

# INFINITE BOUNDS

August 2017

## Hello Girls' Compulsory & Optional Parents!

Summer is flying by and we are starting to see some real progress from your gymnasts! The fall schedule will be released soon and we are looking forward to moving into a successful competitive year here at IB.

### REMINDERS & INFORMATION

- Please continue to communicate with your coaches about absences and tardiness.
  - For optional athletes please email: [optionalgirls@infinitebounds.com](mailto:optionalgirls@infinitebounds.com) or group text Tammy, Josh, Diana and Lindsey.
  - For compulsory athletes please email: [Compulsorygirls@infinitebounds.com](mailto:Compulsorygirls@infinitebounds.com) or group text Britni and Lindsey.
- Your coaches would like parents to limit their viewing of practices to one to two times per week. We are noticing gymnasts becoming distracted by parents in the lobby during practice and to keep things running safely proficiently, we would like to eliminate this as much as possible.
- Please refrain from walking out onto the gym floor to speak with your coach or gymnast. This disrupts workout and is also unsafe. Gymnasts are vaulting and tumbling and we do not want anyone walking in front of them!
- As we are finalizing scheduling and for reference please email the following information to the coaches at [optionalgirls@infinitebounds.com](mailto:optionalgirls@infinitebounds.com)
  - Name
  - Grade
  - School district
  - Graduation year

### DIET & NUTRITION

We would like to offer some helpful information about nutrition and fueling the body for gymnastics. Please refer to the following when packing you athletes snack and lunches.

#### Sports Nutrition Checklist

1. Fluids – before, during and after
2. Breakfast EVERYDAY
3. Higher protein to repair and build important tissues
4. Moderate carbohydrates to fuel muscles and 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 EVERYDAY

### **Training Diet**

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. Hit water fountain often
4. Drink 1-2 cups before practice (30 minutes before)
5. Drink every 20 min during practice
6. Increase fruits, veggies, soup and yogurt to increase fluid intake
7. ALWAYS CARRY A WATER BOTTLE

As always, we want to thank you for letting us be apart of your daughters lives and gymnastics. We appreciate all of your support! GO IB!