

EAGLE'S WINGS ATHLETICS - BOYS TEAM - MEET RESULTS, PICS, & INFO

MEET: GymMasters Invite

DATE: JANUARY 23, 2010

LEVEL 9:

#:	GYMNAST NAME:	AG:	FX:	pl	PH:	pl	SR:	pl	V:	pl	PB:	pl	HB:	pl	AA:	pl	RANK
1	Cameron Lake	12-13	13.30	5T	10.10	14	8.10	18	13.00	15	11.10	16	9.60	16T	65.20	17	1

LEVEL 10s:

#:	GYMNAST NAME:	AG:	FX:	pl	PH:	pl	SR:	pl	V:	pl	PB:	pl	HB:	pl	AA:	pl	RANK
3	Evan Fitzgerald	14-15	11.60	7	SCRATCH		SCRATCH		13.90	3	12.90	2	10.20	7	48.60	9	1
2	Adam Templin	16-18	SCRATCH		9.30	8	SCRATCH		12.70	7	SCRATCH		SCRATCH		22.00	9	3
4	Logan Doughty	16-18	13.00	2T	SCRATCH		SCRATCH		14.10	2	SCRATCH		10.20	6	37.30	7	2
EVENT TEAM TOTALS:			24.60		9.30		0.00		40.70		12.90		20.40		107.90		

LEVEL 10 TOTAL TEAM SCORE: 107.90

LEVEL 10 TEAM PLACE: (which we naturally only placed with our scratched events due to only a few L10 teams competing): **3rd**



Above: Kevin Mazeika, Jonathan Horton, & Raj Bhavsar

WOW!! FUN MEET!!!!

Usually I don't type as much as I did below for a meet, but this meet had lots going on, and some important points needed to be made. The L9s and 10s had a very exciting meet down in Houston held at HGA (Houston Gymnastics Academy). Our boys were able to do the open warm up for over an hour going where they wanted to, which is perfect for them (like the Elites competing too) since none of our L10s were competing all-around (to rest/rehab for future meets). Cameron (L9) was in line with Jonathan Horton right in front of him at the rings. He and the others have seen JH on TV and live at the Visa Championships when held in Dallas. However, to compete in a session that he was competing in as well was a very exciting time!! The 9s and 10s know that they had several ups and downs, but at least the ups were great and we got some great video footage to learn from and use for future college plans/prep. Being more consistent in gym workouts is the key area of weakness (besides some of the injuries they are rehab/resting from). Mental training and having the focus to do the warm ups, event assignments/routines, conditioning, and warm down - all with good and honest efforts are again the keys to success. The boys know that they will not be allowed to compete routines in future meets that they are not hitting in the gym workouts. This is for two reasons. First, for safety. If they are clearly trying their best to hit skills and simply can't do them or do them in routines, then naturally they are either too weak or not technically proficient enough to compete them. Second, if they are strong enough and technically prepared, then they need to respect the gym workouts and hit them in gym to build the odds in their favor that they will hit them in the meets. Clearly hitting 4 out of 4 full routines (without added parts, left out parts, having held all hold parts, and having no falls) is going to help them hit in the meet. It's simple logic and math. The boys had some routines at full difficulty, some were watered down, and some were half & half. If they felt fine and wanted to I allowed them to see if their adrenaline and mental concentration and toughness would pull them through some tough skills. As predicted, even with going for things with their best efforts & motivation most of the skills that are missed in gym are missed in the meet. Those big skills made in gym are made in the meet. No shocker there. So, again, it goes back to consistency, focus, and making sure to get things done correctly in gym. Overall, the boys had a good session that was filled with lots of energy, cheering, big Elite skills, and several great moments for our boys as well for when they had hit some solid routines. We will be working to heal/rest while also get stronger and more technically proficient on the skills/routines for their next meet. Oh, and it was really perfect timing to hear Kevin Mazeika (Olympic Men's Coach 2004 & 2008 & now USAG Men's National Team Coordinator) + Jonathan Horton + Raj Bhavsar speak after the sessions ended. They spoke a lot about Mental Training and Focus, which again is the thing I have been working so hard to teach the boys due to its clear importance. I have been trained not only by Mazeika, but several coaches and sports psychologists on what the gymnasts need to do to be mentally/physically prepared. Hopefully, they'll listen. On the drive home I came up with two good quotes that I'll put on the boys team display (and likely in other areas too) to help them focus. One last thing...I bought some really cool training gizmos called "XBR 360s" which look like small hand sized bars on half circles to use for hundreds of drills. They are great, and we will be able to easily incorporate them in our new "season" conditioning cycle/program immediately!!