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# AUGUST, 2011

# EGA NEWSLETTER

## Visa Championships!



National champions and national teams are determined annually at the Visa Championships. For 2011, the Visa Championships will feature men's and women's gymnastics and rhythmic gymnastics. The four-day competition is scheduled for Aug. 17-20. Men's and women's gymnastics will be staged at Xcel Energy Center, with rhythmic gymnastics at Roy Wilkins Auditorium. The USA Gymnastics National Congress and Trade Show, held at Saint Paul RiverCentre, is the annual gathering of professional members that offers educational and business sessions, a large exhibitors' hall and other business and educational opportunities. The Saint Paul complex played host to the successful 2006 Visa Championships and National Congress and Trade Show. This will be the third time USA Gymnastics' national championships has visited the Twin Cities. For both men and women, the scores from both days of competition count equally for the final competition scores. *The event will have coverage on NBC Sports and Universal Sports.*

### QUOTE:

Gymnasts defy gravity!  
~Unknown

Single-session tickets are on sale now and can be purchased at the Xcel Energy Center

## Mark your calendar

- August 11th:** EGA Open House 3:30-7pm
- August 14th:** EGA Open House 6-7:30pm
- August 17-20:** National Congress Week  
*(No team practice, recreational classes will be held)*
- August 22nd:** Open Registration begins for Fall 1
- August 27th:** Summer Session Ends
- August 29th:** Fall 1 Session Begins
- September 5th:** Closed for Labor Day
- September 11:** Burnsville Fire Muster Parade
- September 16th:** Back to School Sleepover

## Fall Registration and Open House Events at EGA

Current student Priority Registration begins on August 1st. Fall Session classes fill quickly, therefore, we recommend that you to register early in order to ensure you are able to get into your desired class. Open Registration for new and returning students begins on August 15th. As a reminder, the Summer Session ends on August 27th and the Fall 1 Session begins on August 29th.

Please come and bring your friends to one of our fun Open House Events. We will have our bounce house for the kids, tours of our gym, and our coaching staff will be available to meet and answer questions.

## LAST WEEK OF SUMMER CAMP!

**Week 6:** August 22nd – August 26th

*There is still time to register!*  
**Only 5 spots left!!**

### Recreational Camp

9am-1pm or 12pm-4pm  
Ages 5 and Up  
\$139 Half Day Camp  
\$239 Full Day Camp  
2nd Child Discounts: \$10 for 1/2 Day, \$50 for Full Day



### Team Camp

9am-3:30pm  
levels 4 & Up  
\$249  
(\$50 off 2nd team member)

### Open House Events:

**August 11th** 3:30-7:00 pm  
**August 14th** 6:00-7:30 pm



## STUDENT OF THE MONTH:

### Ryan Hietpas



Congratulations to our August Student of the Month, **Ryan Hietpas**. Ryan plans to compete level 4 this season, however, last month he was invited to practice with the level 5 team. Through hard work and perseverance, Ryan has been showing constant improvement. His next gymnastics goal is roundoff-backhandspring.

With his strong focus and determination, we expect him to master this goal soon.

Ryan enjoys all of the events in gymnastics but especially loves the still rings. His outside interests include tennis, legos and dance. He is an inspirational team-mate and an amazing student. He loves gymnastics and hopes to someday become a gymnastics coach at Elite Gymnastics Academy. He will be celebrating his 9th birthday on August 31st! Happy Birthday Ryan, and keep up the great work!



## BOOSTER CLUB



A big thanks to everyone for all their hard work to make our Von Hanson's event a big success. The Booster Club brought in over \$500 in sales and tips!

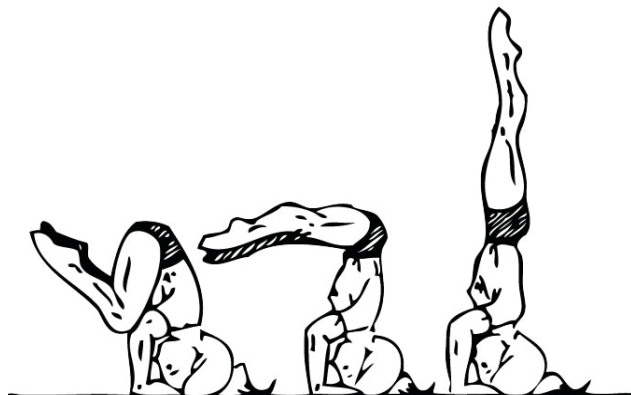
A "bun class" is being offered to those new or old team members needing a lesson, this is the compulsory and Xcel prep optional hair style. The first class will be Friday, August 12th at 5:15 in the lobby. An additional class will be offered in early September for those unable to make the first one.

An All Booster Club meeting will be taking place on Monday, August 29th at 6:00pm at JoJo's Rise & Wine in Burnsville. More details will be emailed out soon.



## Skill of the Month – Headstand

This month's skill is the headstand. A good way to learn a headstand is to first master the tripod. To perform a tripod, gymnasts place their head on the floor with their hands slightly in front. Then they lift up their legs balancing their knees on their elbows. To perform a headstand, gymnasts lift their legs up and together towards the ceiling from the tripod position. To maintain balance, gymnasts must squeeze their stomach, legs and bottom to hold the legs in a slightly hollow body position. At EGA we teach headstands to children as young as 18 months! The headstand teaches body awareness, good form and balancing skills. Mastery of the body position maintained in a headstand is the same as that of a handstand – a foundation skill in the sport of gymnastics.



## OPEN GYM

Every Friday: 9:30-11:30 am & 7:00-9:00 pm

Every Saturday: 12:00-2:00pm

Cost: \$8 for Members, \$10 Non-Members

Use your **EGA Open Gym Bonus Club Card** to earn **FREE** Open Gym Passes!



BURNSVILLE FIRE MUSTER  
PARADE

September 11th, 1-2pm

Join us at the Burnsville Fire Muster Parade on Sunday, September 11th from 1-2pm. Watch for the Parade Information Table which will be located in the lobby beginning August 15th. Sign up to be a participant on our fabulous float where you can show off your gymnastics skills while having a great time! Burnsville Fire Muster is a community-wide celebration that begins on September 7th and runs through September 11th. For a complete list of events, visit their website at: [www.burnsvillefiremuster.com](http://www.burnsvillefiremuster.com).