



WCOGA Chalk Talk



Newsletter of West Coast Olympic Gymnastics Academy - *Where Champions Are Made...*
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Expansion Update

Dear WCOGA Member,

We're sure many of you are wondering about the construction at West Coast Olympic Gymnastics Academy. WCOGA has decided to expand and will be occupying both sides of 1056 Serpentine Lane! In addition, upgrades will occur on both sides. Because of that, construction plans had to be redrawn which has delayed our start. In suite A (the side we are currently using) we will be placing an L-shaped channel pit which will be great for all our students! We are very excited about our expansion because it will allow your child more time and easier access to equipment during peak training hours. We are anxious to begin, and construction should begin the 1st week of March. Again, we will make this transition to our new expanded facility as seamless as possible. We will have a beautiful state-of-the-art gym when work is completed. Thank you for your patience.

Thanks again for joining us!

Sincerely,

The WCOGA Staff Team

Recreational Testing

Skills Testing will occur last week of February in our recreational classes. Progression from one level to the next varies by student, depending on motivation and attendance. Skill charts are available online and will also be sent to current recreational student families via e-mail.



Scholarship News



We are pleased to announce that our very own Christopher Turner, has been offered and accepted a scholarship to Stanford University beginning Fall of 2010. Chris is currently ranked third in the USA

among the Junior Olympic division. Enjoy watching him with his final year at WCOGA. Keep rooting for him as he aspires for the 2016 Olympics!

This is the second scholarship to Stanford in our five years since inception.



New Hires

We are pleased to announce we have hired four new coaches over the past month with our growing programs!

Darrell Boykins — Coach Darrell comes to us with 25 years of coaching competitive teams. He has produced National Team Members and had 15 collegiate scholarships. You may have watched his girls that came with him. Two of his team members are already being watched by Stanford, UCLA, and Washington, to name a few. Darrell ran one of the most successful programs at Berkeley for 20 years. We are honored to have him as part of WCOGA's staff!



Kat Sgamba — Coach Kat comes to us with 40 years of coaching experience. She is also a top ranked judge for women's gymnastics in the country. She judges the NCAA meets along with collegiate meets throughout the country. She is also working with our girl's competitive team. She is responsible for more than 25 college scholarships.

WCOGA Chalk Talk -
February 21, 2010

At A Glance:

- WCOGA expansion in progress
- Chris Turner receives Stanford gymnastics scholarship
- 4 new coaches hired
- Our teams have been successful in competition
- Pediatric foot and ankle problems can often go unnoticed



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**Early Spring Session-
Begins Monday,
March 1st!**

**Continuing members will
be automatically
charged.**

**Email confirmation and
receipt will be sent.
Please be sure we have
your current email!**

Hilary Oliver — Coach Hillary comes to us to also work with our girl's competitive team. She is also the past assistant coach to UC Davis Women's Gymnastics team and team coordinator.

Vasily Dobrynin — Coach Vasily comes to us with 33 years of coaching experience. He competed for the Soviet Union. He has produced state and regional champions. He has coached primarily boy's competitive teams, but has also coached girl's competitive optional teams as well. He will be working with our boy's competitive teams along with recreational classes.

Team Updates

Our boy's team and girl's competitive teams has been doing fantastic this year!

The Girl's Level 8 team won their first competition, and placed second place at San Mateo the weekend of February 6th. Alicia Woo, a Level 8 gymnast held the high score of the entire competition and ranked 1st place all around.



The Boy's team, which is currently ranked 7th place in the country, is winning from Level 10 down to Level 5. The Boy's Level 10 team ranked 1st place at Stanford beating the second best team by 8 points. Congrats to coach Vince, Izy, and Josh for a job well done.

State Championships will be held in mid-March for both girls and boys teams. Results will be posted for both online at wcoga.com/team.

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

~ Albert Schweitzer

Foot & Ankle Health

Adapted From Articles © 2009
American College of
Foot & Ankle Surgeons

Pain in a child's foot or ankle is never normal. There is no such thing as "growing pains." Any pain that lasts more than a few days, or that is severe enough to limit the child's walking, should be evaluated by a podiatrist or foot and ankle specialist. Foot problems commonly experienced by children:



Pediatric Flatfoot

Most children with flat feet have no symptoms. However, sometimes they may have trouble participating in physical activities or sports, or appear to walk or run awkwardly. Some complain of pain or cramping in their feet, legs or knees. Any pain or difficulty with a child's feet should be evaluated.

Calcaneal Apophysitis (Sever's Disease)

Calcaneal apophysitis is a painful inflammation of the heel's growth plate. It typically affects children between the ages of 8 and 14 years old, because the heel bone (calcaneus) is not fully developed until at least age 14. Until then, new bone is forming at the growth plate (physis), a weak area located at the back of the heel. When there is too much repetitive stress on the growth plate, inflammation can develop.

Ingrown Toenails

Tight shoes or socks, or incorrect nail trimming are the most common cause of ingrown toenails in children, although sometimes the tendency for nails to curve inward is inherited. When the nail breaks the skin, serious infections can result. Parents should never try to dig the nail out at home; treatment by a doctor is advised.

Plantar Wart (Verruca Plantaris)

Warts can develop anywhere on the foot, but typically they appear on the bottom (plantar side) of the foot. Plantar warts, which are caused by the human papilloma virus, the same virus that causes warts on other parts of the body, commonly occur in children and adolescents. These warts grow deep into the skin, and can make walking or standing painful.

Signs of Foot/Ankle Problems

Foot and ankle problems in children often go unnoticed. Signs and symptoms can be subtle, and sometimes children can't explain what's wrong. But it's important to protect growing feet and have problems checked out early.

1. Unable to Keep Up with Peers

If children lag behind in sports or backyard play, it may be because their feet or legs are tired. Fatigue is common when children have flat feet. The muscles in the feet and legs tire easily because the feet are not functioning as well as they should.

2. Withdrawing From Activities Usually Enjoyed

If they are reluctant to participate, it may be due to heel pain — a problem often seen in children between the ages of 8 and 14. Repetitive stress from sports may cause muscle strain and inflammation of the growth plate, a weak area at the back of a child's heel.

3. Don't Want to Show Their Feet

Children may feel pain or notice a change in the appearance of their feet or nails but don't tell their parents because they fear a trip to the doctor's office. Podiatrists encourage parents to make a habit of inspecting their child's feet starting at a young age. Look for any changes such as calluses, growths, skin discoloration, or redness and swelling around the toenails.

4. Frequent Trips and Falls

Repeated clumsiness may be a sign of intoeing, balance problems or neuromuscular conditions.

5. Complaints of Pain

It is never normal for a child to have foot pain. Injuries may seem minor, but if pain or swelling last more than a few days, have your child's foot examined.

A child with any of these signs or symptoms should be promptly examined by a foot and ankle specialist for proper diagnosis and treatment.

