

November 2022



# Niagara Falls

## Lightning Gymnastic Club

Newsletter for parents of competitive gymnasts



### Gym News

We hope everyone had a good Thanksgiving and Halloween!

#### TRACK SUITS

If you have not already done so, please fill out the survey that was emailed to you to let us know either if your athlete has a track suit that fits, or, if not, what size of track suit your athlete will need to purchase. We will follow up with you with details for purchase.

Also, thank you to everyone who worked with Coach Valentina on finding the right body suit sizes for your athlete.

#### COMPETITION FEES

Competition season will be upon us soon, and you will notice that your competition fees will be charged to your account in the coming days.

#### WE ARE HIRING

NFLGC is looking for a Part-Time Office Administrator! The job is 10 hours/week, with 2 nights per week working in the gym office.  
Please email [nflightninggymnasticclub@gmail.com](mailto:nflightninggymnasticclub@gmail.com) for more details.

#### 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

#### CLEANLINESS

Help keep our Washrooms clean! Please be reminded not to throw excessive amounts of toilet paper, garbage or hygiene products in the toilet.

Thank you to all the parent volunteers who help keep the common areas clean.

Your Board of Directors

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### Volunteer Opportunities

Thanks to all the volunteers who helped at the Niagara Marathon on October 23.



Keep checking the competitive bulletin board in the Lobby for opportunities to volunteer.

If you have any questions about how many volunteer hours you have left to complete, please contact [nflgcfundraising@gmail.com](mailto:nflgcfundraising@gmail.com).

### Fundraising News

Fundraising help us make improvements to our Gymnastic Club.

Thanks to everyone who participated in the Little Caesar Pizza kits. A portion of each kit you sold will go towards your fundraising goal.



Congratulations to our 2 top seller athlete families who sold 16 kits each!

The gym made almost \$100 from the clothing drive.

Do your own fundraiser! Host a bottle drive and contribute the funds to your fundraising account.

Send fundraising suggestions to [nflgcfundraising@gmail.com](mailto:nflgcfundraising@gmail.com).

### Lightning by the Falls Competition

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

So far, over 600 athletes are registered for this 4-day event.

We are looking forward to all parents volunteering for this competition to ensure its success. More details to follow in the coming months.



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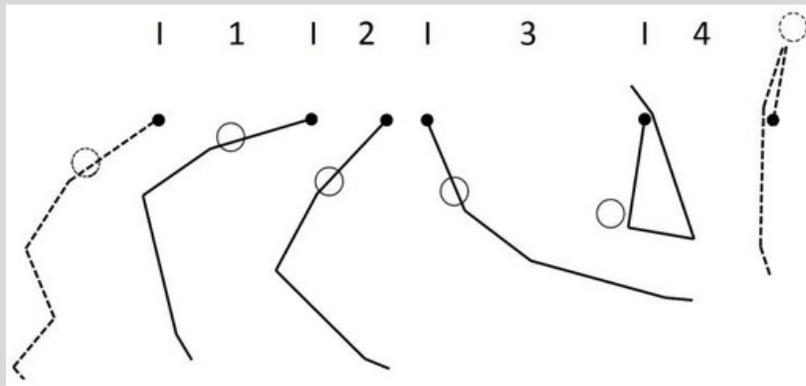
### Coach Sasha Explains

For parents to better understand Artistic Gymnastic Skills!

What is a... KIP?



A kip is a skill performed on the uneven bars in women's gymnastics and on the high and parallel bars in men's gymnastics. When performed on a single bar, the gymnast first grabs on to the bar and swings under it. Once her body is fully extended, she must quickly bring her toes up to the bar. As her body begins swinging back, she will perform a pulling motion, as if she is dragging the bar up her legs. The skill is complete when the bar is at the gymnast's hips and she is supported on top of it. Typically a kip is used as a mount or as a connecting element in a gymnast's routine that helps them to transition between the high and low bars or to prepare to perform a specific skill.



### Contact your NFLG Board of Directors

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

Board [nflightninggymnasticclub@gmail.com](mailto:nflightninggymnasticclub@gmail.com)

Fundraising [nflgcfundraising@gmail.com](mailto:nflgcfundraising@gmail.com) Melissa Armstrong and Jenny DeGuida

Parent Liaison [nflgcparentliaison@gmail.com](mailto:nflgcparentliaison@gmail.com) Christine Sidhom

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