

Coach's Message

Dear Southern Gymnastics Family,
It's my second season back. I am excited to work with the returning gymnasts and the new gymnasts.

Thank you all for checking out the athletics web page. Please visit the site often. I hope it will be a good reference for all of you supporters and team members. We expect to provide information on schedules, reminders, expectations, practices, rules and the like. As a reminder, visit us at www.srsd.net.

I am eager to get started and look forward to working with the entire gymnastics family again. The support we received last year was awesome and important to the success of our program.

Thank you all.

A coach's primary function should not be to make better players, but to make better people.

Failing to prepare is preparing to fail.

Physicals/Required Paperwork

All gymnasts must have athletic permits, steroid testing forms, physical forms, and concussion forms turned in before you can practice.

Schedule at a Glance

- July 30 - Car Wash, report at 9:30, starts at 10am, ends at 2pm, rain date is August 6
- Aug. 8 - Practice begins, Mon. to Fri. from 8am to 10am, this schedule will continue from Aug. 8 to Aug. 31
- Sept. 6 - Practice begins @ 2:30 after school Mon. to Fri. throughout the season from 2:30 to 5:00
- Sept. 13 - Opening Meet vs. TRN at home, the meet begins at 4:30
- Sept. 15 - Meet vs. Lacey, home at 4:30

If you work hard, good things will inevitably happen.