

# TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



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## Celebrate Ontario Gymnastics Week with Winstars Gymnastics! February 8-14, 2024

Ontario Gymnastics Week is here, and Winstars Gymnastics is excited to celebrate the incredible benefits of gymnastics for children of all ages! From February 8-14, we will be promoting the sport and encouraging those not yet involved to discover the joy and rewards of gymnastics.

Why Gymnastics? The Foundation for a Lifetime of Movement  
 Gymnastics is more than just flips and cartwheels—it's a fundamental sport that helps children develop essential physical, cognitive, and social skills. It builds strength, flexibility, balance, and coordination while also fostering confidence, discipline, and teamwork. Whether your child dreams of becoming an elite gymnast or is simply looking for a fun way to stay active, gymnastics lays the foundation for a lifetime of healthy movement.

### ***A Week of Celebration at Winstars Gymnastics!***

Throughout the week, we will highlight the many benefits of gymnastics through exciting activities, take home resources, and educational sessions.

### ***Join the Fun!***

Whether your child is already in gymnastics or new to the sport, Ontario Gymnastics Week is the perfect opportunity to explore all that gymnastics has to offer. Winstars Gymnastics invites families to participate, learn, and celebrate with us. Stay tuned for daily updates and special events!

Let's make this a week to remember—see you at the gym!



# What is a Coach-in-Training (CIT)?

A Coaching-in-Training (CIT) is typically a developmental role where an individual is training to become a certified coach in a specific field, such as life coaching, sports coaching, or business coaching. It usually involves a combination of coursework, mentorship, practical experience, and observation under the guidance of a senior or certified coach.

Common Aspects of a CIT Program:

1. Education & Training – Learning coaching principles, methodologies, and best practices.
2. Supervised Coaching – Working under a mentor or experienced coach.
3. Practice Sessions – Gaining hands-on experience with preschool and recreational gymnasts.
4. Certifications – At the age of 15, these youth will take a Foundations Course through the Coaching Association of Canada in order to meet the required certification level.

Winstars offers a great CIT leadership program whereby the youth will volunteer their time to gain the necessary skills required to become a certified coach. After such volunteer time, the youth can gain employment while in the process of obtaining the required certification necessary by our provincial federation, Gymnastics Ontario.

Is your child considering becoming a CIT in the future? Winstars will be offering our next course in February. See information below.



## COACH-IN-TRAINING (CIT) COURSE

**"Great experience for teens"**

Register your child (12+ years) for this beneficial course whereby they will learn how to become a great coach/instructor.

**Limited space still available**

**CIT COURSE DETAILS/BENEFITS :**

- Leadership training
- P/T Employment
- Working with children
- Work experience
- Class management
- Safety training

**February 9, 2025**  
9:30AM.-3:30PM.  
\$89+HST  
Lunch Included

For More Information [winstarsgym.com](http://winstarsgym.com)

**GYMNASTICS EXPERIENCE NOT NEEDED, ONLY ENTHUSIASM!**



## Winstars Trivia



1. What is the best age to begin gymnastics?
2. What does TG stand for in our sport?
3. What athlete, on average, has the best strength to weight ratio?
4. In Greek times, what did gymnastics mean?
5. When did gymnastics become an official sport?
6. Are some people more flexible than others?
7. How high off the floor is the high bar?
8. Why is it important for children not to wear baggy attire in gymnastics?

1. Any age! 2. Trampoline Gymnastics, including tumbling, trampoline & double mini-tramp 3. Gymnasts 4. To exercise naked 5. 1,896 men & 1,928 for women 6. Yes, everyone has different flexibility 7. 8' high 8. Safety hazard

## Upcoming Holiday Make Up Classes & Closures

There will be make up classes for our **Family Day** special needs classes.

The make up for our Monday, February 17 cancellation will be **Friday, February 21.**

There will be **NO** classes during the following days of March break: **March 10-16.**

