

TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



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Why is summer camp important?

Most parents look at camp as a daycare service. But, sports camp is much more than just daycare.

Winstars Gymnastics camp provides much more than a place to drop your child off while parents work. Our camp provides a safe, welcoming and exciting place to spend the day. Among the many additional activities other than gymnastics, our camp staff create an environment of fun for all campers.

Our kinder campers, who might possibly be starting school in September, will learn many of the necessary skills which kindergarten requires. Some of the skills learned are listening to instructions, taking direction from their coach/teacher, sharing with their fellow campers, problem solving, and how to take individual turns.

Our six and older age camp is a great way for your children to continue to work on some gymnastics skills and/or progressions. In addition, gymnastics is a sport that benefits all other sports your children may participate in.

Sports, like gymnastics, creates a healthy mind, fosters friendships, helps mold your child's personality, and will create memories for a lifetime.

We do great things with YOUR children. Sports starts right here. Be a part of it!

◆—————◆
 Congratulations to our MAG & WAG athletes on your outstanding season. Best wishes to Tumbling athlete, Robin, and Coach Sara at the upcoming Ontario Championships.

Gooooo WINSTARS!!!



Top Coach for Winter & Welcome New Coaches

Winstars would like to congratulate Coach Rachel on being selected as Top Coach for the winter 2023!

Coach Rachel spent 16 years in gymnastics and progressed to the national level where she earned a vault gold & all-around bronze medal at the 2014 National Championships. She moved to Windsor a few years back and started coaching for us here at Winstars.

Coach Rachel is as a registered massage therapist, and Instagram health & fitness coach, while she's not coaching gymnastics.

We welcome some great, new coaches and coaches in training (CIT) to our staff. The following are new to Winstars, Coaches Hailee, Raymond, Avery, Samantha, and Ava. We wish all of you a very success time here at Winstars.



Coach Rachel

True Sport Principles

Winstars has always followed our business values and mission since inception but we formally adopted all of the recently created True Sport principles within our day-to-day operations in 2019. For your information, here they are! (truesportfoundation.ca)

True Sport Principles

Go For It

Play Fair

Respect Others

Keep It Fun

Stay Healthy

Include Everyone

Give Back

**TRUE
SPORT**



Summer Evening Gymnastics

Our summer evening classes will run from July 4 to August 31 on Tuesday, Wednesday and Thursday evenings. We will offer the same programming which takes place from September to June. You must register separately for this 9 week summer program.

These summer classes are a great way to keep up your child's gymnastics abilities. In addition, if they are involved in other sports like soccer or baseball, gymnastics is a great cross training sport to increase their overall physical attributes. It's only a short session which is always a great way of introducing your child to this sport/activity.