

# TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



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**Wishing all of our members a wonderful Family Day on February 19.**



## Winstars Competitive Program

Winstars is very fortunate to have three comprehensive competitive programs offered in our facility, women's artistic gymnastics (WAG), men's artistic gymnastics (MAG) and trampoline & tumbling (TG).

We began our season in December with some competitions already completed. Our athletes train very hard to prepare themselves for several competitions throughout each season. Most gymnasts are competing in order to qualify to the Ontario Championships which take place in April where they'll compete against the best in the province in hopes of bringing home some medals or ribbons.

Our WAG program, headed by Celeste and her team, has continued to grow throughout the last year or so. These young ladies range in age from 5 to 16 years old. Our young gymnasts under 9 years old are working toward building their skill repertoire in order to compete at the provincial level.

The MAG program coached by Carey has had great success over the last several years. There is a solid group of great young men training hard to prove they're abilities at their competitions and hopefully come home with some awards.

Our TG program is in a rebuilding phase and the current athletes are improving their tumbling skills under the direction of Coach Sara. What a great program for those who enjoy purely tumbling!

Our Winstars staff are always keeping their eyes open for children from our recreational program who demonstrate some unique abilities required for our competitive program. These abilities include good strength, flexibility, listening skills and work habits along with a strong desire to become a competitive gymnast. Tryouts for our competitive program normally take place in the spring time in preparation for a late spring start.

# Our Outstanding Winstars Staff

We have some of the greatest staff working here at Winstars. Yes, some are young and still learning to work and manage a group of young children, while being watched by the children's parents in our hallway and viewing window. But, with continued encouragement and training they all improve their skills and become GREAT coaches.

We take pride in providing the best educational and "best practices" training to our staff no matter their age or experience. During some of our recent training with an expert consultant, we learned to "see", "hear" and "love" during our instructional time inside the gym working with your children.

Winstars provides ongoing education and upgrading and in order to make our staff as knowledgeable as possible so we can continue to provide quality programs.

We all know the difficulty of dealing with our own children sometime. Please give these coaches kudos for taking on the task of working, managing, instructing 6-9 children with different personalities, wants and needs all at one time. **THANK YOU** Winstars staff for doing an outstanding job!



December Training

## Morgan Attends Training Camp

Winstars, Katarina Morgan, is getting noticed in the Canadian national gymnastics community. Eleven year old Morgan was been invited as a returnee to another national team training camp at the INS in Montreal.

These training camps, which include gymnasts vying for the 2024 Paris Olympic team, will allow aspiring young gymnasts an opportunity to help assist in their pathway to a national level.



Congratulations to Kat and Coach Celeste!

## Winstars Trivia



1. How many events in men's gymnastics?
2. When was gymnastics first in the Olympics?
3. Which gymnast's grandfather has a move named after him called the "Weiler kip"?
4. Where did owner, Carey, start his gymnastics career?
5. What is the "strength" men's event?
6. What is the leather straps on many gymnasts hands?
7. What are the floor exercise dimensions?
8. How often are the Olympics?

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1. Six
  2. 1896
  3. Jeremy in the MAG program
  4. On the Harrow High gymnastics team
  5. Still Rings
  6. Hand grips
  7. 40 feet by 40 feet
  8. Every four years



## March Break Camp



Winstars will be offering a March break camp March 11-15. The full day is for children 3-12 years and our half day for 3-5 years old.

The children will participate in gymnastics, arts & crafts, movie time, obstacle courses, and much, much more!

Our camps are extremely popular so make sure you register early! Keep an eye on our website at [winstarsgym.com](http://winstarsgym.com) in the coming weeks for more information.