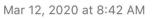




## 2019-2020 SC Gymnastics S







Matt Davis
A couple updates:



updates

-This weekend's meet at Army Will now only be allowed to have immediate family members attend to watch. Sorry if friends or others were looking to go! I need a list by noon time of your family member names that are planning on going!

-Springbreak has been extended a week. Everything should be operating as usual during these non in session times until I hear otherwise.

-I sent an email to parents last night and you with the updates but please let your parents know and keep updating them with the news as well.











**Matt Davis** 



-We definitely need to all keep working as right now we have a season to finish and we also have time to build towards the future. I know people are tired, sore, and mentally drained from school and everything going on. The best thing to do is to continue to use the little time in the gym wisely and even use it as a break from everything else going on in your life. Continue to work hard and we need to keep having fun and push each other each day to keep reaching for our goals! Keep reflecting back and think about what we/you can do better...myself included (and I have) see you all regular time later today...remember to wash your hands!!









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Mar 12, 2020 at 5:29 PM



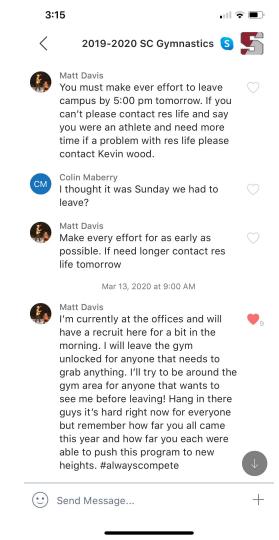
Matt Davis

As promised I will keep you updated...



I wish this wasn't the case but NCAA championships and ECAC Championships has been cancelled. I just heard from Doug that our meet Saturday at Army is cancelled as well. I'm very sorry and feel for all of you.

Please make any travel arrangements as necessary to leave this weekend. If you need to get stuff from the gym I will be around for most of the day tomorrow but we will not have practice either.













2019-2020 SC Gymnastics S

Mar 13, 2020 at 10:01 AM



Jeremy Vera Season may be over but everyone on this team is still family. Stay together through these tough times and we're all here for each other. Don't be afraid to reach out to you brothers. Thank you all for an incredible journey

Mar 13, 2020 at 10:51 AM



Jakarie Williams Much love jerm



Mar 13, 2020 at 11:59 AM



Jack Vollo Love you all, sad what has happened but I am very grateful for the experiences each of you have given me. Go pride fight! Keep in touch!





