

# The Pit Stop



Monthly Newsletter of the Richmond Gymnastics Association

Richmond Gymnastics Association 604-278-3614

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## President's Message

I would like to take this opportunity to thank all the members who came out and made the beer and burger night our most successful event to date. We have been working very hard to make this gym family friendly and by your support that night it makes all of us on the board proud. There is still lots to be done and I am confident that we will have your support and further participation in upcoming events.

We are still going through some growing pains and many of you will notice Sara Markel is back as

our Rec. Coordinator. Sara has been a big part of your Gym for 3-4 years and due to injury could not make it back for the start of the season in Sept. We would like to thank Nathalie for all her hard work to date and hope she has further success in her future endeavors. Any questions or concerns please feel free to call on me at any time, and again thank you very much for your continued support.

Cal Jahner  
President  
RGA

**Happy Halloween, from the Board of Directors and staff of Richmond Gymnastics**



It's time to buy some new equipment for our gymnasts and tumblers.

Our Purdy's fundraiser will be running from:

Friday October 24, 2003 – Tuesday November 18, 2003

Christmas is just around the corner and this would be a great time to start your shopping early.

If you have any questions please call 604-278-3614, or ask at the Office.

Thank you for your support!




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*"We are well into the season, and the athletes are starting to put skill combinations together."*

## Competitive Program Update

We are well into the season, and the athletes are starting to put skill combinations together. We are planning to host an internal competition on November 30<sup>th</sup> 2003. All competitive athletes are expected to attend. The competition will be judged on execution only. That means difficulty will not matter only how well the athletes perform each skill.

**Christmas Training.** The last day of regular training will be December 19<sup>th</sup>. The make up day for the Monday we missed because of the power outage will be on Monday December 22, 10:00am to 2:00pm.

We will also be offering optional training days on Friday January 3<sup>rd</sup> and Saturday January 4<sup>th</sup> 10:00am to 2:00pm. Regular training will start on Monday January 6<sup>th</sup> 2004.

Competitions we will be attending this year are:

**Dogwood Invitational**  
February 7-8, 2004

Delta Invitational  
February 13-15, 2004

North Shore Invitational  
February 21-22, 2004

BC Winter Games  
February 26-29, 2004

Surrey Invitational  
March 4-6, 2004

Twisters Invitational  
March 18-21, 2004

**B.C. Championships**  
April 2-4, 2004

Westerns Canadian  
Championships  
April 15 – 18, 2004

Canadian Championships  
June 1-6, 2004

We may attend one or two more competitions after April. Your child will not attend all of these meets I will advise which competitions your child will attend.

*Rory Kerrigan*  
*Competitive Head Coach*

## Recreational Program Update

It is great to be back with Richmond Gymnastics. I used to work at RGA as the Women's Competitive Head Coach from 2001-2003 but due to an injury I could no longer spot the gymnasts. So, as the Preschool and Recreational Co-ordinator, I will be looking after the staff and the running of the Preschool and Recreational Programs. I would like to inform you of a couple changes:



- Your child will be progressing through a levels program that will consistently transfer from one level to another. The advancement of skills will change from level to level also. The new level program is in place for Preschool, Recreational Girls, and Recreational Boys. At the end of each session your child will receive a certificate that will inform you if they passed the level and what level to register into for the next session.
- You may have notice that your child's coach has changed. We apologize for the switch but it was necessary due to a couple of coach's departures. All changes have been made and the coach your child has today will be your child's coach until December.

I look forward to bettering the programs and your child's gymnastic abilities.

*Sara Markel*  
*Recreation Coordinator*

## What is Gymnastics? *Continued from September's Pit Stop*

### GENERAL GYMNASTICS (GG)

General Gymnastics is the non-competitive form of gymnastics of the FIG. Its culminating event is the World Festival of Gymnastics, or World Gymnaestrada, held every four years with about 30,000 participants. General Gymnastics is the historical and cultural base of all FIG activities: It develops the basic skills required by all physical movements. This discipline participates in the activities of "Sport for All", an organisation under the responsibility of the IOC, which is a source of inspiration for General Gymnastics' events. Comparatively to emerging gymnastic disciplines, FIG considers General Gymnastics as a discipline born from a social-cultural idea, free of any speculative or economic ulterior motives. As a symbol of a major aspect of the FIG, General Gymnastics with about 30 million members must play a part in the social life of each individual worldwide, differentiating itself from anything that may be harmful to its image. Moreover, the discipline is highly praised by the IOC for its humanitarian and educational objectives.

### ARTISTIC GYMNASTICS

Artistic Gymnastics, practiced by both men and women, is one of the most important Olympic sports; it attracts and captivates crowds around the world, in the sports arena as well as on television. During the Olympic Games, the televised program of artistic gymnastics is constantly the most closely followed.

### MEN'S ARTISTIC GYMNASTICS (MAG)

The competition program of men's artistic gymnastics consists of 6 routines: floor exercises, pommel horse, rings, vault, parallel bars and the horizontal bar. Floor exercises are performed on a 12x12 meter mat without musical accompaniment. Men's routines are characterized by a sequence of linked elements that demonstrate simultaneously strength, flexibility, and balance. Each exercise consists of movements which combine a number of elements, such as somersaults, handstands, and rotations. The execution and the configuration of the exercise must express a personal flair. The

whole surface of the floor must be used. The maximum time allowed for an exercise is 1 minute and 10 seconds.

The Pommel Horse is 1.15 meters high and has two handles (12 centimeter pommels) attached to the apparatus body, set 40 to 45 cm apart. The routines make use of the full surface of the apparatus and present a succession of circular and pendulum-type swings, leg circles, scissors movements, and handstands.

The rings hang from a structure at 2.75 meters above the ground. Ring routines should include swings and handstands to emphasize muscle strength. The program must end with an acrobatic dismount.

The vaulting table requires clean and powerful movements that combine height and length with one or more rotations, ending with a well-controlled landing. The level of difficulty determines the value of a vault. Marks are also awarded for the body control and the landing position. Approach run, 25 meters; table height, 135 cm.

Like the rings, the parallel bars, 1.95 meters in height and 3.50 meters in length, require a combination of swinging movements, swings, and handstands demanding strength. The gymnast must travel the full length of the apparatus and work on the top of the bars as well as below them.

The horizontal bar is 2.40 m. wide and 2.75 meters high. In this routine, the gymnast performs continuous and clean swinging movements and must not touch the bar with his body. He is required to demonstrate changes of grip, swinging movements both forward and backward, with releases and regrasps of the bar. Dismounts are an important part of the total routine and are usually acrobatic and spectacular.

### WOMEN'S ARTISTIC GYMNASTICS (WAG)

The competition program of women's artistic gymnastics includes the vaulting table, the uneven bars, the beam, and the floor. For the women, the vaulting table is 1.25 meters high; it is placed perpendicularly to the approach, a springboard placed in front of it. The gymnasts perform two vaults, of which the better one counts for the score. The uneven bars consist of two wooden or fiberglass bars, each resting on vertical supports of different heights. The lower bar is 1.61 m from the floor, while the upper bar is at 2.41 meters.

Perhaps the most dramatic piece of

apparatus in women's gymnastics is the beam, a band 10 cm wide and 5 meters long, on which competitors perform daring exercises, while perched at 1.25 meters above the floor. Routines must include a variety of acrobatic elements, such as jumps and leaps, turns, step, combinations of walking and running steps, as well as wave and balance elements performed in a standing, sitting or lying position. The gymnast must use the entire length of the apparatus, while expressing simultaneously elegance, flexibility, confidence and self control. The maximum required time for the beam exercise is 1 minute and 30 seconds.

While the competitor's courage is tested on the beam, floor exercises are the gauge for skills and free expression. Accompanied by music, this performance is a blend of dance movements and a wide range of tumbling and acrobatic elements. The gymnastic or acrobatic elements vary according to the tempo, the mood or the direction taken over the 12 square meter floor area. Individuality, originality, maturity, mastery, and artistic quality are the key ingredients for the highest score.

### RHYTHMIC GYMNASTICS (RG)

Rhythmic Gymnastics is a purely feminine Olympic discipline. Totally based on floor work, it is performed to music and uses five apparatus: the rope, the hoop, the ball, the clubs, and the ribbon. Individual exercises are limited to 90 seconds per apparatus and emphasize mastery and agility. For example, it is not unusual to see a wide range of highly technical jumps or leaps in rope exercises.

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The hoop measuring between 80-90 cm in diameter, is rolled over and around the gymnast's body or used as a prop for highly technical movements on a 13x13 meter floor.

### TRAMPOLINE (TRA)

Trampoline, an Olympic discipline, symbolizes freedom, flying and space. Multiple somersaults and twists are performed at a height of 8 meters and require precise

technique and perfect body control. The Trampoline is also used as a basic training device for all sports that contain acrobatic elements.

### TUMBLING (TUM)

Tumbling is characterized by continuous speedy, complex, rhythmic hands to feet, feet to hands acrobatic elements, lasting around 6 seconds! This work is performed on a 25 meter long dynamic track. Tumbling is a highly spectacular sport, in which a perfect combination of speed and rhythm in somersaulting and twisting movements are required

### DOUBLE MINI TRAMPOLINE (DMT)

Double Mini Trampoline developed from the common minitramp, but allows more acrobatic performance. After a take-off, the competitors perform one exercise on the mini-trampoline, followed by another routine on the landing mat. High level gymnasts execute double and triple somersaults with twists.

### SPORTS AEROBICS (AER)

Sports Aerobics originally evolved as part of an astronaut-training program, developed by Kenneth Cooper. This initiative was subsequently continued by Jane Fonda who expanded the program both technically and commercially to become the popular "fitness aerobics". This discipline requires from the gymnasts an outstanding level of physical strength, agility, flexibility and coordination. This sport evolves around seven basic steps, from which twists and somersaults are excluded. This discipline, performed on a 10x10 m floor area, consists of 5 categories: individual men and women, mixed pairs, trios and groups of six. Competitors are judged for dynamic energy, flexibility, and for synchronisation with the music.

### SPORTS ACROBATICS (ACRO)

Sports Acrobatics is a dynamic and spectacular sport practiced by both men and women. This discipline develops courage, strength, stamina, coordination, flexibility, as well as all techniques required by vaulting exercises. Routines are performed to music to enhance the expressivity of the body movements. Sports Acrobatics teaches body control in the execution of various **Continued on Page 4.**

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**We're on the Web!**

See us at:  
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## **Club News**

**Gym closed for gun club  
tournament Friday,  
Saturday and Sunday  
Nov 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> 2003**

*Thursday Nov 6 at  
8:00pm tear down  
Sunday Nov 9 at  
3:00pm set up*

We need volunteers for  
both days to help, sign up  
at the office

### **Calendar of Events**

**Recreational  
Registration deadline.**

*January 6<sup>th</sup> 2003*

**Parent Viewing Week**

*October 26<sup>th</sup> to Nov 1<sup>st</sup>*

**Club Gym Meet**

*November 30<sup>th</sup> 2003*

**Open House**  
*November 22 at  
12:00-4:00pm*

Winter session signup and  
refreshments will be  
available.

**Entertainment Books**  
We are selling 2004  
Entertainment Books for  
\$46.00. Place orders on the

**Last week of  
Recreational Classes**

*December 7<sup>th</sup> to 13<sup>th</sup>*

**Make up Classes for  
Recreational**

*December 14<sup>th</sup> to 20<sup>th</sup>*

sign-up sheet outside the  
office, and let us know how  
many books you would like to  
sell.

**T-Shirts**  
Richmond Gymnastics T-  
Shirts are on sale, for \$10.00  
order from the office.

**Dogwood Invitational  
2004**

*February 6<sup>th</sup> 7<sup>th</sup> & 8<sup>th</sup> 2004*

## **What is Gymnastics ? *Continued from page 3***

positions performed either on the  
floor (12x12m) or in the air. This  
explains why this sport is  
incorporated in the training  
programs of pilots, cosmonauts  
and parachutists.

### **CONCLUSION**

Let us remember the golden rule

of the FIG: a record or a title  
achieved in gymnastics should  
ultimately represent the result of  
the coach's and athletes common  
efforts. It is only under the  
guidance of a certified coach that  
the gymnast can be assured to  
accomplish his work in full safety.  
With a touch of talent, an athlete

can look forward to the most  
beautiful medals -- those won  
while respecting the noblest  
sport ethic, the respect of his  
own body.

