

HHGC Connections

October 2020



"A fallen leaf is nothing more than a summer's wave goodbye."



We can't believe how fast September has flown by! It has been wonderful getting to know all of the children. Despite all our new changes to our operations in light of the COVID-19 pandemic, we are excited that we are able to provide the best Gymnastics experience in all of Halton Hills, in a fun and safe way. For those of you following our social media handles, you will notice that we are posting weekly content about what is happening in the gym, program offerings and giving you sneak peeks of our programs while they're running.

Now that summer has come and gone and we are heading deeper into the Fall season, the weather will be getting colder. Since our class entrance is now done so, one at a time, waiting in-line outside, please dress your child appropriately for the weather, as it is likely they may be standing outside in the cold while we complete our screening process one at a time. Moreover, with inclement weather on the horizons; please ensure that if you're entering the gym to accompany your kindergym child, that you're bringing socks or slippers for yourself as you will be required to remove your outdoor footwear before heading to the viewing lounge. No outdoor shoes will be permitted past the front lobby.

As a reminder, in lieu of the COVID-19 pandemic, we've had to adopt a hands-off no spotting approach. This means, we are encouraging independence while safely supervising the skill and level appropriate drills and progressions for the children. Children can learn so much from doing things themselves. When children practice self-help skills they practice their gross and fine motor skills, gain confidence in their ability to try new things and build their self-esteem and pride in their independence. This has been an adjustment in the world of coaching, but safety is always our number one priority. ***Alyssa Lopez, Recreational Director, Parent Relations***

Important Dates:

Oct 12— Thanksgiving Monday HHGC Closed

Oct 31—Halloween—Classes running

Nov 1—Winter Registration begins

Winter Registration begins

November 1st!



Athletes of the Month

Recreational



Rowan Mclauchlan Uren

Rowan always comes in with a positive attitude and works hard to master every new skill on the trampolines great work Rowan!

Competitive



Nora Hyuge

Nora just joined our competitive program because she LOVES gymnastics and her skills abilities for the competitive program. She is strong, smart and hard worker setting a great example for the group.

Interclub



Lauchlan Victory

Just like Nora, Lachlan's passion, energy and skills ability promoted to our competitive program from recreational classes. While Lachlan is learning how to listen more and more every day, coach Syan recognizes the potential he has. Keep working hard!

Competitive /Interclub/ T &T Update

So glad to get a feeling of a normal season, we are practicing our skills, perfecting our drills and looking forward to starting our routines in just a few weeks. We are hoping that the Competition season will run and we will get the opportunity to show off our skills. At this point Gymnastics Ontario have not announced any competitions but we do know that safety protocols are being put in place for competitions. We will keep everyone posted as we are updated. Our gymnasts are getting stronger and stronger as the intensity of the training is rising and skills are being learned. Don't hesitate to ask your coach about any question you might have regarding your child.

While the coaches recognize the disadvantage athletes have to train without coach assistance, they really appreciate your hard work and doing your very best under the circumstances. We define success as "Doing your very best under the circumstances at any given time no matter what the outcome will be" When we focus on ourselves doing the very best and cheering for people around us we experience the ultimate feeling of success. We look forward to the routines and stay strong and positive despite of the situation. **Florin Chivu, Head Coach**



Thank you for your support!



Message from our Executive Director

I am happy to announce a new, regular feature with our Connections Newsletter – “Meet your HHGC Staff/Coaches”. As I mentioned in the September Connections, our current staff contingent is *“quite simply the strongest staff contingent we have ever had at HHGC and are the backbone of our success.”* I think it is important that parents and gymnasts alike have an opportunity to know as much about them as possible. These are the coaches, role models and mentors that can have an incredible impact on the development of all our gymnasts. It is our obligation as professional staff to set a positive example to our gymnasts, give them our best advice, promote teamwork and help them develop physical skills as well as an appreciation for physical fitness and good overall health. We strive to offer the best experience in the field of sports / athletics in the Town of Halton Hills and provide an amazing experience for all our participants.



Bill Harrison

So, we are starting off this new feature by introducing our two senior program staff, **Florin Chivu** - Director Competitive Programs & Parent Relations and **Alyssa Lopez** - Director of Recreational Programs & Parent Relations. These are the folks who are responsible for our programs and contribute to the success of our organization in a major way. We are all lucky to have them!

Here are some of the coaches and staff that will be featured in upcoming issues of Connections.



*And the others
from the HHGC
Team!*



Meet your HHGC Staff/Coaches



Florin Chivu—Director of Competitive Programs

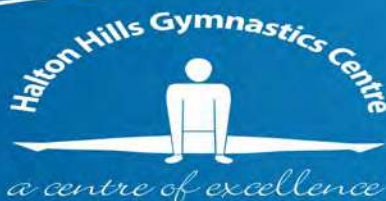
Being involved in gymnastics from the age of 3 and a half, coach Florin brings over 38 years of experience as a gymnast and a coach in the gymnastics field. Florin was a former National Level Athlete and a part of the selected Junior National Team training with the best athletes in Romania. Training at this level Florin got to know what it takes to excel in the sport with hard work. Florin holds a degree in Physical Education at the Western University of Timisoara, Romania.

Before coming to Canada in 2003 Florin was a teacher for grade 9-12 and a coach at the local gymnastics club. Taking a leap of faith, Florin made the move to Canada and began life in a new country, coaching for 1 year in Campbell River, BC. Florin got to know the Canadian system and familiarize himself with the Canadian culture before moving on to where he has called home since 2004, Georgetown, Ontario. Florin started coaching at HHGC as a competitive coach and has worked his way to now being the head coach of our Competitive program.

Under Florin's leadership our Competitive Program has grown tremendously. HHGC is a gymnastics facility where we put the safety of our athletes first, taking a holistic approach in believing that the sport of gymnastics teaches you much more than learning a few tricks. He believes in empowering the kids to dream big, work hard and thrive for achieving their dreams. Gymnastics teaches us to be champions in life, not only in gymnastics. Working on finishing his NCCP Level 3 in WAG and TRA, he is continually working to empower other coaches to achieve their best.



Florin practicing his skills in the gym.





Meet your HHGC Staff/Coaches *continued..*



Alyssa Lopez—Director of Recreational Programs, Parent Relations

Alyssa comes to the Halton Hills Gymnastics Club with 15 years of coaching experience and over 5 years of leading and developing strong teams. She grew up as an athlete doing gymnastics, lacrosse, hockey and golf. She has coached at Futures Gymnastics, Milton Springers, and Gyros. Health, fitness and well-being is at the core of who Alyssa is and thus, she is still an active competing athlete with the Canadian Physique Alliance as a Bikini athlete. Alyssa believes that gymnastics is the foundation sport for youth and has an encouraging, positive approach to teaching gymnastics. Alyssa also has such a passion to develop coaches to help them become strong role models for our athletes, keeping them engaged in gymnastics!

Alyssa graduated from the University of Guelph with a degree in Criminal Justice and Public Policy. Her love of fitness and health, however, led her to senior management positions with “Life Time Athletic” in both Canada and the United States. She supported their vision of “A Healthy Way of Life” by overseeing membership services, adult programming and member retention.

Alyssa’s vision is to create a culture of fun, fitness and the fundamentals of gymnastics in a safe, friendly and fair atmosphere, upholding our core values. Alyssa has coached all levels of the Recreational Stream, Pre-Competitive, Developmental and Invitational levels in the Competitive stream. Alyssa has an Honors Degree from the University of Guelph, is NCCP Level 2 WAG certified, Level 1 NCCP Trampoline and is a certified Nutrition Coach



Weight training is part of Alyssa’s fitness regimen!



FOOD IS FUEL



As a parent, you're probably aware that your child needs to drink plenty of fluids and eat a balanced diet to function at her best. But did you know that there are certain types of foods – and even combinations of foods – that are best to eat before, during and after training to help them perform even better?

ATHLETES NEED CARBOHYDRATES & PROTEIN

There are two key macronutrients that make a big difference for athletes: carbohydrates and protein.

Carbohydrates will supply your child with the energy they need to get through practice and training.

Protein is important for building and repairing muscles. Choose healthy wholesome sources such as fish, meat, poultry and legumes.

Your child's body is their vehicle, so they need to keep their engine running when they train. This means fueling up their bodies by eating the right foods and drinking the right fluids, in the right amounts at the right times.

Before Gymnastics: Fuel Up!

Not fueling up before you train is like driving a car on empty. Kids also won't have enough energy to maximize their workouts if they are not fueled properly.

Ideally, fuel up two hours before you exercise by:

-Hydrating with water.

-Eating healthy carbohydrates such as whole-grain cereals, whole-wheat toast, low-fat or fat-free yogurt, whole grain pasta, brown rice, fruits and vegetables.

-Avoiding saturated fats and even a lot of healthy protein — because these types of fuels digest slower in your stomach and take away oxygen and energy-delivering blood from your muscles.

If you only have a few minutes before you exercise, eat a piece of fruit such as an apple or banana.

The key is to consume easily digested carbohydrates, so the kids don't feel sluggish.

During Gymnastics: Make a Pit Stop.

Whether you're an athlete who trains for several hours or you have a low to moderate routine, keep your body hydrated with small, frequent sips of water.

Kids don't need to eat during a game or training session that's an hour or less. But, for longer, high-intensity vigorous workouts or extended training, eating a snack roughly 50-150 calories of carbohydrates such as low-fat yogurt, rice cakes, raisins, or banana are great!

After Gymnastics: Refuel Your Tank.

After you train, refuel with:

-**Fluids.** Drink water, of course.

-**Carbohydrates.** You burn a lot of carbohydrates — the main fuel for your muscles — when you train. In the 20-60 minutes after your workout, your muscles can store carbohydrates and protein as energy and help in recovery.

-**Protein.** Eat things with protein to help repair and grow your muscles.

Do what works best for your child. Know that what you put in their bodies (nutrition) is as important as you what they do with their bodies (exercise). Both are crucial to keeping their engine performing at its best.