

# March



RHYTHMIC GYMNASTICS & DANCE ACADEMY



## Parents Guide



Why such important ?  
free self workout for competitive team ( page 2-4)



Website updated with all links to each of the coming competitions ( page 4)

## Important dates for ORGDA

March 7-8 (Sat & Sun)— no class no practice (there will be a tournament at the badminton academy) a make up class will be provided .

**Make up class for March 7-8**

**Young star any Wednesday**

**level 5-9 Rhythmic Feb 25 / March 3 & 10 7:15-8:15**

**level 5-6 Ballet any Wednesday 3:30-4:15**

March 15(Sun)— Oregon state Championships ( only for competition gymnasts )

March 27( Fri )— all day intensive camp before Regional.

## Why such important (free self workout) for competitive team(only)



Regular class practice is an integral part of developing as a gymnast. As a club owner and professional coach, I see the multiple benefits of this aspect of a gymnast development. At regular practice, gymnasts learn general knowledge of the rhythmic gymnastics and dance; learning foundational movements, handling, basic steps & difficulties and more. Those are all crucial to improving as a gymnast. So why is self/privates still so important when gymnast can "just go to practice"?

### **The problem is the lack of true individual development.**

While regular practice can help gymnast learn general aspects of training, most gymnasts do not gain the individual development needed to truly improve. Here's why:

- **Coach Focus** - Coaches focusing on team oriented development cannot give each individual the instruction and help they need without losing focus on others or the team.
- **Limited Practice Time and space**- depending on the situations clubs only offer a limited time for regular practice. some of the athletes can perform well in the regular practice. some of them need more trainings beside regular hours. some of them can do well in a group practice with limited space .some of them just can't do especially competitive team.

### **This is where self workout becomes critical to**

**improvement!** Private class/self training serves the purpose of focusing exclusively on your gymnast. gymnasts are able to break down each of their individual difficulties and weaknesses in order to improve. self workout helps athletes to develop mental focus & determination, improving small but important technical details .....

### **Self workout + Regular Practice = Complete Gymnast**

If one part of the development equation gets out of balance, the end results does not happen. In order to become the best gymnast you can be, you must spend time both with regular practice and self workout.

Website updated with all links to each of the coming competitions



More Information about our class please visit:

[www.orgdacademy.com](http://www.orgdacademy.com)

For competition information please visit USAG :

<https://usagym.org/>

For ORGDA Invitational please visit:

<https://sites.google.com/site/oregoninvitational2020/home>

Used supplies and parent communication group (verification required):

<https://www.facebook.com/groups/721424551592861/>

ORGDA Facebook:

<https://www.facebook.com/ORGDAcademy/>

ORGDA Instagram:

<https://www.instagram.com/orgdacademy/>

Contact us:

[orgdacademy@gmail.com](mailto:orgdacademy@gmail.com)

# Thanks!