



MAG Teams Notice

December 2009

Thanks to all gymnats, parents, volunteers and staff for your participation, help and support at our highly successful 2009 Annual display „Legends of Music“ – see the main notice-board for news items and photos’.

1. Finish of Teams Training – 2009

Training days are normal for all Teams (mon. 7/12-Friday 11/1/09. The last training day for MAG Teams 1-2-3 is Friday 11/12/2009 from 3.30-6pm. There is no training for **December School Holidays** from Sat. 12/12/09- Sunday 17/1/2010.

2. Start of Teams Training – 2010

December School Holidays = 12/12/09- 25/1/10

First training day 2010–Team 1 (working L4-6) = Mon. 18th Jan 2010 – times 9-12.30 daily

First training day 2010 –Team 2 (working L3) = Tues.19th Jan 2010 (normal training time 3.30-6pm)

3. Team 1 - Gymnasts can train FREE during Staff Education week - Mon. 4/1-Thur. 4/1/2010

Club Education week runs Mon 4th – Thurs 7th Jan. 9-12.30 daily at our venue – all staff and interested parents welcome. Team 1 gymnasts (L4-6) are welcome to get an early start to 2010 training this week and should contact Trevor D. if attending on any or all days.

4. Team Reports – attached.

The coaching staff is pleased to present the 2009 Team reports – each team member’s competitive performances and regular fitness tests are highlighted. A summary copy of the fitness test scoring charts is attached. “That which gets measured...gets done”!

BEST WISHES to MG gymnasts and their families for a JOYOUS CHRISTMAS and HAPPY NEW YEAR

NEW YEAR'S RESOLUTIONS

If our lives have become Shallow, Deepen them,

If our Principles have become Confused, Clarify them,

If our ideals have become Tarnished, Restore them,

If our hopes have become Faded, Revive them,

If our loyalties have grown Dim, Brighten them,

If our purposes have become Blurred, Sharpen them,

If our horizons have become Contracted, Widen them,

If our hearts have chilled with indifference, fear and disappointment – warm them with Compassion and Faith and Love for each other and ourselves.

MAG PAD TEST SCORE SHEET - SUMMARY

1. LEG LIFTS This test shows abdominal and hip strength and power.

Leg Lifts	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Score	10	9.5	9	8.5	8	7.5	7	6.5	6	6	5	4.5	4	3.5	3	2.5	2	2	1.5	1	0

2. Reverse grip CHIN UPS This test rates the gymnast's upper body strength

Chin Ups	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Score	10	9.5	9	8.5	8	7.5	7	6.5	6	6	5	4.5	4	3.5	3	2.5	2	2	1.5	1	0

2b. ROPE CLIMB (arms only) to 5m start sitting and finish in sit.

Time to climb sec.	<10	11	12	13	14	15	16	17	18	19	20	>20
Score	10	9	9	8	7	6	5	4	3	2.5	2	1

3. TRICEPS DIPS

Dips	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Score	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0

4. Single Leg Squats – PISTOLS

Each leg (+ > 1/2)	10	9	8	7	6	5	4	3	2	1
Score	10	9	8	7	6	5	4	3	2	1

5. VERTICAL JUMP This test shows leg power in jumping. Rebound jump to 60 cms = 10 points

Distance jumped cm	56	53	51	48	46	43	40	38	35	33
Score	10	9	8	7	6	5	4	3	2	1

6. PRESS to HANDSTAND Gymnast may press on a low beam, parallettes or the floor mat.

One point (1) awarded for each press UP and press DOWN form and to straddle level. For example:

5 fully completed presses = 10 points 4 and ½ presses (press up only) = 9 points

1 fully completed press = 2 points ½ press (to handstand only) = 1 point

7. HANDSTAND hold All gymnasts need to be able to hold straight handstands!. 51+ sec. hold = 10 points

Time held (seconds)	0-2	3-5	6-10	11-15	16-20	21-25	26-30	31-40	41-50	51-60
Score	1	2	3	4	5	6	7	8	9	10

8 & 9. L-SIT HOLD and INVERTED HANG

Time held (seconds)	30+	25-29	20-24	15-19	10-14	>10
Score	5	4	3	2	1	0

10. SIT and REACH test

Ruler position	30+cm	>25cm	>20cm	>15cm	>10cm	>5cm
Score	5	4	3	2	1	0

11. & 12. LEFT AND RIGHT LEG SPLITS

Split position	20cmc+ over split	flat split, legs parallel, shld ver	flat split, legs parallel	Flat split Legs parallel	Flat splits	Above floor 10cm
Score	5+	5	4	3	2	1

13. LATERAL LEG SPLIT.

Split position	20cmc+ over split	Flat split	Above floor 5cm	Above floor 10cm	Above floor 50cm	Above floor 20cm
Score	5	4	3	2	1	0

14. BRIDGE

Shoulder position	10 cm in front of wrists	Wrists under shoulders	10 cm behind wrists	20 cm behind wrist	Bent shoulder	Bent arms
Score	5	4	3	2	1	0

15. ACTIVE SHOULDERS

Ruler position	50 cm	40 cm	30 cm	20 cm	10 cm	0 cm
Score	5	4	3	2	1	0

