

High School Class December 2020 Update

Legacy Gymnastics can offer "Open Workouts" to our High School gymnasts December 28th - 31st! Gymnasts that missed a class on **November 23rd, 24th and 25th** will receive a make-up in the form of an "Open Workout".

We are also offering additional "Open Workouts" for \$38.00 per time!

Please sign-up here for your "Open Workout"!

<https://www.signupgenius.com/go/30E0E4BAFA72FA7FB6-high>

"Open Workout Format"

During this time, each gymnast will be able to attend High School "Open Workouts" at Legacy! Groups will be small, and athletes will follow a regular rotation schedule to visit all four events. The purpose of this "open workout" time is to get our athletes back on the equipment and ready to begin their High School season on Jan. 4th, 2020. We will be focusing on skill work with the in-gym time. Legacy has designed a schedule for this week that will not exceed the 25% occupancy rule given by the Governor. (Actually, closer to 15%).

NEW RULES that must be followed in order to participate!

1. One of the new rules is that when a gymnast is actively doing gymnastics, they will need to be at least 12ft away from other participants. When they are waiting in line, arriving, and/or departing they will need to be at least 6ft apart, as we have previously been doing.
2. Another new rule is that: athletes will need to wear masks the entire time they work out. We recommend investing in an athletic mask.
3. Enter through the Rec Gym Entrance
4. Exit through the Team Gym Doors
5. Participants will need to follow the new rules in order to participate! We will give a few warnings but if gymnasts will not follow the rules, they will be asked to leave the open workout without any refunds.
6. Once inside Legacy, they should remove their shoes, head to the bathroom to wash their hands, and then place their items in their cubby/locker before reporting directly to their first event. Please arrive 5 minutes early, and no more than 5 minutes early, and please pick-up on time so we can keep groups of athletes separated.

We will continue our hand washing/sanitizing policy and gym cleaning protocols that we have had in place since June. **Spotting will not take place unless it is an emergency at this time.**

We are excited to offer this right before the High School Season! If you have any further questions, please email gymlegacyk@gmail.com.

Happy Holidays! Kari Vaughn & Legacy Staff