



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Gladiators Gymnastics Team Family,

Thank you for choosing the Glens Falls YMCA's Gladiators Gymnastics Team, where athletes learn more than excellent technique and a strong work ethic, they build and are rewarded for good character.

The gymnastics program as we know it today got its start nearly 19 years ago within a very small gymnastics program. Today, we offer gymnastics to over 450 athletes each week during the school year, as well as 10 weeks of licensed gymnastics day camps. Currently, participants in our programs range from ages 6 months to adult and are recreational beginner through competitive girls level 9 with more than 50 athletes on our girls team. We have seen several successful years for boys' competitive teams and are thrilled to offer the opportunity for boys to participate this season.

At the Glens Falls YMCA, we work to develop athletes who are an asset to their community. Our coaches are dedicated to helping shape and strengthen character that will endure throughout an athlete's lifetime. We strive to develop successful athletes and measure success not only by achievements, but also by personal improvement.

We continue to improve and expand our team to provide quality programs and services that build healthy spirit, mind and body for all. YMCA team sports work to instill an understanding of and appreciation for achievements gained through personal accountability, self-discipline, goal setting, and goal attainment as these ideas relate to their success in training and in competition today and throughout their lives. It is our belief that the process of achieving is as significant as realizing the achievement itself.

Coach Juanita will be your first point of contact and will provide you with most of the information you'll need. For questions that Coach Juanita is unable to answer, I am generally available by phone M-F, 12pm-3pm but prefer e-mail communications for general questions or comments. I value open communication with all our team members and their parents, so should you have concerns or wish to have a conference, please schedule a time to meet with me rather than a pop-in visit whenever possible. Thank you so much for your continued support and commitment to the YMCA and its team members, coaches and each other.

A warm welcome is extended to all of you. I'm very excited to see what the future holds for this very talented team of athletes, coaches and parents.

Sincerely,

Jammy J. Morey

Gymnastics & Performing Arts Director, Head Gymnastics Team Coach