

EMC

UPDATES

WELCOME NEW EMC TEAM

We are honored to welcome you to our competitive team, and we hope that you'll enjoy being part of the EMC family. Our coaches are excited to work with you in helping you achieve your dreams!!!

Laura Stamkulova

Level 3



Adiya Stamkulova

Level 6



Nuriya Stamkulova

Level 3



Sophia Hu

AGG



CLOTH FACE COVERINGS

in Youth Sport

- PROTECT YOUR TEAMMATES • PROTECT YOUR SEASON •
- PROTECT YOURSELF •

Part of being on a team is caring for and protecting your teammates! One of the best ways to do that is to wear a cloth face covering.

★ Athletes should wear a cloth face covering over the nose and mouth when:

- on the sideline, bench or in dugouts
- participating in team chats
- arriving and departing the field, court, gym, pool, etc

★ Cloth face coverings are particularly important when:

- it is not possible to stay at least 6 feet apart
- indoors

★ Whenever safe and possible, athletes, coaches, and officials should wear a cloth face covering. Face coverings should not be worn when actively exercising.

★ Face coverings should never be worn when performing:

- water sports
- sports where coverings could pose an injury risk due to getting caught on equipment or accidentally covering eyes

★ Spectators should wear cloth face coverings especially when indoors or physical distance of 6 feet cannot be maintained



Parent Corner: Here are some ideas to help with this transition:

- Help your child find a comfortable cloth face covering that they can take on and off themselves
- Talk to them about their concerns and help them feel more comfortable
- Make sure they have a special place (like their sports bag) to store the cloth face covering
- Set a good example by wearing a cloth face covering as a spectator

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MEMBER CLUB

NEWS

August | 2020

Member Club News

While gymnastics might not look the same as it has in the past, we are still gearing up to allow the community to have a competitive season.

Meet directors and clubs **are permitted to host sanctioned events this season**, provided that the event can be conducted in a manner that is permitted by, and in compliance with, their local government guidelines.



More info from USAG:

<https://usagym.org/PDFs/About%20USA%20Gymnastics/covid/returntocompetition.pdf>

