
BEARCATS GYMNASTICS

INTERNATIONAL SCHOOL MANILA

COMPETITIONS

Aquazorb - Dec (to be confirmed)

Phil Cup - Feb (to be confirmed)

UWC - Feb 16 & 17, Singapore

BSM - March (to be confirmed)

ISM Goodwill Meet - May 4

* for competitions with limited slots, we will be choosing gymnasts based on attendance and/or competition scores

OTHER DATES TO REMEMBER

SEPT 13, 2018

Parents' Meeting

8:30 - 9:15 at the AMR

UNIFORM

1. competition uniform
girls: competition leo
boys: gymnastics shirt,
shorts and pants
2. track suit
3. team shirt



After a fantastic summer we would like to welcome back all existing gymnasts and a big warm welcome to all our new starters!

GYMNASTICS TEAM PRACTICE SCHEDULE:

Mon, Wed & Fri 3:15 - 4:50 PM

* We require attendance of at least 2 sessions per week to be in the team and to be considered for competitions.



LEVELS

GIRLS TEAM (WAG)

Level 1

Minsu Chang
Mabel Dillow
Leila Gregorova
Lulu Marcelo
Maya Collier
Sara Curry
Rakhima Yusupova

Level 2

Kahyun Han
Emily Hoban
Lulu Jung
Signe Larsen
Avani Kohli Miro
Natalia Paradies
Seija Strange
Hannah Veve
Madison Kinnaird

Level 3

Margareth Kirkeby -
Garstad
Ariana Lehrer
Yume Yorita
Taylor Harris
Eva Brzobohata
Indigo Cabrera

Level 4

Bella Castillo
Sofia Obias
Natalie Roberts
Ruri Tsuchiya
Emmanuelle Atienza
Joeke Bartlema

Level 6

Kailani Webb

BOYS TEAM (MAG)

Level 1

Ken Duong
Zakari Gendin
Yohsuke Ogura
Marcus Pedersen
Soya Nishida
Francis WolfLa

Level 3

Jonah Barba

OTHER REMINDERS:

• **LEVELING UP:** It is possible for gymnasts in Level 1 to move up to Level 2 after the Aquazorb competition. It is our aim to have most of our gymnasts move up to higher levels for the Goodwill Meet in May. This will be communicated to the athletes as early as March.

• Please take note of the number of sessions required per week. Attendance will be taken every day at the start of practice and action will be taken if this requirement is not met. Please make sure you are communicating with your coaches if situations arise where an absence or tardiness cannot be avoided. There are no make-ups in team so please have your son / daughter in the gym on their specified training schedule. The gymnasts need to be consistently in the gym as they need to get stronger. Gymnastics is a numbers sport and the gymnasts need repetition so that they can be consistent in their strength, skills and routines.

• **Injuries.** If your son / daughter is injured in any way please communicate this with your coaches. There is always something they can be doing with any injury and the coaches have prepared workouts for any injury that could occur that will keep the athlete busy while insuring not to injure them further.

• The coaches would like for parents to limit their time watching practice. We are noticing a growing number of gymnasts who are more concerned with who is watching them instead of focusing on their coaches' corrections and their skills. We understand wanting to watch your child but it is very difficult to see their progress when watching every practice.



From your coaches (Ramon, Jas, Ajjie, Nelson, Ton & John) and the Athletics Office

email: gymnasticsteam@ismanila.org