

SEPTEMBER 2023

POLARETTES COMPETITIVE NEWSLETTER

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Welcome back to another season at Polarettes Gymnastics Club! Our coaches are looking forward to working with our athletes and growing together as a team. We can't wait to see where this season takes us.

UPCOMING IMPORTANT DATES

Monday, August 28th: All Competitive Training Starts

Thursday, August 31st: Competitive Team Meeting, 5:30 - 6:30 PM

**Saturday, September 2nd - Monday, September 4th: Closed for
Labour Day**

Saturday, September 9th: Bottle Drive Fundraiser

Tuesday, September 12th: National Development Physical Testing

**Monday, October 2nd: Gym Closed for National Truth and
Reconciliation Day**

**Tuesday, October 3rd - Friday, October 6th: Developmental Testing
(Dev C, Dev B, Dev A, Junior & Senior Travelling Team)**

**Saturday, October 7th - Monday, October 9th: Gym Closed for
Thanksgiving**

Saturday, October 14th: Bottle Drive Fundraiser

**October, dates TBD: Training Camp (National Development and Arctic
Winter Games Teams)**

**Tuesday, October 24th: Tentative Polarettes Gymnastics Annual
Meeting**

Tuesday, October 31st: Halloween, Gym Closes at 3:00 PM

GENERAL UPDATES

Parent Portal <- Click here to check it out!

You can find an updated calendar, program handbooks, parent commitment opportunities, and newsletters here.

Password: TEAM2023

Parent Commitment Opportunities <- Click here to check out our parent commitment opportunities. More tasks will be added throughout the season.

Athlete Fundraising Opportunities <- Click here to check out our athlete fundraising opportunities. This sign-up is only available to our athletes who are traveling out of the territory to compete this season.

Group Calendars: This year, we have created individual group Google calendars that parents can put on their phone. If you haven't received a link for your child's group calendar, please let Stephanie know.

Newsletter Format Change

This will be the last newsletter that is delivered in this format; moving forward, our competitive newsletter will be combined with our recreational newsletter and sent out on the 1st of each month.

COACH CONTACTS

Executive Director and Head Coach,
Kimberly Jones: kimberly.jones@polarettes.org

Dev. Coordinator, Stephanie Caron:
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AUGUST 31ST TEAM MEETING

Please join our coaches for a team meeting on August 31st from 5:30 - 6:30 PM. This is a chance to meet all the coaches, our Head Coach, and the board of directors for Polarettes Gymnastics and Yukon Gymnastics Association.

We have made some big changes to our competitive program this year; our head coach will review the changes and answer questions such as "How do we communicate, who do we talk to, or what happens if"

If you have a black team suit that no longer fits, please bring it to the gym. We will clean them and redistribute them as needed.

*All athletes that are scheduled to train on Thursdays will train until 5:30 PM.



NATIONAL DEV TEAM PHYSICAL TESTING

Our National Development Team will have physical testing on Tuesday, September 12th at 6:00 AM

Please wear competition leotard and hair.
Lack of attendance will result in a 0.

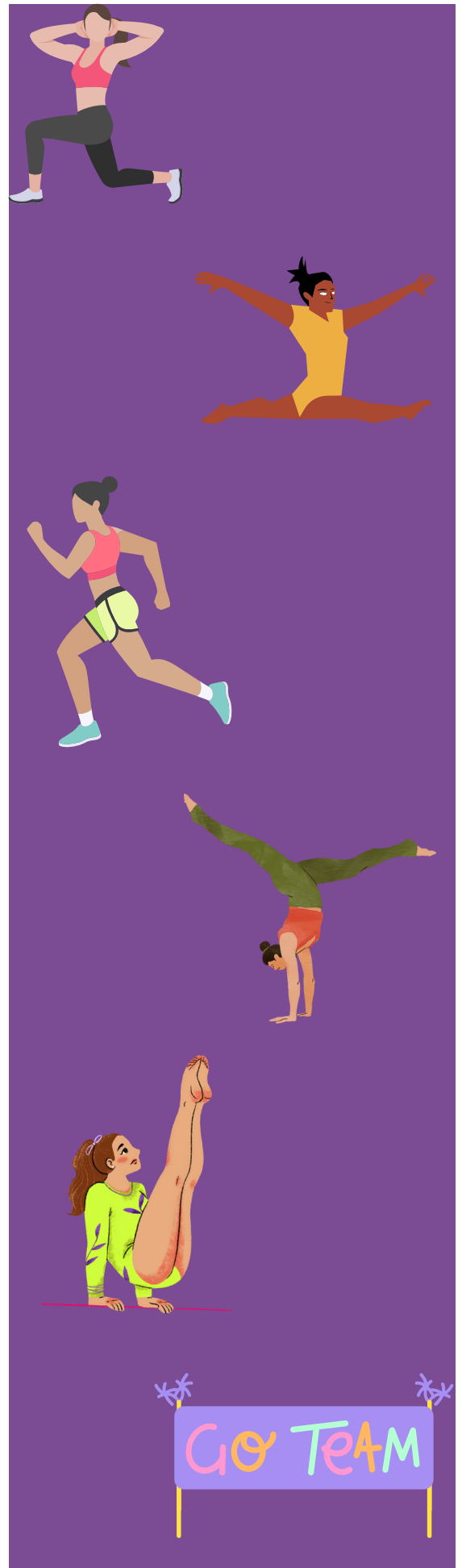
DEVELOPMENTAL TESTING *NEW*

We will implement a new testing program for all our developmental athletes (Dev C, Dev B, Dev A, Junior and Senior Travelling Teams).

Throughout the season, our Head Coach and Developmental Coordinator will set out a few skills that we want our coaches and athletes to focus on. Throughout the testing week, we will see where the athletes are and give support to improve.

For example, if we see that all of our athletes are struggling with handstand shaping, we can adjust programs and training to focus on that area.

There is no way to fail the developmental testing; it is simply a measure of where we as coaches, need to focus and improve.



DANCE OPTION

We are offering a dance option to our competitive athletes. Here is the schedule and groupings. Please note that we have two different "Developmental B" groups this year so be sure you are looking at the correct class.

National Development: Fridays 4:00 - 6:00 PM, starting on September 1st
AWG, Senior Travel, Junior Travel: Wednesdays 4:00 - 6:00 PM, starting on August 30th

Developmental A, Developmental B (Wednesday and Friday group): Tuesdays 4:00 - 5:30 PM starting on August 29th

Developmental B (Tuesday and Thursday group) and Developmental C: Saturdays 2:30 - 4:00 PM starting on September 9th



Dance classes are being run out of the Velvet Antlers Studio. The address is 104 Tungsten Road in the industrial area.