Dear Gymnasts and Parents,

The 2016-17 Gymnastics Season is HERE! In order to be eligible for practice, you must have paid your ASB fee and also have a current physical (within the last 2 years) on file at the school. Bring your clearance sheet to practice on the first day to be eligible to begin practicing. Must have 15 days of practice (also have a floor/beam/bar or vault routine complete with all elements) in order to be eligible to compete in the first meet.

We will also have a parent’s meeting after practice on November 21, 2016 at 6:00pm in the cafeteria at FWHS to explain more about the season, costs, meet expectations, concussion management and more. Every gymnast MUST attend and have a parent/guardian at the meeting, (if you cannot attend this meeting, please coordinate with the coaches to meet on another day). The meeting will be approximately 30 minutes. Please be prepared to order this year’s team t-shirt/sweatshirt (estimated cost up to $40) that night as well.

We have a very exciting season planned! We will be conducting two fundraising during the season (two evening Gymnastics Clinics for kids 5-13yrs old) to continue to build up our program. We appreciate all your help with each of these events.

Important Dates: **November 3** – Gymnastics Floor set up in A Gym at 3pm – 5:30 or until complete

 **November 4 –** Gymnastics set up in A Gym at 3:00pm (if needed)

 **November 7**- First Day of Practice 3:00-5:30pm

 **November 11**- NO PRACTICE- Veteran’s Day

 **November 12, 19-** Saturday Practices

 **November 18-** Fundraiser**-**Gymnastics Clinic 6:00-9:00pm/CANCELLED

 **November 21- Parent Meeting in Cafeteria at 6pm**

 **December 7-** FIRST MEET at FWHS (be at gym at 3:50pm)

 **December 10, 17, -** Saturday Practices (8-10:30am)

 **December 16-** Fundraiser-Gymnastics Clinic 6:00-9:00pm

 **December 19-22 & 28-29-** Winter Break Practices (8-10:30am)

 **January 7, 14, 21 & 28-** Saturday Practices (tentative)

**Impact testing (concussions) TBD** at the High School.

We will have all gymnasts go through a baseline concussion testing. It will enable us to better identify concussions.

**GYMNASTS**-. Your academic work should always be a top priority. If you have AP classes, honors/advanced classes, or a difficult schedule, start thinking **now** about how you will be able to succeed in both school and gymnastics. We are willing to work with you to achieve your goals but please ensure you are doing your part during the school day or off time. Ensure you have a leotard to practice in and black spandex shorts for competition day. Workout attire will NOT be short shorts, sports bras, tank tops, t-shirts (except during warm ups) or any other clothing that is revealing and not a leotard. If you need assistance in finding a leotard please go online and look for Gymnastics Unlimited-Federal Way or Auburn Gymnastics to purchase a leotard and bar grips/wrist braces if needed.

Let’s make the 2016-17 gymnastics season one to remember!!

See you in the gym!

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