



# GFA REC 'N' ROLL!

November 2022



## SOCIAL MEDIA CHALLENGE

Use the hashtag to join the challenge and tag @gymnasticsontario in your posts and stories!

**November 13 - 19, 2022**

**#GOCartwheelDrill**

Share your favourite cartwheel drill!



## BE INCLUSIVE

Inclusion Tip from our GFA Committee's Adaptive Gymnastics Representative:

Get creative and use out of the box ideas to adapt your classes. Choose a piece of equipment and think about how you could adapt the use for a wheelchair user.

You'll be surprised by how versatile your equipment becomes.

**SEE THE ABILITY!**

## END OF SESSION TIP

Coming up to the end of the session and tired of your coaches using the same comments over and over?

Check out these resources for other ways to provide positive feedback...

**98 Ways to Say "Very Good"**

**Happy Gymnastics Blog:**

**The Death of "Good Job!": A New Era In Praising Little Gymnasts**

## ONGYMWEEK 2023

**SAVE THE DATE: FEB 11-17, 2023!!!**

**Ontario Gymnastics Week  
"I Love ♥ Gymnastics Week"**

#ONGymWeek details to be released in December.

## ONTARIO GYMNAESTRADA '23

**SAVE THE DATE: June 3-4, 2023!!!**

Gymnastics Ontario is excited to announce that Ontario Gymnaestrada will return to an in-person event in 2023!



This event will be held June 3-4, 2023, at Durham College / UOIT in Oshawa, ON.

More information coming soon.

## CAMP CORNER

Are you planning a Winter or Holiday Camp this year?

**Winter/Holiday Camp Resource**

Check out our resource for a list of helpful links for Winter and Holiday themed camps.

Have fun!

