

INFINITE BOUNDS

June/July 2017

Hello Girls' Xcel Parents!

Summer workouts are starting out strong and the kids are working hard, excited to learn new skills. Keep up all the hard work!

During summer workouts, the athletes are going to be training harder to prepare for the fall and their upcoming competition season. Your athlete's attendance is very important during this valuable training time and is highly recommended to be there every day they are scheduled!

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
972-896-0841

Josh Longworth
Associated Physical Therapy
214-288-1941

Attendance Policy

If your athlete is unable to make it to practice for any reason, please contact Coach Jen Sedei via text or call to 214-733-7018 or email at Jennifer.sedei@gmail.com. You may also contact Coach Jen for any questions or concerns regarding your athlete or their training. If you would like to reach all the coaches at once, you may send an email to xcelgirls@infinitebounds.com

Team Break

Our annual team break will be over the week of July 3rd – 7th. During this time off, it is strongly recommended that your athlete does the conditioning listed below so they are ready to rock and roll when they get back into the gym. I hope everyone enjoys their break!

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 every day. It will drastically help with being able to jump right back in after a week off. If you are doing any other extended travel this summer, doing this conditioning while you are away from the gym will make a dramatic difference to how quickly you will get back into the swing of things.

Tentative Competition Schedule

Mock Meet – December 16th

Candy Cane Classic, *Infinite Bounds* (January 6-7, 2018)

Metroplex Challenge, *Fort Worth, TX* (January 26-28, 2018)

WOGA Classic, *Frisco, TX* (February 16-18, 2018)

Rose City Invitational, *Tyler, TX* (March 3-4, 2018)

*** We are waiting to find out if we will be awarded a State Meet before deciding to offer an Xcel Spring Invitational. We hope to have the 5th regular season meet scheduled once we hear back from our bid for a State Meet at the end of July.

Update on Coaching Staff

Coach Tabitha Valdez will be stepping back from coaching gymnastics and has accepted a teaching job at a private school in Dallas. While we are sad to see Coach Tabitha move on, we are happy for her as she enters this exciting chapter in her life, becoming a mentor to more children the way she has been for your gymnasts. Coach Tabitha will be missed, but she will be available to sub from time to time when her schedule permits. Tabitha also will be our meet coordinator/director and will be in and out throughout the year. Her last day will be July 28th, 2017.

The Xcel Coaches are now: Coach Britni, Coach David, and Coach Jen.

A Note from Coach Tabitha

Dear Infinite Bounds Parents and Gymnasts,

Putting into words how much I have loved my past 22 years at Infinite Bounds is impossible! I have been blessed to have had the opportunity to meet so many amazing families that will forever be a part of my life! Coaching gymnastics is not just a job or career but it is in fact your passion in life. I will forever be grateful for the guidance I have received from Brian and his wife Shona over that past two decades. They have watched me grow up and have kids and have helped greatly along the way!

Parents, thank you for trusting me with your children and letting them teach me as much as I have taught them. I've always said coaching is so much more than just learning gymnastics, it's about learning life skills, the gymnastic skills are just an added bonus! I have full confidence in David Harris, Britni, and Jen and can't wait to pop in to see all your new skills! Although I will not be in the gym every day I will still be around and look forward to the next time I see you all!

*Love and blessings,
Coach Tabitha*