

Practices for January 2nd – 20th

- As most of you know the practices in January are off due to HS meets and such. We have worked it out where we can have Monday/Thursday practices along with a few extra days in the gym.
- Gymnast are not required to come 3 nights a week, only 2 per the team handbook. Because there aren't classes in January we like to offer as much as we can for the girls to be in the gym by themselves.

Here are the dates we are offering:

- Monday January 2nd from 6-8pm @ Meyer Middle School (Trick Practice)
- Tuesday January 3rd from 6-8:30pm @ Meyer Middle School (Regular Practice)
- Thursday January 5th from 6-8:30pm @ Meyer Middle School (Regular Practice)
- Monday January 9th from 6-8:30pm @ Meyer Middle School (Regular Practice)
- Tuesday January 10th from 6-8:30pm @ Meyer Middle School (Regular Practice)
- Thursday January 12th from 7-8:30pm @ RFGC Gym (Due to equipment being moved to HS)
- Saturday January 14th time TBA @ River Falls High School (Chance for the girls to get a routine in)
- Monday January 16th from 6-8:30pm @ Meyer Middle School (Regular Practice)
- Tuesday January 17th from 6-8:30pm @ Meyer Middle School (Regular Practice)
- Thursday January 19th from 7-8:30pm @ RFGC Gym (Due to HS home meet)
- Friday January 20th from 6-8:30pm @ Meyer Middle School (Regular Practice)

December Trick Practices

Tuesday December 27th from 6-8pm

Thursday December 29th from 6-8pm

- Please note that we are still contacting the school to make sure we can hold practice at the Middle School, if not practice will be held at the RFGC gym. I will let everyone know when the school gets back to Holly.
- Trick Practice is \$5 per gymnast

Cost of January Practices

- We are unable to put this up online to sign up for this mini session check or cash is accepted. Please try your best to bring this the first week of classes.
- For 6 practices (Minimum they have to attend) the cost is \$85.00
- For 8 practices the cost is \$110.00
- If a gymnast comes more than they have paid for a charge of \$10.00 per extra practice attended will be applied.

Practices at RFGC gym

- For the practices that need to be held at the RFGC gym, the girls will be able to tumble, a TumbTrak will be up, full access to beams, bars/vault will be used at a minimum.

Saturday Practice

- Again the girls are not required to come to this practice. We have offered this mini practice for the past 3 years for the girls to get in a routine in and use to the HS.
- I can't give a specific time yet because I never know what time the meet ends. It is usually around 5 or 6.

I understand this is a lot of information. If you are confused by or don't understand something please let me know and I can help.