



Olympia Gymnastics Academy
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February 2010

From Early Season To Late Season for Team Olympia girls

What an exciting 2009 early season! The girls traveled to several area gyms. They competed with poise and confidence and carried on the 'Olympia reputation'. Hard work, determination, and respect were all characteristics of our Olympia athlete's. For some, the season introduced a new level, while others repeated their past level with a new set of goals. Overall, the girls worked hard 'fine tuning' their routines and 'polishing' up their presentation. We are very proud of our early season competitors and look forward to an exciting 2009-2010 meet season.

Starting in December, the competitive late season officially began. We look forward to the beginning of our new season as the girls travel to invitational, sectional, regional and national competitions. In fact, our Prep-Op gymnasts recently returned from their first exciting competition of the year. All 21 athletes had a great time at the Jingle Bell Rock Meet. The meet was held in Ypsilanti Michigan. The Bronze and Silver divisions placed 1st & the Gold division placed 2nd. They all came back with some exciting stories- proving they had a great time!! Keep up the good work!

Also in mid December our level 9's & 10's traveled to Baltimore Maryland, while levels 4, as well as the 7 & 8's competed in Westland, Michigan. The girls did an amazing job competing their new routines. All in all it was a successful meet. The athlete's are looking forward to performing some new and exciting skills, & having a chance to put their mental choreography and "Athlete Warrior" training into action!

BEST wishes to our competitive teams!!- GO Team Olympia!!!



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*****PLEASE BE AWARE THAT IF YOU ARE NOT CURRENT WITH THE BOOSTER CLUB AS WELL AS OLYMPIA GYMNASTICS YOUR CHILD IS NOT ELIGIBLE TO PARTICIPATE IN PRACTICE OR COMPETITION.*****

Athlete Warrior

We have been having a weekly reinforcement of everything that Doc Ali has taught the girls in the numerous visits she has made to our gym. The most recent topic of discussion is IMS. IMS stands for Ideal Mental State. Allison refers to this as the place of effortless perfection.

We are also learning the difference between FORCE & FLOW. It is important that we learn the rhythm of our life, body and training and learn how to go with it. GO WITH THE FLOW. The girls have been working really hard to realize that things don't always go as schedule or planned and we must keep our minds tight and continue on. The girls have developed a strong sense of what it means to get into their ideal mental state, and what it takes to pull them back in to it, once they lose it.

We look forward to talking about MASTERY. Being mindful of our reactions to all things and remembering that we create our life. We create our own decisions & reactions to things. We will develop a plan of how to SLOW DOWN and create "mindfulness"!

Coach, Lynda



Baltimore Bloopers

For your entertainment, we asked the girls what the funniest moment was of the travel trip down to Baltimore.....here are some of the responses.

"Our waitress at the Cheesecake Factory was doing funny things. Once she dropped something and then fell against the window and then she said "I meant to do that," and then she said she was a clutz. You had to be there."

~~~Alyssa Shermetaro

**"We were on the way to the meet and I was admiring how hard my hair curl was and everyone else was amazed. It turned out that my curler was still in my hair."**

~~~Mary Mrdjenovic

"When I had curlers in my hair and Deanna said I looked like Cindy Lou Who from the Grinch."

~~~Anne Maxim

**As you can tell the girls had an amazing time on their travel trip. It is something they look forward to every year. Not only is it a chance to experience traveling away from their parents....the even learned a little geography too!!!**

**"We were walking to go to the Cheesecake Factory on Sunday and Kelsey, Jessie F and Theresa were laughing. So I ask, "are you laughing at me?!" and swung my umbrella to point and the metal stick broke off from the umbrella part and flew in front of us. Kelsey said, "now we are!"**

~~~ Kara Witgen

The funniest thing that happened was when we on our way to the airport and Kiki thought Washington D.C. was in New York and the statue of Liberty was in Washington D.C. by the white house."
Brittany Petzold

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~~~ Kara Witgen

# GOT OLYMPIA SPIRIT?



Mikaela Senkus, Level 4 does!

Please email your most OGA spirited photos to [teamolympia@comcast.net](mailto:teamolympia@comcast.net) and see if you make the Spirit Section of the newsletter!

## SPORTSMANSHIP...

### WHAT IS THE ULTIMATE LESSON WE ARE TEACHING OUR ATHLETES?

Every once and a while, we all need a reminder of “the bigger picture.” It is easy to get wrapped up in the trivial details of life, that make our day exhausting. It has been our experience that this is especially easy to do when you or your child is heavily involved in a sport. To illustrate my point, I would like to share a story that made national headlines last year.

In a collegiate softball game, Sara Tucholsky of Western Oregon University hit her first career home run. As she headed to second base Sara realized she had made a major mistake. She missed the first base bag! As she started back to tag first base she collapsed to the dirt with a knee injury. On her hands and knees, she made it back to first base but couldn't advance any further.

There was a decision to be made. The umpire said that if her teammates helped her she would be called out. However, the coach could put in a pinch runner and the homerun would be ruled a single. Not knowing the extenuating circumstances, the women of the Central Washington University softball team chose to display what some consider an unbelievable act of sportsmanship.

Teammates So Holtman and shortstop Liz Wallace lifted up Tucholsky and carefully carried her around the bases, allowing her to touch each bag with her good leg. Tucholsky's homerun sent Western Oregon University to a 4-2 win. This victory ended Central Washington's chances of winning the conference and advancing to the playoffs.

“In the end, it is not about winning and losing so much,” Holtman said. “It was about this girl. She hit it over the fence and was in pain, and she deserved a home run.”

I think this is a great example of how important it is to teach our athletes humility and compassion. Olympia gymnasts are known in the gymnastics community as hardworking, talented and all around good kids. Lets remember the “bigger picture,” the next time we may be quick to worry about what someone else is score or placement. As gymnasts, coaches, parents and supporters.....we are all on the same team.

Great Job!

## Meet Reminders

- 1) **Be on time! This makes it less stressful on everyone.**
- 2) **With that said, if there happens to be an unforeseeable circumstance and you are late or unable to attend, please make every effort to contact someone at the gym or a teammates family so the information can get to the coaches at the competition.**
- 3) **Parents are to stay in the designated viewing areas. Anything that happens out on the floor must be handled by a USAG member. There are zero exceptions to this policy.**
- 4) **Please make sure that your gymnast has been provided a bottle of water as well as nutritious snack prior to coming out on the floor. Once she is on the floor, she will only be allowed to return to her bag for these items. Please respect the fact that the coaches are busy and unable to deliver something that has been left behind.**

# FEBRUARY

| Sun                                                                           | Mon | Tue | Wed | Thu | Fri                                          | Sat                                                                           |
|-------------------------------------------------------------------------------|-----|-----|-----|-----|----------------------------------------------|-------------------------------------------------------------------------------|
|                                                                               | 1   | 2   | 3   | 4   | 5                                            | 6<br>SQM<br>Level 5/6                                                         |
| 7<br>SQM<br>Level 5/6<br>I AM Invitational<br>Boys All Levels                 | 8   | 9   | 10  | 11  | 12<br>For Love or<br>Money Level<br>7,8,9,10 | 13<br>For Love or<br>Money Level<br>7,8,9,10<br>Boys all Levels<br>Jesterfest |
| 14<br>For Love or<br>Money Level<br>7,8,9,10<br>Boys all Levels<br>Jesterfest | 15  | 16  | 17  | 18  | 19<br>Buckeye<br>Classic<br>4-E & PO         | 20<br>Buckeye<br>Classic<br>4-E & PO                                          |
| 21<br>Buckeye<br>Classic<br>4-E & PO                                          | 22  | 23  | 24  | 25  | 26<br>Boys L6-10<br>St. Petersburg,<br>FL    | 27<br>Boys L6-10<br>St. Petersburg,<br>FL                                     |
| 28<br>Cookie Classic<br>Levels 1-4<br>Boys L6-10<br>St. Petersburg,<br>FL     |     |     |     |     |                                              |                                                                               |

