

TUMBLING TIMES

THE OFFICIAL NEWSLETTER OF WINSTARS GYMNASTICS



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 **HAPPY HALLOWEEN**

Just a ghostly reminder there are NO classes on Halloween. Make up classes are on November 5. If you didn't receive the email, check with our main office.

Why are Mini Stars challenging?

The mini stars program (3 years old) is the most challenging program to coach. Why?

Most three year old children have not experienced separation or detachment from their parents or general caregiver to another individual in an organized program. This separation from the parent can cause emotional stress and create many fears which can result in tears.

The key to making this transition smoother is to be patient with your child as this transition can take up to six weeks. Keep reassuring your child that you will be watching them from the waiting area. When it's time to go into class, give them a big hug and say to them "I'll see you right after class". If your child is fearful and will not go into the class, escort them in and stay positive with them. As time goes on, continue to move yourself further away from the area your child is working. Hopefully by the end of class, you can be watching from the viewing area.

Those children who have participated in our twinkle stars (parent & tot) program may find an easier transition into the mini stars program. Or at least be more comfortable in a short time frame. Once your child becomes adjusted to the mini stars program they will learn valuable skills for their future, especially in preparation for kindergarten.

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2022-23 Coach of the Year & Welcome New Coaches

Winstars would like to congratulate Coach Emily on being selected as Coach of the Year for 2022-23!

Coach Emily is currently in the Concurrent Education program at UWindsor and will graduate in spring 2025. Upon graduation, Emily's hopes to work as a primary school teacher.

Coach Emily's favourite event to coach is floor exercise. She has been coaching now for over six years and loves to see the excitement on children's faces when they learn a new skill.

We welcome some great, new coaches and coach in training (CIT) to our staff. Welcome to Winstars, Coaches Elisha, Emily D. (returnee), Brooke, and CIT Jeremy. We wish all of you a very successful time here at Winstars.



Coach Emily

Mini Stars challenging? cont'd

Three year old's are going through emotional development which can create many frustrations for parents. Even though not all children progress at the same rate, they will eventually get there. Our goal here at Winstars is to be patient and provide positive experiences to assist your child with their physical and emotional development.



Winstars Superstars

At the end of each month, the coach of each group choose a "Superstar" (6 years and up program) for that previous month.

These "Superstars" are chosen based on the following: helps when moving equipment, listens attentively when coaches give them instructions, supportive of their fellow gymnasts, and works hard to improve on their gymnastics skills.

If your child is ever chosen for the "Superstar" please share on our social media @winstarsgymnastics and tag #winstarssuperstar in the post. We would love to see them!

Winstars Trivia



1. What year was Winstars established?
 2. What are the Olympic events for women's gymnastics?
 3. Who scored the first perfect "10" at the 1976 Olympic Games in Montreal?
 4. How many children does Winstars owner, Carey, have working here?
 5. How wide is the balance beam?
 6. Is the sport of trampoline in the Olympics?
 7. Who is considered the GOAT of gymnastics?
 8. What does a "stick" mean in gymnastics?
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1. 2000 2. Vault, Uneven Bars, Balance Beam & Floor Exercise 3. Nadia Comăneci 4. Two, Coach Mikaela & Abbey 5. 4'11"10cm. 6. Yes, as of 2000 7. Simone Biles 8. Feet do not move upon landing.



Christmas Parent's Night Out

Winstars will be offering a pre **Christmas Parent's Night Out** on Saturday, December 16 from 5-10pm. (ages 6-12)

This **Christmas Parent's Night Out** allows parents to get out and do some Christmas shopping or even a date night for mom and dad!

The children will participate in gymnastics, arts & crafts, movie time, obstacle courses, and much, much more!

Keep an eye on our website at winstarsgym.com in the coming weeks for more information.

