



# **TAISO'S GENERAL GYMNASTICS PROGRAM**

## **JUNIOR OLYMPIC PROGRAM**

### **One hour Junior**

The philosophy of TAISO's program is one of fun, fitness and fundamentals (3 F's). Having fun is a most necessary tool for learning. All instructors teach and challenge at all levels while still adhering to the 3 F philosophy.

The Junior program encompasses 5 Fundamental Movement Patterns while following the 3 F's approach. Locomotions, stationary positions, rotations, landings and spring. The addition of swing, conditioning and flexibility with these patterns are common to all gymnastics disciplines. Strength training(conditioning) is an integral part of all gymnastics training from the early stages to the highest competitive level and increases each gymnast's ability to perform skills and prevent injury. Flexibility provides the gymnast with a greater range of motion, reduces the chance of possible muscle pulls and produces a more aesthetic quality to movement.

Repetition of basics is key in the sport of gymnastics and hence the same body position/skill will be repeated, somewhat differently on all types of apparatus. Eg. It is not unusual to see a Provincial Competitive gymnast training a circuit of basics very similar to that of a Junior Level 2 gymnast.

Gymnasts progress at their own rate within the TAISO Junior Olympic Chart System and will continue to be challenged in a positive atmosphere. Charts are given at the end of each term.

COMMUNICATION is most important. While every effort is made to communicate clearly, there may be occasions when a gymnast, parent or guardian have concerns they wish to address. Please follow the established procedure.

Gymnast and parent/guardian should first contact the instructor with concern(s) either after class or by leaving your name and phone number with Receptionist or in black mailbox beside the reception desk.

The instructor will respond to this communication in a timely manner, noting it to the General Gymnastics Administrator, Michelle DeBay.

If gymnast or parent/guardian are not satisfied with the results of this response by the instructor, they may contact Michelle to address the issue further at 865-8798 or by email at [tai-so.gymnastics@ns.aliantzinc.ca](mailto:tai-so.gymnastics@ns.aliantzinc.ca)

Once again, please check TAISO's website for calendar and policy information or pick up a copy from the foyer counter.

THANK YOU :)