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Girls Gymnastics Summer Workout/Camp/Tryouts June 13-16 9am – 12pm

Tony Gonzalez
Head Girls Gymnastics Coach
Odessa High School

Dear Parents and Gymnasts,

I'm excited to start training and building the next competitive JV and Varsity teams for the 2022-2023 school year.

With this expectation for success, it encompasses great responsibility and commitment from all the athletes, the parents, and the coaching staff. Please mark the date below in your calendars and make every effort to have your daughter participate in this week of camp. I will be posting updates and other important information in **Sports You**. Please sign up, both parent and athlete, ***instructions on next page***, so that you are in the loop. If you have any questions, please feel free to text me your name or email me with your daughter's name and I will call you back. I will also communicate through Talking Points, so I do need your mobile number. At the end of the week I'll let you know if your daughter will be enrolled in the JV or Varsity class.

SPORTS YOU link and code: Next Page

Come Ready: Stretching/Flexibility/Strength/Endurance/Core conditioning/Floor Skills/Floor Routine/Beams Skills/Beam Routine/Vault Drills and Dynamics/Uneven Bar Skills & Routine/Character & Leadership Building/Develop A Positive Mindset