

# SURREY GYMNASTICS

## START OF A NEW SEASON



Summer training is quickly coming to an end, and the staff of SGS is excited to begin a new year of training and competition. With so many great achievements for our athletes last season, we can only imagine what great

successes we will see this coming year!

Take a look at pages 2 and 3 for some information about Coach John Carroll, and competitive athlete, Treyson Cerrato.

## AUGUST ISSUE

### IMPORTANT DATES

**Sept 10** - First day of classes for competitive and pre-competitive athletes

**Oct 12** - **NO CLASSES** (Thanksgiving Day)

**Oct 31** – Halloween Day – classes running as normal.

**Sept / Oct** – AGM meeting to take place – date to be announced.

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## Fundraisers

**Proceeds from the following fundraisers will be put towards much needed new equipment for our athletes.**

**Gift Cards** – Cards for coffee, movies, restaurants, grocery stores, and more. Available in a variety of denominations. An easy way to build commitment points. Payment in cash/cheque preferable.

**Know anyone buying or selling a home?** – Dayna Jalbert (SGS parent) of Sutton Realty will donate \$500 to SGS every time an SGS referral leads to the purchase or sale of a home.

Call Dayna at 778-968-1501 or email at [danyarealtor8@gmail.com](mailto:danyarealtor8@gmail.com)  
[www.daynahomes.ca](http://www.daynahomes.ca)

## A SNEAK PEEK AT COACH JOHN CARROLL



John Carroll is the head coach of the SGS Competitive Program. Most often you will see him out in the gym coaching the boys that are training. John has been a member of the SGS staff gang since 1990 (wow, 25 years at SGS!). John was a gymnast himself. Like many of our SGS gymnasts he started to do gymnastics when he was 7 years old. His start in the sport was at the Renfrew Community Center in East Vancouver. As a competitive gymnast, John spent most of his years at the Richmond Boys' Gymnastics Club. The highest achievement for John's 13-year competitive career was placing 6<sup>th</sup> All Around at the 1981 Western Canadian Championships (man this guy is old!). He began coaching at the age of 16, and judging when he was 18.

The first time John attended the Canadian Championships was in 1986 to write his National Level Judging exam. He has not looked back since, attending every Canadian Championships since, either as a judge or a coach. In 1993, John wrote his International Judges exam and has retained that level as a judge ever since. Recently, John judged at his first two World Gymnastics Championships (2013 + 2014). He has also been fortunate to judge at three Pan American Games and three Commonwealth Games. "I recommend getting into judging at an early age and being pretty serious about it right away. For me it has been a great way to see all of Canada and many countries around the world. I have judged on every continent!"

1987 was the first time John saw one of his athletes achieve qualification for the Canadian Championships. Since then he has had many gymnasts qualify for various National Teams and represent Canada at international competitions, both big and small. The biggest stage for an SGS athlete, with John, was Peter Andersen competing at the 2007 Pan American Games in Brazil. The program at SGS is on the younger side in these recent years. John has the passion to work hard with these young guys so they can hopefully, one day, travel with Team BC, or Team Canada, to travel the world, too! "I also see every level of gymnastics achieved by young children as a step in the right direction. At SGS, we try to create indestructible children and future adults for playgrounds everywhere! If it wasn't FUN and serving a PURPOSE, I wouldn't still be doing it!"

## A GLIMPSE AT COMPETITIVE ATHLETE:



### TREYSON CERRATO

Treyson Cerrato is one of the competitive boys at SGS and has been a part of the program since September 2008. Last season, Treyson competed in the Provincial Level 5 category and was crowned the BC Champion for 2015. He went on to the Westerns Canadian Championships and placed 3<sup>rd</sup> All Around, winning gold on the Parallel Bars.

This summer, Treyson qualified for Team BC to the Western Canada Summer Games, where the Team won the Gold medal and Treyson placed 10<sup>th</sup> All Around. Treyson is a grade 9 student at Semiahmoo Secondary, in South Surrey. His long-term goal for gymnastics is to represent Canada internationally.

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## Representing SGS

Many athletes and staff volunteered their time on August 2<sup>nd</sup> to represent SGS at the White Rock Sea Festival Parade. The athletes were a hit as they demonstrated their fabulous skills. Thank you to those families that made an effort to be there on the long weekend!

## Lost and Found

Are you missing anything??

Check the box under the blue bench.

Also, there are numerous water bottles in the first cubby.



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## Care for Hand Tears (or Rips)

In the last newsletter, I wrote on caring for blisters that were not yet opened. This article will deal with the open wound....

**What is a Rip?** If you get a blister during your gymnastics training your coach might allow you to stay off it until it has had a chance to heal. More often than not, a blister forms and tears open all in the same turn. This is what is known as a *Rip*”.

**Different Kinds of Rips?** You have many layers of skin (I think it is something like 12). Depending on the toughness of your skin you can have varying degrees of rip depth:

1. Losing up to possibly 5 layers of skin will leave a pink appearance on your hand where the top skin was. The deeper the rip the more it tends to hurt.
2. Losing more than that can cause some blood to appear. This is when you have a formed a blood blister and it rips right away. It doesn't usually continue to bleed.

Rips can occur on a variety of places on your hands as well. The most common locations are:

- a. the bumps right below where your finger joins your palm
- b. right in the center of your palm
- c. on the inside surface of your thumb where the webbing is
- d. on your wrist (if you wear grips)

**Tolerating the Pain?** Gymnastics is a fun activity. That is why you are doing it. One of the only negative by-products is sore hands. As you spend more years in the gym you get used to these little nuisance pains. As your hands get tougher you don't get them as often. Also, as you get wiser you learn to care for your hands better (see the first article in the series!).

**Caring for the Pink Rip?** First things first... Get rid of any loose skin that is still attached. The best thing to do is let your coach tear it off immediately. Your coach will tear it away from the attached area so it leave a clean finish and it does not tear further. If you have a squeamish coach they may opt for nail clippers, but they are still the best one to deal with the ripped skin. (Sometimes they might ask another coach to tear your ripped skin off).

For the small pink rips the best remedy is to wash your hands off (cleanliness first), put some chalk on it (start the drying process) and let it touch as much as you can stand. All you have really done is exposed some fresh skin that is very sensitive to pressure (in effect 'live' skin). You need to "kill" that skin sensitivity as fast as you can. If you try to protect the area by avoiding contact or covering it up, it will take a few days to a week to feel better. If you get it exposed to as much as you can it will only take one or two days to feel okay. In order to continue training on it get your coach to tape it for the next couple of training days just to ensure it does not get worse. It should be just fine after that.

**Caring for the Red (bloody) Rip?** This care is a bit trickier as there is more pain with a deeper rip. First things first... clean it up. Use soap and water to clean the blood away from the area so your coach can have a clear view of the situation. Dry your hands the best you can. (continued on page 5)

## Care for Hand Tears (or Rips) ...continued

Next, get rid of any loose skin that is still attached. The best thing to do is let your coach deal with it immediately. The rips that bleed tend to have a thicker chunk of skin still holding on. A coach may try to tear (*Amputation just below the elbow is often necessary --- just kidding!!!*)

It might still bleed a bit so taping it up is a good idea just so you don't make a mess of your clothing or the gym equipment. Once you know it is not going to bleed anymore then it should be treated like the pink rip and have as much exposure and chalk as you can handle.

**An Alternate Method?** Many European coaches have told me that the fastest cure for a rip is to urinate on it (when you're in the shower is easiest). Your urine is sterile (for you) and contains proteins/enzymes that will heal the rip faster than just time. I did not know about this method when I was a gymnast. Many of my gymnasts have used this method and say it does work the best.

**Is Your Rip Getting Too Dried Out?** Sometimes the skin can get too dried out and then the rip can start to crack. A crack in your skin can be a greater nuisance than the initial rip. My suggestion to avoid this is:

1. Chalk to dry the initial wound
2. Air dry during the night (don't cover it up)
3. Carry a chapstick (unscented and unflavoured) in your pocket and give your rip a little rub once per class at school.
4. If you do develop a crack in your rip, try some 'Polysporin' on it.

You can buy hand care kits out of gymnastics magazines, online or sometimes from retail booths at competitions. These can be good kits but more or less are just name brands of the stuff I have suggested.

Good luck with your sore hands, I am sure it is a passing phase in your gymnastics career until you know how to care for your hands better.

If you missed them, read my previous articles on *Caring for Calluses* and *Caring for Blisters* in the last two SGS newsletters.

John Carroll

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### HOW TO REACH US

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