

INFINITE BOUNDS

June/July 2017

Hello Boys' Team Parents!

We hope you are all enjoying your summer and adjusting well to the new summer schedule. As you may have noticed, there have been many changes at IB recently. We have implemented a new, higher intensity warm-up for practices that is primarily focusing on conditioning and form. I am already beginning to see improvements in the boys' stamina and strength, and this is beginning to transfer over into their skills. I am very excited to continue to witness their progress! As we continue through summer I would like to update you on some new information as well as a couple of reminders on our rules and policies.

Workout Necessities

All level 5 & 6 athletes are required to have their own personal set of grips and wristbands for Highbar and Still Rings.

All athletes are required to have their own set of practices longs, practice socks, individually sized straps, and a resistance theraband. Turn Gymnastics has a wonderful theraband that is uniquely longer for specific uses in Mens gymnastics. Our Program has had many wonderful uses out of their product, and Denise Franklin has some for sale through the Booster Club for \$7.50 including shipping and sales tax.

Lunches and snacks must be sent with your athlete to all practices during the summer. **ALL FOOD ITEMS SENT WITH YOUR CHILD MUST BE HEALTHY.** Proper nutrition is an absolute must for growing athletes. The boys cannot keep their energy levels up in workout without proper fuel! Any candy, chips, fast food, etc. brought into the gym will be thrown away. If you have any questions on what your athlete should be eating please contact me directly.

Injuries

If your athlete is injured in any way please communicate this with me. Injuries do not mean missing practice! There is ALWAYS something they can be doing with any injury and I have prepared workouts for any injury that could occur that will keep the athlete busy while insuring not to injure them further.

Below is a list of doctors that understand the sport of gymnastics and how important quick recoveries are:

Orthopedic & Sports Medicine Specialist

Dr. Robert Dimeff
3030 Waterview Pkwy
Richardson, TX 75080
972-669-7000

Sports and Spine Chiropractor

Dr. Brandon Bonds
17330 Preston Rd Suite 140A
Dallas, TX 75252
972-248-4994

Physical Therapist

Associated Physical Therapy
Dr. Jarol Baumann
4601 Old Shepard pl suite 202
Plano, TX 75093
214-556-8905

Sports Massage

Eric Marcano
Associated Physical Therapy
972-8960841

Josh Longworth
Associated Physical Therapy
214-288-1941

Division 1 Athletes

All Division 1 Athletes will be required to have 100% of their required skills for the level they are working and 60% of the bonus skills they are working towards by the end September. You will be required to have near perfect form on bonuses before you will be able to compete them, so focusing on proper form and technique now will help you progress as the season approaches.

Attendance Policy

Attendance will be taken every day at the start of practice. Coach Gabe will be noting tardiness and action will be taken if an athlete is late more than three times in one month.

Please make sure you are communicating if situations arise where an absence or tardiness cannot be avoided.

100% attendance will be required during competition weeks or your athlete will be ineligible to compete.

Team Break

Our annual team break will be over the week of July 3rd – 7th. I would like to continue to see uninterrupted progress in the athletes conditioning even with the break. The following is a list of conditioning I would like to see all athletes commit to on their time off:

Jogging – 2 miles
5 press handstands
5 handstand full pirouettes
2 x 1min handstand hold
30 second hollow hold, 30 rocks on all sides
30 v-ups

1 minute plank hold, 30 sec hold on each side
1 minute wall sit
30 lunges on each leg
50 air squats (legs shoulder width apart)
50 push-ups
50 calf raises, 30 single leg kicks each side
30 kicks in flair positions hitting all four positions.
10-15 minutes of stretching

I highly recommend completing this list every day as it will drastically help with being able to jump right back in when we return from a week off.

Boys Competition Schedule

December 2-3, 2017 - Lone Star Classic (Fort Worth, TX)
December 8-10, 2017 - Valeri Luikin Invitational (Frisco, TX)
January 12-15, 2018 - Vitali Scherbo Invitational (Las Vegas, NV) - optional meet for Level 4's
January 26-28, 2018 - Metroplex Challenge (Fort Worth, TX)
February 2-4, 2018 - Texas Tough Invitational (Arlington, TX)
February 16-18, 2018 - Bart Conner Invitational (Oklahoma City, OK)
March 3-4, 2018* - Garland Classic (Garland Classic, TX) *Date not yet confirmed

Private Lessons

From this point forward, all private lessons for the boys team are to be through Coach Gabe. (Coach Michael may be used only during the summer.)

Payment for private lessons will be paid directly to the coach and payment is due upfront at the beginning of the lesson. 24-hour notice of cancellation must be given if you cannot make your lesson.

Coach's Contact Info

You can email Coach Gabe directly at gtdevoto@gmail.com. All upcoming or scheduled absences must be received in writing for your athlete to not be considered absent.

If you need to notify me about a last minute absence or tardiness, please send a text prior to the start of practice. Coach Gabriel: 949-235-4814

If you have any questions about off-campus PE for you athletes please check with your school to see if your athlete meets the eligibility requirements. If this is a program you wish to take advantage of, make sure to bring the forms to practice for me to sign before the beginning of the school year. Grades will accurately reflect your athlete's attendance and participation.