



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Glens Falls Family YMCA Gymnastics Team Family,

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

The team as we know it today got its start nearly 17 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 level 9. Our team is over 50 athletes strong, ranging in age from 6 to 18, level 3 through 9 & PREP. The team competes in both USAG and YMCA leagues.

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.

I will be available by phone during the day, generally Monday through Friday 12pm to 3pm. I do have voice mail. When you call, if you need to leave a message, please leave the number at which I can reach you and indicate the nature of your call. For questions that your coach is unable to answer briefly, I 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 who are new and to those who are returning for another exciting season. I'm very excited to see what the future holds for this very talented team of athletes, coaches and parents.

Sincerely,

Tammy J. Morey

Gymnastics & Performing Arts Director, Head Gymnastics Team Coach

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