



SEPTEMBER

XCEL COPPER | BRONZE | SILVER

TEAM NEWSLETTER

EVENT EVALUATIONS: TRACKING PROGRESS THROUGHOUT THE SEASON

We follow a 48-week training cycle focused on physical preparation, technical development, work ethic and athlete advancement. To provide consistent feedback, athletes are evaluated on an 8-week rotating cycle, allowing coaches to regularly track progress and identify areas for continued growth.

September Evaluation Schedule:

- August 31–September 7: BEAM
- September 14–21: FLOOR
- September 28–October 5: VAULT

PARENTS CORNER

Need to know how to access evaluations on IClass-Pro? [Click here!](#)

Why is this important?

Throughout the season, our coaches continually evaluate athletes as they train, learn new skills, and progress. Staying up to date through IClass Pro helps ensure that coaches, athletes, and families stay connected and work together toward each athlete's growth and success.

COACHES CORNER

Welcome to Our Monthly Team Newsletter! Each month, we'll share important updates, training focuses, and helpful resources to support our athletes both inside and outside the gym.

You can expect to see topics such as: Team Updates, Mentality Training Focuses, Nutrition & Sleep, Event Evaluations, Parent Resources, Strength & Flexibility.

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

- Labor Day Closure: Friday September 4th–Monday September 7th
- Saturday September 19th: Closed
- October 3rd–4th In-House Fun Meet: click on image below for more details



MENTALITY: THE POWER OF A DAILY ROUTINE

With school and the fall gymnastics schedule starting, establishing a consistent daily routine can help reduce stress, build positive habits, and support overall well-being. Encourage your gymnast to create a routine that includes:

- School and homework time
- Gymnastics and physical activity
- Regular, balanced meals and snacks
- Staying hydrated throughout the day
- A consistent bedtime and adequate sleep
- Time to relax, recharge, and enjoy activities outside of gymnastics

[Click here for more information!](#)

NUTRITION: FUELING STRONG ATHLETES

This month, we're focusing on protein and its important role in an athlete's nutrition. Protein supports muscle growth, repair, recovery, and strength. A general guideline for athletes is about 1 gram of protein per pound of body weight per day, though individual needs vary. Encourage athletes to include protein throughout the day, especially with meals and snacks around training. Easy Protein Options includes eggs, greek yogurt, cottage cheese, milk, chicken, turkey, fish and protein-rich smoothies.

STRENGTH & FLEXIBILITY

September Focus: Splits — All Directions

This month, we're focusing on right, left, and middle splits. Flexibility is an important part of gymnastics and supports proper technique, body positions, and form.

Take It Home!

Athletes are encouraged to spend 5–10 minutes working on assigned flexibility exercises at home on non-practice days, using the stretches and techniques taught by their coaches.

Alternative Assignments

Use our alternative assignments to stay on track and continue working toward your gymnastics goals at home. Athletes who are still working toward fully developed splits are encouraged to continue practicing their assigned stretches at home to support their progress.

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