

# HURON Physical Arts

February 2007

CENTER, L.L.C.

## News from the Hurricanes Gymnastics

### Hurricanes Compete in Holland Tulip Invitational

The HPAC Hurricane Gymnastics Team traveled to Holland, Michigan for the Tulip City Invitational, January 20th. The Level 4 team placed 9th overall in their first competition ever! Carly Messina placed 4th on the floor exercise with a score of 9.0 and tied for 3rd on vault with a score of 8.95. Sarah Longuski placed 5th on the vault with a score of 8.7. Other great performances came from Rose Ostrowski scoring an 8.55 on floor, Caitlyn Heath scoring an 8.9 on vault, Sarah Thompson with an 8.75 on vault and Michealina Brast with an 8.2 on vault.

Jessica Nixon, Level 5, scored a whopping 32.925 in the all-around advancing her to the State competition in May.

Tabatha Lehto, Level 7, stepped up her game scoring 9.025 on vault, placing 4th and 8.925 on the floor exercise, earning a 5th place medal.

All the gymnasts are working very hard at perfecting their routines for their upcoming competitions.

The Hurricanes travel to Toledo, Ohio, Chicago, Illinois and Battle Creek, Michigan this February. Coach Holly says she is very proud of all the gymnasts and wants them to keep up the hard work in practice. It will pay off! Good Luck this month!

### HPAC Gymnast of the Month

Starting March 1st, Gymnast of the Month will be available to all HPAC gymnastic students to earn. The gymnasts will be nominated by coaches and recognized for their efforts!

Good Luck to all  
HPAC Gymnastic Students

### Coach Holly's Coaching Philosophy

Coaching is more than just knowing the sport of gymnastics and the rules. I believe that the coach is a huge part of the athlete's life. They become their role model and their mentor. Gymnasts spend many hours with their coaches and it is important to the coach to teach the athlete life-long disciplines as well as the sport of gymnastics. As the coach, I feel partially responsible to help gymnasts make the right and mature decisions in all areas of their lives and help them develop character, discipline, self-motivation, self-worth and an excitement for life.

I am a positive coach that believes in developing the gymnasts and their gymnastic capabilities before the outcome and winning. It is important to set high standards so the athletes have something to strive for and are always being encouraged. I think that losses are just as important as wins in order to build confidence when something goes wrong. Sport is learning environment. The desire to see the athlete learn and the ability to effectively improve their skill is the key to an effective coach. Realistic goals must be set to focus on effort rather than outcome. It is important to inspire the athletes to improve regardless of their skill level and not to intimidate them.

I believe it is important to develop good communication and relationships with your athletes. Every athlete is different and will have different learning styles. The coach must recognize these differences and coach every athlete differently if need be. I believe in only positive and corrective feedback and how to improve skills.

Team cohesion is a major part in my coaching philosophy. The greater the team cohesion, the better the atmosphere in the gym. I love hearing the team cheer for each other and care about each other. Your teammates should be like a second family. I believe that respect should be equal between teammates and coaches. Good sportsmanship should always be followed in and out of the gym. The gymnasts should always compete with integrity and represent their team the way they would their family.

I expect my gymnasts to give 110% at practice and meets. I want the gymnasts to be there for *themselves* and because they want to be there. I believe that gymnastics is fun and should only be done if fun is involved. I am coaching the sport of gymnastics because I love the sport and every aspect of it.

Head Gymnastics Coach for HPAC—Holly Desrocher

**Gymnast of the Month**  
**February 2007**  
**Michealina Brast**  
**Congratulations Michealina!**  
**Keep up the good work.**