

INFINITE BOUNDS

June/July 2017

Hello Girls' Compulsory & Optional Parents!

We hope you are all enjoying your summer and adjusting well to the new 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. The coaches are already beginning to see improvements in the girls in stamina and strength, and this is beginning to transfer over into their skills. We are very excited to continue to witness their progress! The coaches would like to update you on some new information as well as a couple of reminders on our rules and policies.

Workout Necessities

All athletes are required to have their own personal set of ankle weights as well as a theraband. When purchasing therabands, please select the bands with the least resistance.

Lunches and snacks must be sent with your athlete to practice during the summer. ALL FOOD ITEMS SENT WITH YOUR CHILD MUST BE HEALTHY. Proper nutrition is an absolute must for growing athletes. The girls 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 your coaches.

Injuries

If your athlete is injured in any way please communicate this with your coaches. Injuries do not mean missing practice! There is ALWAYS something they can be doing with any injury and the coaches 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 recommended by your coaches 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

Optional Competition Levels

All optional athletes will be required to have 70% of their skill requirements for the level they are working towards by the end August.

Twelve weeks before the first meet (approximately mid-October) full routines that meet all skill requirements are required to compete the level.

Attendance Policy

Attendance will be taken every day at the start of practice. The coaches 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 with your coaches 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. The coaches would like to continue to see uninterrupted progress in the athletes conditioning even with the break. The following is a list of conditioning the coaches would like to see all athletes commit to on their time off:

Jogging – 2 miles
5 press handstands
2 x 30 second 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 2nd position air squats
50 calf raises, 30 single leg, 50 tappers

2 sets of 20 push ups
10-15 minutes of stretching

We HIGHLY recommend doing this list everyday at least once but preferably two times a day over the break, especially for our optional athletes. It will drastically help with being able to jump right back in!

Optional Competition Schedule

Mock Meet – December 16th
Candy Cane Classic (Infinite Bounds) – Jan 6th-7th
Lady Luck Invitational (Las Vegas, NV) – Jan 13th-14th
Metroplex Challenge (Fort Worth, TX) – Jan 26th-28th
WOGA Classic (Frisco, TX) – Feb 16th-18th
Rose City Classic (Tyler, TX) – March 3rd-4th

Private Lessons

From this point forward, all optional coaches (Coach Tammy, Josh, Diana, and Lindsey) will charge the following for private lessons:

1 hour = \$75.00
30 minutes = \$40.00

Compulsory coaches (Coach Britni and Coach Jen):

1 hour = \$70.00
30 minutes - \$40.00

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

Coaches Contact Info

You can now email all the coaches for your group at one time, especially for notification of upcoming, scheduled absences:

optionalgirls@infinitebounds.com
compulsorygirls@infinitebounds.com

If you need to notify coaches about a last minute absence or tardiness, please text each of your athlete's coaches:

Coach Tammy: 972-816-8860
Coach Josh: 214-529-0481
Coach Diana: 972-768-8503
Coach Lindsey: 405-612-7640
Coach Britni: 214-995-0427
Coach Jen: 214-733-7018

Coach Tammy will be the contact person for any conflicts with the optional levels and Coach Lindsey will be the compulsory contact. If you have any questions or concerns about your athlete please don't hesitate to contact them.

Coach Lindsey is also in charge of all attendance so please contact her anytime your child needs to miss practice.

Coach Diana is responsible for all off-campus PE forms so, if you have not done so already, make sure to get your forms to her to sign.