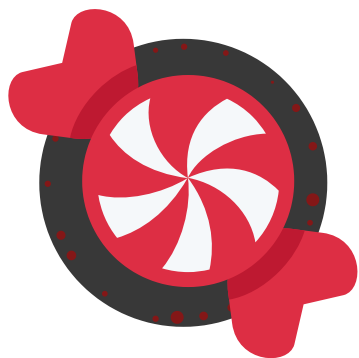
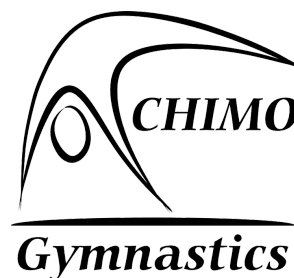


DECEMBER 2020



# Chimo Chalk Talk



## What happened last month?

On November 24th, we received the Provincial order to close every gym in the province. We were allowed to reopen on December 4th. Competitive Report Cards were finished by WAG coaches. A Home Training Plan and Zoom training was implemented for the time of the closure.

## Athlete Report Cards

Athlete Report Cards were sent to competitive athletes on **December 3rd**. For any questions or concerns, please contact the WAG Coaching Team at [chimosaskia@shaw.ca](mailto:chimosaskia@shaw.ca)



## Winter Break Competitive Training

### Winter Break Training Schedule (last day of training December 18th)

20 hr competitive (9am-2pm)  
16 & 12 hr competitive (10am-2pm)

- December 21st
- December 22nd
- December 28th
- December 29th
- December 30th

**Training is in cohorts and social distancing will continue.**



# What is an Individual Athlete Plan?

Coaches spend a lot of time in planning for the gymnastics season. Each athlete has an individual plan that is based around their goals and commitment level to those goals and a level of competition projected by the coaching team. Plans are regularly evaluated and adjusted based on a number of factors. Each plans works to address all areas of preparation needed to be a competitive athlete. Plans include; physical conditioning, flexibility, artistry Skills, routine parts and full routines when appropriate.

# Home Training Over the Break



WAG Team Coaches have put together a Home Training Plan (sent by email on November 29th) which can be accomplished by every invitational athlete on their day's off or when away from gym. If you need the plan resend or have any questions, please email Saskia at [chimosaskia@shaw.ca](mailto:chimosaskia@shaw.ca)

# Raffle Fundraiser

Raffle Tickets are being sold for \$10 each with the prizes being cash. If 15 tickets are being sold your name will be entered for a draw of \$100. The draw will be on December 23rd. Sold tickets need to be returned to the gym latest by Dec. 22nd. Some tickets are still available.

# Meets and Choreography

It is still unknown if there will be meets in any format (virtual, live, online routine submission,...) this season. We will update you as soon as we have more information available. Nonetheless we have a number of athletes who require new choreography. We will contact families in the near future if your daughter requires a new routine. Some athletes will receive routines over the holiday break. Priority is to have athletes in the gym to learn routines.



**From our Chimo Family to yours...**

Keep an eye out for a little something from Chimo Gymnastics to all Invitational Families.

