

NEWSLETTER

BRISBANE GRAMMAR SCHOOL GYMNASTICS CLUB

"TO REACH YOUR GOALS,
YOU MUST GRAB ON WITH BOTH
HANDS".

If you dream it,
you can do it.

IMPORTANT NOTICES

Invoices are due.

If you have not already done so, please
pay your invoice at your earliest
convenience.

Any concerns, email

louise.evans@brisbanegrammar.com

FEBRUARY 2018

WHAT'S ON

TERM 1 DATES

Mon 22nd Jan—
Fri 30th March

This is a 10 week
Term

PUBLIC HOLIDAYS

Fri 30th March
Good Friday

Please contact Louise Evans directly
if you have any account, invoicing and
club administration questions.

louise.evans@brisbanegrammar.com

Thank you.



BRISBANE GRAMMAR SCHOOL

FROM THE HEAD COACH - JACK COATES

I hope that everyone has settled into the new Term and is surviving the pace of the year. BGS gymnastics has had a massive month over February and March will be no different. The excitement and passion of our gymnasts never ceases to remind me of why I love this sport and what it offers so much. With Senior Regionals approaching in March I am excited to see what our senior section is capable of achieving this year. A special mention to keep an eye out for Scott Costin who will be competing in the Melbourne World Cup this coming weekend. The finals will be televised on Fox Sports on Saturday and Sunday. I hope everyone is enjoying their experience with BGS gymnastics and please enjoy the read.

PACIFIC RIM CHAMPIONSHIPS:

Recently we had Scott Costin and Jack Riek attend trials for Pacific Rim Championships. This is a fabulous competition and will be hosted in Columbia through April this year. Both Jack and Scott competed well at the trials and earned spots on the Australian team for this competition. A massive congratulations for both gymnasts and we wish them all the best in their preparations for this event. It will be another opportunity to build experience and represent Australia.

MELBOURNE WORLD CUP:

Through the trials for Pacific Rim the gymnasts were also being selected into spots for the upcoming World Cup in Melbourne through February 22nd – 25th. Following some very strong and consistent performances, Scott Costin was successful in gaining a spot to represent Australia on Floor and no doubt will take this opportunity with both hands. Congratulations to Scott and again we wish him all the best for this competition.

BGSGC AMERICAN TOUR:

BGS also saw seven of our gymnasts take a great opportunity to tour to America and compete in the Black Jack invitational which is a massive competition. It was very special to see how excited all these gymnasts were and by all accounts the tour was a massive success. Obviously the experience of learning about travelling and competing is invaluable as well as being able to travel through the sport you love. The gymnasts and coaches got to train in multiple clubs while away as well as watch the Winter cup which is a competition series that involves the top American seniors and juniors. Congratulations to all the gymnasts and their coaches for their performances.

SENIOR REGIONALS:

Coming up in March BGS will once again host Senior Regional Championships. This will be held over the weekend of March 24th-25th and the more support for our gymnasts the better. Times for this competition are TBC however all our senior gymnasts are in preparations for this competition and we are all looking forward to how this year unfolds in the senior competition scene.

UPCOMING EVENTS

EVENT	VENUE	DATE
FIG World Cup	Melbourne	22nd-25th February
Senior Regionals	Brisbane Grammar	24/25th March

FACT SHEET

FOOD FOR YOUR SPORT – GYMNASTICS

EATING BEFORE COMPETITION

Gymnasts need to choose foods and drinks that are easy to digest before competition to avoid gastrointestinal upset from fast movements, turns and flips.

A light meal or substantial snack about 2 hours before warm-up will help to top up energy stores before competition. Foods chosen should be carbohydrate rich and low in fat and fibre to reduce the risk of gut discomfort. Some suitable pre-competition options include:

- Fresh fruit + small tub of yoghurt
- Breakfast cereal with milk or yoghurt
- Toast with peanut butter or banana
- Small serve of pasta or rice dish
- Wrap or sandwich with light fillings

Nervous athletes, or those who struggle with a poor appetite before competition, may find that liquid based carbohydrates such as flavoured milk or smoothies are more appealing before the event.

EATING AND DRINKING DURING COMPETITION

Competitions times often overlap one to two main meals (e.g. held from 8am - 2pm). In these circumstances, extra food between routines is essential for sustaining energy levels and concentration. Yoghurt, light sandwiches, trail mix and fruit are all ideal snack options for between routines to maintain energy levels and mental stamina. Sipping on sports drink can also be useful if solid foods are difficult to eat as they provide carbohydrate and fluid at the same time.

Foods and fluids during competition need to be easy to eat and digest, as nerves can make it difficult to eat during competitions. High fat foods should be avoided as these are slow to digest and can cause stomach upset during dynamic movements. Gymnasts should be prepared and pack foods that they like and that sit well in the stomach. Don't rely on what's available at the venue (meat pies and sausage rolls are not the best fuelling or recovery options!)

Gymnasts should work closely with an Accredited Sports Dietitian to trial nutrition strategies during training to find a competition plan that work best for each individual.

RECOVERY

There are three golden rules in recovery nutrition:

- Refuel muscle glycogen (carbohydrate stores)
- Repair muscle (for function & development)
- Rehydrate (replace fluids lost through sweat)

Many gymnastics competitions are held over a few days so gymnasts need to ensure that a recovery meal or snack is eaten soon after cooling down to help refuel, reduce fatigue and for muscle repair. After competing, a carbohydrate and protein rich meal or snack will help to kick start the recovery process. For example:

- Yoghurt with nuts
- Crackers with cheese or nut butter
- Chicken and salad sandwich or wrap
- Homemade pita bread pizzas with veggie toppings
- Beef and veggie stir-fry with rice or noodles.

After competition is also an important time to encourage plenty of fluids to replace sweat losses. Water is a good choice and milk contains fluid, carbohydrate, protein and electrolytes making it a very useful recovery drink.

OTHER NUTRITION TIPS

- **Be organised** If travelling straight from school to training, pack snacks and water bottles to have before, during and after training.
- **Micronutrients** Young athletes are at risk of iron, calcium deficiency if not eating a diet with a wide variety of nutritious foods. Due to the indoor nature of the sport, gymnasts are also at risk of Vitamin D deficiency. If concerned, checking iron and Vitamin D level with a GP is recommended
- **Disordered eating** can be an issue with some gymnasts. Care should be taken to encourage a wide range of foods so that all nutrient needs are met. Engaging the support of an Accredited Sports Dietitian can be helpful for preventing and managing disordered eating behaviours
- **Menstrual dysfunction** Any athlete with menstrual dysfunction (irregular or absent periods) should consult with a Sports Physician and Sports Dietitian