

December 2022



Niagara Falls

Lightning Gymnastic Club

Newsletter for parents of competitive gymnasts



Gym News

Your NFLGC Board of Directors would like to wish you all Happy Holidays to all and best wishes for 2023!

Welcome to the new competitive athletes will be joining the club in January, and welcome to their parents.

GYM IMPROVEMENTS

You may have noticed the following changes in the gym:

- Safety Platforms have been built around the trampoline and tumble track areas
- The ropes have been relocated



REMINDERS

A few friendly reminders:

- The gym is a peanut and nut free facility
- In order to respect the privacy of the athletes, no photos or videos are permitted
- Thank you for continuing to keep our washrooms clean.

Your Board of Directors

Spotlight on Parent Volunteers

Parent volunteers are part of what makes NFLGC a great club for our daughters.

This month, we would like to say thank you to Ryan, Shahinaz, and Amy who help keep our common areas of the gym clean. Thank you to Jenny and Melissa who are organizing all the fundraising this year. And thank you to our NFLGC Board executives, Lynn, Kelvin, and Patrick who keeps us all organized!

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Volunteer Opportunities

If you have any questions about how many volunteer hours you have left to complete, please contact nflgcfundraising@gmail.com.

We will also inform you of upcoming volunteer opportunities.

Fundraising News

With our Fielding Estate Winery fundraising, we were able to raise over \$800 towards gym improvements.

Fundraising opportunities will continue to come your way in the new year.

Send fundraising suggestions to nflgcfundraising@gmail.com.

Parent to Parent

Nutrition for Young Athletes

Do you ever wonder if your athlete is getting the proper nutrition for her activity level? Some of our athletes are training for 6, 8, 12, 16 or even 20 hours per week.

These two resources, one from [The Canadian Pediatric Society](#), and the other from the [National Institute of Health in the US](#) are great starting points.

If you would like to share any tips with other parents, please send them to nflgcparentliaison@gmail.com

Lightning by the Falls Competition

A reminder that our competition, Lightning by the Falls, will take place from February 16 to 19, 2023 in our Gymnastic Club.

All parents, even those new to the gym, will need to volunteer for this competition to ensure its success. More details to follow January.



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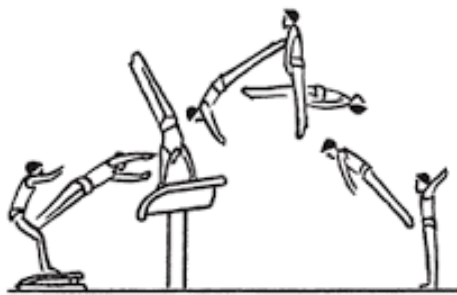
Coach Sasha Explains

For parents to better understand Artistic Gymnastic Skills!

What is a... Tsukahara



The Tsukahara can refer to a specific vault and a family of vaults in artistic gymnastics. When performing this skill, the gymnast first jumps off the springboard and performs a half turn onto the vault table. Once they are in a vertical position, they push off of their hands, and perform a back salto. Often times, the gymnast may complete one or more twists in this salto. In men's gymnastics, it is also common to see gymnasts doing two saltos in the air, before landing. Mitsuo Tsukahara, a gymnast from Japan, was the first person to perform this vault in 1972. Although there are multiple variations of this vault, he typically performed it in a stretched position, without any twists, as shown in the image below.



Contact your NFLG Board of Directors

Feel free to reach any of us with your comments and questions:

Board nflightninggymnasticclub@gmail.com

Fundraising nflgcfundraising@gmail.com Melissa Armstrong and Jenny DeGuida

Parent Liaison nflgcparentliaison@gmail.com Christine Sidhom

And keep up to date on our [Facebook](#) and [Instagram](#) pages