

EMC

June 29, 2020

JULY NEWSLETTER

WELCOME NEW EMC TEAM MEMBER

Katie Tang

We are honored to welcome you to our level 9 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!!!



We would like to congratulate all our girls:

Welcome our level 3 girls to the 2020-2021 season:



Ellie W. Emily Ellie L. Rose

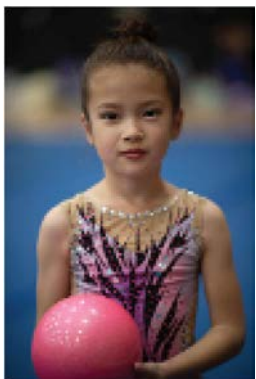
Welcome level 4 Wendy to the 2020-2021 season:

Welcome our level 5 girls to the 2020-2021 season:

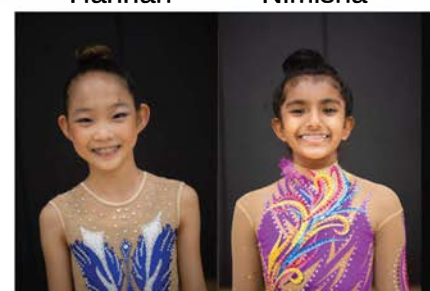
Welcome our level 6 girls to the 2020-2021 season:

Dorothy Laura Amy Kamea

Hannah Nimisha



Monica Elaine



Ziva Valentina Sophie

Congratulations to our new AGG team:



Welcome our level 9 girls to
the 2020-2021 season:

Natalia and Sofia



**Reminder: There is practice
for L3 L6 , L9-10, and AGG on
JULY 3rd!!!**

We would like to say a big thank you to Sveta, Dasha, Claudia, Amanda, and Ashley for doing a great job coaching on zoom. We know that those 15 weeks were very challenging and coaches had to be creative. We appreciate their efforts and hard work.



EMC has a new and improved website! Go see the updated information!
<http://emeraldcityrhythmic.com/>

NEW ROUTINES INFO:

Level 9/10 Saturdays and Sundays in July

Level 4/5/6 Monday - Friday and possibly the weekend in August

EMC Gymnast Step-By-Step Safety Policies

ARRIVAL

Masks are required when entering the gym. Gymnasts must arrive at the gym 15 minutes before practice. It is essential that gymnasts arrive at this time, as the gym doors will be closed right as practice hours start. Upon arrival, Alliant staff will ask questions and take the gymnast's temperature. NO PARENTS ALLOWED IN THE GYM AT ANY TIME.

BEFORE CLASS

Gymnasts must remove street shoes and put on slides to walk to the rhythmic carpet. Gymnasts must remain in masks until they reach the rhythmic carpet.

DURING CLASS

Gymnasts must maintain social distancing (remain 6 feet apart) at all times. Only 12 gymnasts allowed per carpet. Sanitize all chairs, ballet bars, and stretching bars (on the walls) before and after use. Gymnasts must bring their own water bottles and sanitizing wipes. Only two gymnasts allowed in the restroom at the same time. When using the restroom, gymnasts must wear masks and thoroughly wash their hands afterwards.

DEPARTURE

Gymnasts must leave their bags in the gym. Masks are required when leaving the gym. Parents must wait for their gymnasts at the designated exit door at the side of the gym.