infant learns to walk. They don’t go from sitting to sprinting. First they roll, then sit, then crawl, then pull to stand, then “cruise” along furniture, then take a few wobbly steps, falling a lot along the way. Each stage builds the muscles, balance, and confidence needed for the next one. Gymnastics works the same way. We use safe progressions so athletes learn correct technique, build strength gradually, and feel successful at every step.

To help athletes make steady progress, we set focus skills every two weeks. That doesn’t mean we only do one skill for two weeks, it means we highlight specific building blocks and repeat them often enough for athletes to truly learn them. Repetition is where confidence comes from, and confidence is what allows athletes to try new things safely.

Setting these focus skills is also going to create more consistency in our skill tracking and level up processes. We want your athletes to feel successful as they move through our programming. We want them to feel challenged just enough to want to come to gymnastics each week and for their bodies to be able to adjust as it is challenged.

One more helpful perspective: young athletes can only focus for so long (and that’s completely normal). A class may include short bursts of listening, lots of movement, quick corrections, and frequent resets. Even if it looks like just a few turns, those minutes add up to stronger foundations over time. Our goal is consistent growth, building skills the right way so athletes can keep progressing, stay safe, and enjoy the sport for the long haul.

*Trust the process.*

# Upcoming Events

## No Class Dates

Thursday 2/5: No Level 1 6:15p Class

Friday 2/6: No Classes Gym Closed

Saturday 2/7: No Classes Gym Closed

## Important Dates

Friday 1/30: Coffee with the Director

Friday 2/27: Coffee with the Director

Sunday 3/15: Spring Schedule Release

Monday 3/16: Spring Registration  
Opens

## Join Us!

Coffee with the Director is your chance to ask questions, say hi or just listen in! Link will be sent Thursday before each meeting!

**Last Friday of Each Month 9:00 am**



We're growing and looking for a few great people to join our coaching team—especially those who love working with kids and want a fun, active job.

**Birthday Party Coaches** (weekends): Help lead weekend birthday parties in the gym. Pick up the parties that fit your schedule—great for someone who wants flexible, weekend-only hours. Starts at \$30/hour, No experience Necessary.

**Class Coaches:** Assist and coach recreational classes. Our class coaching schedules are set in blocks, and you can choose your schedule every 10 weeks.

**No gymnastics coaching experience?** That's okay. If you have a love for athletes, kids, and fitness, we'll train you on the skills, safety progressions, and how we run classes and parties.

Interested or know someone who would be a great fit? Reply to this email or contact us at [bagcdirector@gmail.com](mailto:bagcdirector@gmail.com)— we'd love to talk.

**JOIN  
OUR  
TEAM**

# STAYING IN THE

## loop

### HOW & WHAT WE COMMUNICATE

We want you to feel informed and supported, here's how!

#### Primary Communication

Email will be our main way to share important updates



#### Social Media

Our Facebook/Instagram are great for highlights, quick reminders, and community updates (but email/portal are where the "official" info lives).



#### SF Class Parent Portal

Please use the Parent Portal for account details like schedules, payments, and athlete info. Keep your contact info updated so you don't miss anything.



**Best way to reach us:** For questions about your athlete, class placement, or concerns, email is the best place to start. If your message is time-sensitive, please include that in the subject line.

**Response time:** We do our best to respond within 1-2 business days. During peak times (events, enrollment periods), it may take a bit longer—thank you for your patience.

#### What will be Communicated

##### Gym-wide updates that impact families

things like schedule/holiday closures, weather cancellations, enrollment info, upcoming events, billing or policy reminders, and anything that affects your athlete's class experience in a broad way.

#### What we won't send updates about

Day-to-day coaching decisions, like which stations/equipment your athlete uses, small curriculum adjustments for a specific group, or normal gymnastics skill progressions. Those are part of our coaching expertise, and we'll handle them in the gym.

If you ever have questions about something we don't typically send updates on, please feel free to email me—I'm always happy to explain our processes and any transitions. To keep communication clear (and not overwhelming), we focus our emails on gym-wide updates, while putting our day-to-day time into coaching development and staff training so your athlete gets the best experience in the gym.

# Updated Policies

These updates were originally shared in an email sent on January 16, and we're including them here again for easy reference as we head into the new session.

- **Membership Fee Removed:** The \$60/athlete (\$100 max/family) membership fee has been eliminated. Families who already paid will keep member discounts for open gym and birthday parties through Aug. 15, 2026.
- **Open Gym Pricing Update:** Open gym is no longer free for members. Pricing is now \$5/athlete (previous membership-fee families) and \$10/athlete (everyone else) for 90 minutes. Discounted rate remains in effect through Aug. 15, 2026.
- **Open Gym Punch Cards (Coming in February):** 6 visits for \$50 (watch for the February announcement).
- **Registration & Payments:** We are now using ScoreFlippers CLASS for registration and payments. Payments are charged at the time of registration (no manual processing/waiting). Credit card fees apply, and discounts are automated.
- **Operational Updates (Ongoing):** Expect gradual improvements to pricing, class consistency, ratios, and overall systems as we streamline operations.
- **Coach Training Investment:** We're implementing monthly coach trainings to support quality and consistency across classes.
- **Hiring Coaches:** We're actively hiring additional coaches (including daytime availability in addition to other needs).
- **TILT Program Launching in March:** TILT (Teens in Leadership Training) begins in March for ages 12-16 interested in coaching/judging/gym administration (details coming).
- **Birthday Party Booking Update:** Parties are expanding with more options, but due to staffing during competitive season, requested party dates must be emailed and confirmed for coach availability before the party is officially booked.



## For being a part of Blue Angels!