



JOIN THE COBB CHALLENGERS BOARD

Now accepting nominations for the following 2020-2021 Cobb Challengers Board of Directors Positions -

- President (2-year term)
- Vice President (1-year term)
- Treasurer (2-year term)
- Secretary (1-year term)

Nominate a Cobb Challengers Member you believe would make a great addition to the Board of Directors.

Electronic Nomination Form link will be emailed to all members on May 18, 2020.

Nominations are due on or before 11:59 PM May 20, 2020!

Join the Board...
Make a Difference

It's that time of the year!!
Nominations for the 2020-2021 Board of Directors - Elected Officers!

The Board of Directors is currently designing a revised nominating process due to our 'stay-at-home' order. On May 18, 2020, you will receive an email detailing the 2020-2021 Nominating and Election Process, inclusive of officer expectations, suggested qualifications, electronic nomination forms, and deadlines.

The following Officer positions are open for nominations -

- President (2-year term)
- Vice President (1-year term)
- Treasurer (2-year term)
- Secretary (1-year term)

If you are interested in joining the Board or you know a Cobb Challengers member you believe would make a great addition to the Board of Directors, please strongly consider nominating them!

Looking for workout ideas? Here are some Tips from the Coaches

Amari

Try to do this at least twice a week if you can!

Jog/ jumping jacks (whatever is easier) in place for 1 min

High knees for 1 min

Then go into a plank (on elbows) for 1 min

Turn over on your back and hold a hollow hold (Arms by our ears) for 1 min

Go back into a plank for 30 seconds

Go back into the hollow hold, hold and rock for 30 seconds

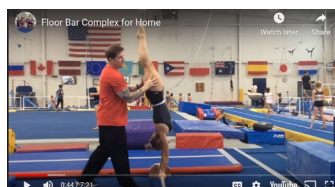
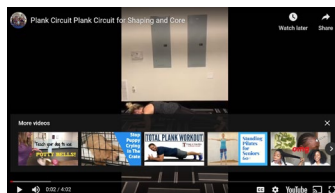
Do 50 cherry pickers(hold in a crunch position and reach side to side) so 25 on each side

Last one :), End with 25 tuck ups, and 25 pike ups.

Make sure we are also stretching regularly to keep those muscles loose

Lorenzo

Coach Lorenzo suggests that the girls do the following Youtube video workouts, click the image.



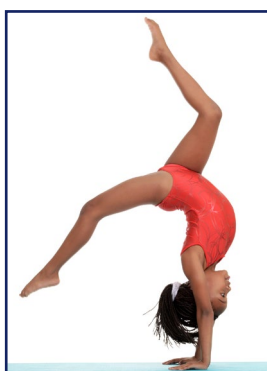
DeAvera

Coach DeAvera suggests that the girls do the following Youtube video workout, click the image.



What have our gymnasts been up to during quarantine?

Please be sure to take pictures and send them to challenger-scobb@gmail.com. We would love to feature them on our Cobb Challengers Gymnastics Newsletter, FaceBook and Instagram pages!



The Coaches

Christophe Voisin, Director, Boys Coach
Lorenzo Fortune (Developmental Team, Optional Team Level 7-10)
DeAvera Todd (Optional Team Level 6)
Stacy Williams (Developmental Team, Xcel Silver, Xcel Gold)
Amari Servick (Xcel Platinum)
Desni Henderson (Xcel Silver, Xcel Gold)
Kailani Oglesby (Developmental Team)

The Board

boardcobbchallengers@gmail.com

Jackie Granston, President
Warren Rouse, Vice President
Elubia Guerra, Secretary
Nicole Bracy, Treasurer
Christophe Voisin, Board Member
Diana Nulty, Non-voting Board Member

Team Parents

OPEN (Xcel Silver, Xcel Gold, Xcel Platinum)
OPEN (Compulsory Level 4, Developmental/Training Team, Gym Star)
Cas Beetles (Optional Level 6-10)
Maureen Sadler, Communications Committee
Alison Shelton, Fundraising Chair

Cobb Challengers Gymnastics Parent Handbook

Click [here](#) to familiarize yourself with the parent handbook.

Interested in joining our Meet Committee??

Cobb Challengers would like to create a committee to plan for our 20/21 meet season. If you are interested in learning more about hosting a meet, learning about the role of the paid Meet Coordinator Position...all while earning volunteer hours, please join our Meet Committee.