



OCTOBER

XCEL COPPER | BRONZE | SILVER

TEAM NEWSLETTER

EVENT EVALUATIONS: TRACKING PROGRESS THROUGHOUT THE SEASON

October Evaluation Schedule:
September 28 – October 11: VAULT
October 12 – October 25: BARS
October 26 – November 8: FLOOR

PARENTS CORNER

Activate the Mind, Activate the Body
Learning how to **receive and apply corrections** is an important part of becoming a confident, independent athlete. This month, we are teaching our gymnasts the **AMAB 4-Step Process**:

1. **Listen:** Hear the correction and simplify it
2. **Activate the Mind:** Repeat the correction to yourself with focus and intention.
3. **Activate the Body:** Physically practice the correction before your next turn.
4. **Say It During the Skill:** Use your correction as you perform, allowing your mind to guide your body.

[Click here for more information!](#)

COACHES CORNER

As competition season is approaching quickly, we ask families to help their athletes arrive on time, fully prepared, and competition-ready. Please review uniform, hair, and other important guidelines before meet day. Parents can best support their gymnast by cheering positively, allowing coaches to handle communication, and focusing on confidence, growth, and sportsmanship rather than scores or placements. Most importantly, let's work together to create a fun, supportive environment where every Olympia athlete can feel proud of their hard work! [Click here for more information!](#)

On October 6th, USAG celebrates National Coaches Day! We are grateful for the opportunity to be part of each gymnast's journey and to watch them grow both inside and outside the gym. Thank you to all of our Olympia coaches for the time, heart, and dedication you give our athletes every day!

SCHEDULE: HERE'S A QUICK LOOK AT WHAT'S COMING UP

- October 3rd–4th In-House Fun Meet: We're so excited for this weekend and can't wait to see our athletes shine, have fun, and show off all their hard work!
- Team Picture Day November 7th–8th
[Click here for more information!](#)
- Team Halloween party 10/17 3:30–6:00pm

MENTALITY: THE POWER OF POSITIVE SELF TALK

The way athletes talk to themselves can have a powerful impact on their gymnastics. Positive self-talk helps build confidence, improve attitude, and encourage motivation, especially when challenges arise. Teaching athletes to replace negative thoughts with positive, encouraging statements can help them stay focused, work through difficult skills, and approach practice with a growth mindset. [Click here for more information!](#)

NUTRITION: FUELING STRONG ATHLETES

This month, we're focusing on fruit! Fruits are a great source of carbohydrates, vitamins, minerals, antioxidants, and natural energy to help athletes perform and recover. Athletes should aim to enjoy at least two servings of fruit each day, ideally incorporating fruit before and after practice on training days. Try options like bananas, berries, apples, oranges, grapes, or melon for an easy and delicious way to fuel strong athletes!

STRENGTH & FLEXIBILITY

October Focus: Handstand Push-Ups & Pike Opens

This month, we're focusing on handstand push-ups and pike opens to build upper-body strength, body control, flexibility, and the shoulder and core strength needed for strong gymnastics skills. Consistent practice helps athletes develop the strength and mobility necessary to progress safely and confidently.

Take it home!

Athletes can use their alternative assignments at home to stay consistent and continue building strength and flexibility between practices. If an athlete is still developing these skills, they are encouraged to continue working at home to support their progress.

Alternative Assignment Link: [click here!](#)