

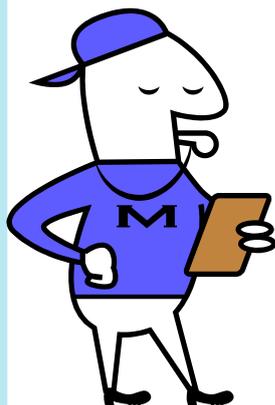


SPECIAL POINTS OF INTEREST:

- Staff Birthdays
- What's on:
- ◊ Competitions/
Events
- ◊ Michael Plourde-
leaving
- ◊ National Cham-
pionships
- ◊ Equipment up-
grade
- From the
Coaches Den-
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- Under the Micro-
scope—Nutrition

TERM 2, 2014

MAY



From the Head Coach

I can't remember being so busy in my time here. With so much happening either good or bad there are things to do everywhere I look. With our senior section getting to their peak of competition season and our junior section beginning theirs it is an exciting time for the coaches and gymnasts. Please always remember to take time to enjoy not just the performance of your son but also what they are part of. I can see everywhere in every level from Rec and up boys growing into themselves in so many different stages of their life. Please enjoy this months newsletter and I will see you all around.

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TERM 2 DATES

Tuesday 22nd April—Saturday 28th June

This is a 10 week Term

Public Holidays Term 2

Monday 21st April—Easter Monday

Friday 25th April—Anzac Day

Monday 9th June—Queens B'day



Staff Birthdays

No coaches Birthdays this month.



Important Notices

1. It is very important around this time to keep on top of your emails
2. There have been some changes to group times etc due to coaches being away for competitions. These will be sent out via email
3. The gym will be closed down on Fri/Sat 30th-31st May due to equipment changes. This may yet change and I will keep you up to date



“If times get tough and you think about quitting, go back and think about why you started in the first place”

What's On

Competitions/Events:

National Championships	May 19th-26th	Melbourne
Grand Prix 1	June 7th-8th	BGS
Grand Prix 2	June 21st-22nd	Mackay
State Club Championships	June 28th-29th	Caloundra

You will receive nomination emails if your son has been selected to compete at any of the competitions above



Dan Burrrows having a laugh with some of our Young guns

What's On Cont.

Michael Plourde—Leaving

We have some sad news with Michael Plourde heading back to the USA with his wife to take up a job in Massachusetts. Mike has been an absolute asset to the Club in his short time and I know everyone involved with him has enjoyed Mike's enthusiasm. Please feel free to have a chat to Mike and I know he is sad to go. It is obviously a very hard time for the Club with so many competitions, coaches travelling and now sorting out the Term 3 timetable. I would appreciate everyone's patience in allowing myself time to solve this jigsaw while doing the best we can by every athlete here to the best of my ability.

National Championships

All our boys who made the QLD team have been hard at work preparing for the trip to Melbourne. Through the week of Monday May 19th—Monday May 26th there will be a huge amount of coaches and senior gymnasts out of the gym. Mike, Jamie, Elliott and myself will be heading down as coaches. This obviously creates a shortage of coaches around the place. We have managed to make as few changes as possible and every group has been informed so please keep on top of the emails being sent out.

Equipment Upgrade

This is the month we get the new equipment and everyone can't wait. It is going to be a mammoth task and I hope to make it as smooth as possible. The plan is to start early on Friday 30th May and clear the gym of the old equipment. Around lunch the containers should be arriving with the new gear and we begin the build. This will likely take until Sunday 1st June. I will be sending out more information once things are confirmed.



From the Coaches Den

Daniel Burrows has his chance to shine this month. Dan is currently coaching our JC1 and YG1 gymnasts. Dan has been coaching for 2 years now and is studying engineering at QUT. Dan was a great gymnast captaining BGS in one of their premiership years. If you haven't seen Dan around it is due to his love of heading on overnight trips for rock climbing.

Favourite Food: Sushi

Any pets: 2 dogs, Rico and Bella

Favourite TV show: Comedy shows/movies (love laughing)

Any hobbies: Laughing and rock climbing

Favourite destination: Any where with rocks and cliffs

Nickname: Donkey/Donks



If you are looking for second hand gear we have some available. Information is on the notice board in the gym.

Under The Microscope

What to Eat Before a Gymnastics Meet

As with any athlete, the fuel a gymnast puts into their body has a direct effect on their ability to train and compete. In the lead-up to a meet, a specially controlled diet helps prepare their body for the increased work. It supplies the body with the correct nutrients to enable them to perform their best on the day.

Basic Diet

High demands for a strong yet lean body place an importance on controlling the diet of gymnasts throughout the year. Gymnasts will generally eat regular small meals that are low in fat but high in energy. As with any athlete, a gymnast's diet should reflect the intensity and frequency of their training; overeating could lead to weight gain and poor performance. Similarly, a lack of correct nutrition and hydration can also result in poor performance and lack of stamina during training and meets.

Pre-Meet Diet

Gymnasts tend to avoid high-fat or sugary food in during this period to help control their weight. Slight alterations in the training schedule before a meet require a change in eating patterns. The possible increased intensity means a gymnast needs to ensure they have the correct amount of fuel to meet the demands of training. It is essential that gymnast's maintain healthy levels of hydration during this heavy training period. Fluids should be available, and drinking them should be encouraged at all practices and competitions.

The Day Before

According to Gymnastics Rescue, an ideal dinner the night before a meet would be pasta or noodles with mixed vegetables and lean meat or tofu with fruit for desert. Eating carbohydrate-based food, such as pasta or rice, will provide the gymnast with the right energy levels the night before a meet. This also ensures that the muscles can store a sufficient amount of glycogen to help them work at their best during the competition.

At the Meet

A light breakfast, such as toast or cereal should, be eaten before the meet to give the gymnast energy to compete. Eating healthy snacks, such as energy bars or dried fruit, throughout the day will help to maintain energy levels. If a gymnast feels hungry during an event, drinking fluids containing carbohydrates will sustain both fluid levels and provide a source of energy. Rehydration is important during a meet; poor levels of hydration can reduce a gymnast's ability to compete effectively. Small sips of water or glucose-based drinks should be taken regularly to hydrate and avoid bloating.

