

# INFINITE BOUNDS

August 2017

## **Hello Boys' Team Parents!**

As our summer ends and we begin gearing up for fall, I wanted to give a small recap of our summer training. The boys are doing an outstanding job! I am very proud of the skills, strength, and motivation the boys have gained during the summer workout program. I am looking forward to this season as we begin to mold these new skills into routines.

## **Reminders and Information**

- Please continue to communicate with me about any absences and tardiness. For all athletes please email [gtdevoto@gmail.com](mailto:gtdevoto@gmail.com) or text me to let me know an athlete will be tardy or absent.
- I would like for parents to limit their viewing of practices to one to two times per week, unless your athlete has a medical condition requiring a parent to be nearby in case of an emergency. I am noticing gymnasts becoming distracted by parents in the lobby, to keep things running safely and efficiently, I would like to eliminate this as much as possible.
- Nutrition is a vital part of the program. I would like to offer some helpful information about nutrition and fueling the body for gymnastics. Please refer to the following when packing your athletes snack and lunches.

## **SPORTS NUTRITION CHECKLIST**

1. Drink Fluids – before, during and after practice
2. Eat Breakfast - EVERY DAY
3. Consuming higher protein will help to repair and build important tissues
4. Balance moderate carbohydrates to fuel muscles as well as moderate healthy fats
5. Eat 1-3 hours before practice
6. Eat quickly after workout
7. Eat enough calories
8. Eat balanced meals and snacks (carbohydrate + protein + fat)
9. Eat plenty of calcium-rich and iron-rich foods
10. Eat at least 6 servings of fruits and vegetables - EVERY DAY

## **TRAINING DIET (Snack)**

1. 50% CARBOHYDRATE / 25% PROTEIN / 25% FAT

## **FLUIDS**

1. Drink 2 glasses of water first thing in the morning
2. Limit or no soda at all
3. Bring your own water bottle or grab a drink from the water fountain often
4. Drink 1-2 cups before practice (30 minutes before)
5. Drink every 20 minutes during practice
6. Increase consumption of fruits, veggies, soup and yogurt to increase fluid intake
7. ALWAYS CARRY A WATER BOTTLE

## **EQUIPMENT**

Secondly, during our fall training I will be preparing the athletes to build their endurance and stamina. I would like for each athlete to have a simple jump rope with their name written on it. They are to keep the jump rope in their locker and only use them when instructed to do so.

I would also like for every athlete to purchase a foam roller. We will be using the rollers during the final few minutes of practice to aid in muscle recovery, relieve muscle tension, and to support myofascial release. When used for self-massage, they help to soothe tight, sore areas, and speed up muscle recovery. The boys will need their rollers by August 21<sup>st</sup>.

Finally, the boys are beginning to work skills on high bar and rings that require straps. They will need their own pair of straps (loops) that comfortably work for them that have their name written on them, as well as a pair of cloth gloves that can freely rotate around the bar. I require them to have their own set so that we can spend time training on events and not looking for straps that fit. If you wish to order them online, bar straps can be found online at either of the following sites:

<http://www.ten-o.com/Pair-of-Gymnastics-Training-Bar-Straps,14199.html>

<https://gymnasticplanet.com/shop/en/metal-bar-loops.html>

Examples, descriptions, and how to accurately measure for bar gloves and bar straps can be found here:

<https://gymnasticplanet.com/shop/en/metal-bar-loops-and-superior-bar-gloves-offer.html>

I can help you measure for your straps so that you purchase the right size. As always if you have any questions or comments please feel free to reach out to me. I am happy to answer any questions you may have. Thank you for everything you do to support this program, and thank you for choosing IB!

Sincerely,

Coach Gabe