



### February is Flexibility Month

At ATA it has become a tradition to



FOCUS on FLEXIBILITY during the month of FEBRUARY! Flexibility helps improve posture, reduce soreness, decrease the risk of injury and improve physical performance. Flexibility from student to student will vary greatly; however, studies have shown that with consistent practice, flexibility can improve. During this month, coaches will not only start off every class with the regular warm up/stretching time, they will include stretching throughout the class by incorporating it into the circuits and stations. In addition, the last 5 minutes of every class will also be spent stretching, when muscles are warm. Students will do toe touches, pancakes, splits, over splits, straddles, back & shoulder stretches, etc. Encourage your child to practice these stretches at home. Better yet, clear out some space in your living room and make it a family event:) Here are some guidelines...

- Always warm up the body prior to stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- Ease into a stretch, relax, and don't push or bounce. You should feel a stretch in the muscle which may be a little uncomfortable, but not painful.
- Remember to breathe regularly and rhythmically. Do not hold your breath.

### Friendship Month: Intro 4-6 yrs

As a lead up to Valentine's Day, our Intro Tumblers (4-6 yrs) will spend the first two weeks of February participating in activities that focus on friendship. What's better than doing gymnastics?...doing gymnastics with a friend!!! Students will learn the importance of teamwork as they perform fun partner skills.

### ♥ Valentine's Sleepover

When: **Sat. February 13th**

Time: 7:30pm to 8:00am

Ages: 6-12 years

Cost: \$48 enrolled students/  
\$53 non enrolled students



**Space is limited. Sign up today!!!**

### February's Safety Tip

A gymnast's attire is incredibly important to his/her safety. Below are ATA's policies on dress code .



Girls: A clean leotard / Gym shorts are ok with a fitted shirt / No midriff tops / Hair must be tied back / No jewelry except post type earrings / Feet should be bare

**\*\*\*Check out our Pro Shop for Leos & shorts!!!**

Boys: A clean T-shirt / Clean gym shorts / Feet should be bare