

GCR NEWSLETTER

The latest news and updates for parents and athletes

OUR YEAR IN REVIEW



We have wrapped our season and headed for summer break

- Our girls performed onstage for the first time and did a great job! Our genies were magical
- We practiced passe turns, cat leaps, arabesque balances and apparatus skills with ball and rope
- Competition, here we come!

KEEP IT MOVING THIS SUMMER



Now that we have time for relaxing summer days at home, remember to stay fit in your spare time

- Summer is a perfect time to practice at home. Tossing and catching a stuffed toy is a great way to improve hand-eye coordination.
- Continue with right left and center splits in her free time.
- Keep up with your bridges, backbends and walkovers in a safe area with the help of an adult

WHAT'S NEXT?



GCR Team Training BOOTCAMP Weekend

Our Novice Team gymnasts will be getting in shape for the season to come with the help of Venezuelan Brevet Coach Valeria.

And now introduction AGG! We will be offering Aesthetic Group Gymnastics to new and existing students. Perfect for dancers that want to use their acro skills in a new way and gymnasts who enjoy dance and performance.