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THE TUMBLE TIMES

www.gmskids.com

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Did You Know?

According to *Gymnastics Journal*, at 2,486, Virginia is ranked 10th in the nation for registered gymnasts.

***Gymnastics articles were adapted from *Gymnastics Journal*, *USA Gymnastics* and *International Gymnast*.**

****Please, check out the website for picture updates.**

Fall Registration Will Soon Begin

GMS will begin registering for fall classes July 18.

Fall schedules will be mailed home to already registered families. They will also be available in the office for pick up or on www.gmskids.com.

To reserve your spot, registration forms should be filled in and returned to the office as soon as possible. Class times can fill up quickly, so be sure to reserve a class for your child today.

What's The Difference between a Strain & a Sprain?

Strains and sprains are the most common sports injuries. Here, the American Academy of Orthopedic Surgeons gives facts on these similar injuries.

A strain is an injury to either a tendon or muscle. It can be caused by overstretching or a partial or complete tear. It is caused pulling or twisting the muscle. It may also occur by overstressing the muscles. Strains that are chronic are a more often than not, the result of overuse.

A sprain is a stretch or tear of a ligament which joins the ends of two bones. Many ligaments can be injured simultaneously. It is caused by a joint forced out of position. The force may stretch or tear the ligament that supports the joint.

To treat a sprain or a strain, the swelling and pain must be reduced. This can be accomplished by rest, ice, compression and elevation for the first 48 hours. A doctor should evaluate the injury and establish a treatment plan. Finally, the injury must be rehabilitated to improve the condition of the injury and restore its function.

Competition Snacks

These snacks are perfect for on the go, at practice or to replace fuel during a competition:

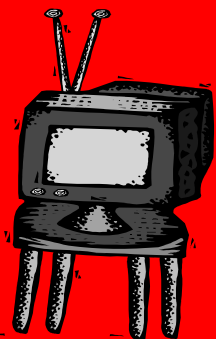
- Teddy Grahams
- Cottage Cheese
- Fig Newtons
- Go-gurt
- String Cheese
- Pudding cups
- Fruit
- Animal Crackers
- Carrots and/or celery

Dates To Remember

- **GMS will be closed July 21 – 31. Classes will resume Aug. 1.**
- **GMS will be closed Aug. 29 – Sept 3. Fall Classes will begin Sept. 4.**

ON TV

Watch the Visa
Championships on NBC
Aug. 16-19.



Proper Care for Painful Rips

Due to the stress on gymnasts' hands, calluses may form and sometimes rip. Recurring rips are not only painful, but they can also be a serious problem. The following steps should help keep rips from getting in the way of a gymnast's performance.

- Wash the rip with soap and water.
- Cut away the extra skin surrounding the wound with sterile scissors.
- Apply triple-antibiotic or pure aloe vera.
- Finally, a sterile bandage should be applied.

Hydrogen peroxide should not be placed on the rip because it is considered corrosive to healthy cells. A flow of oxygen can often speed healing, so allow the rip to breathe as much as possible.

A Horse Named Charley

Charley horses (cramps) can be a painful part of training, but working toward overall physical fitness may alleviate cramps all together.

Cramps are sudden and intense pains that are the result of muscles caught in a spasm. Cramps are involuntary, and the muscles do not relax.

Muscles that span two joints are affected most. Quadriceps (front of thigh), hamstrings (back of thigh and the calf are the most commonly affected).

Cramps can range in intensity and the length of time that they can last. They may twitch or feel hard to the touch.

There are no known causes for cramps. Many speculate that they are do to inadequate stretching, fatigue and/or dehydration.

Experts suggest keeping cramps at bay by stretching regularly and drink enough to replenish lost fluids.

Vault Rules for Women

Vaults are classified into five groups:

1. Vault without salto
2. Handspring forward with or without full turn in preflight – salto forward with or without turn in postflight
3. Handspring with quarter or half turn in preflight – salto backward with or without turn in postflight
4. roundoff onto board to preflight onto table with or without full turn – salto backward with or without turn in postflight
5. Roundoff onto board to preflight onto table with half turn – salto forward with or without turn in postflight
 - Maximum approach is 25 meters.
 - If only one hand touches the table: 2.00 deduction.
 - A gymnast will receive a score of 0.00 for the following infractions: after approach, gymnast touches springboard or vault table without executing vault, neither hand touches vault table while executing vault, any spotting assistance during vault, failure to use safety collar around springboard for round-off entry vaults, failure to land on feet first