



DECEMBER, 2011

EGA NEWSLETTER








Winter Break Day Camps

EGA's Day Camps, your child will enjoy structured gymnastics, games, crafts, Open Gym time, and much, much more! Register today by stopping by the front desk or call the gym at 952-882-9012

When: Tuesday, December 27th & Thursday, December 29th, 2011
Time: 9:00am - 1:00pm
Who: Grades K - 12
Cost: \$25, receive \$10 off when you register for both
You know it won't be long before you will start hearing, "we are bored!" over the winter break. So keep them active and off the couch by enrolling them in EGA's Winter Break Day Camps. At

2011 Holiday Gym Schedule

-  The gym will be CLOSED on the following dates: December 24, 25, 31 and January 1st.
-  Open Gym will be held in the morning; 9:30-11:30am, ONLY on Friday, December 23rd and Friday, December 30th. The evening Open Gym will be CANCELLED.
-  Holiday Zumba Hours: Regular classes will be cancelled December 17th through January 2nd. Classes will be held on Wednesday, December 21st and 28th at 6:00pm - 7:00pm The regular Zumba schedule will resume on January 2nd, 2012.
-  NO recreational classes December 18th through January 2nd, Office Hours will be modified over the holidays; December 17th through January 2nd to 9:00am - 6:00pm.
-  Our Winter Session will begin on January 2nd, 2012. If haven't done so already, register soon to ensure your desired class day and time.



Mark Your Calendar

December 17th-18th: Hawaiian Pineapple Meet, Levels 5,6,7,8,9, Chicago, IL
December 17th: Fall 2 Session Ends
December 18th-31: Special Holiday Hours, No recreational classes
December 27th & 29th: Winter Break Day Camps
January 2nd: **Winter Session Begins-Register Today**
January 7th & 8th: Gopher Invitational Meet, Levels 7, 8, 9, University of Minnesota
January 14 & 15: EGA Men's Invitational Meet

Support your EGA Teams, cheer them on at any of the meets!

Recent EGA Meet Results



MN 2nd State Qualifier, mini-hops November 5th-6th

EGA Women's Level 5 Team won 2nd Place All-Around with a score of 108.125
Other highlights include:
Alyse Dees: 1st Place Bars
Sierra Carmello: 1st Place Vault

EGA Women's Level 6 Team won 1st Place All-Around with a score of 111.650

Other highlights include:
Rhea Kholi: 2nd All-Around, 2nd Place Vault
Bailey Davidson: 2nd Place All-Around, 2nd Place Vault, 1st Place Bars, 2nd Place Floor
Elsie Goren: 1st Place Beam
Isabell McCallum: 2nd Place All-Around, 2nd Place Bars, 2nd Place Beam, 1st Place Floor
Claire Tangney: 1st Place Bars

Gym-Nations Gym-Olympics - November 12

EGA Women's Level 4 won 1st Place All-Around with a score of 111.1250
Other highlights include:
Taite Ying Fischer: 1st Place All-Around
Elizabeth Hallum: 3rd Place All-Around

3rd State Qualifier-Spirit Gymnastics - November 20th - 21st

EGA Women's Level 5 won 4th Place All-Around with a score of 106.125

EGA Women's Level 6 Won 3rd Place All-Around with a score of 108.625
Other highlights include:
Claire Tangney: 2nd Place All-Around, 1st Place Bars
Isabelle McCallum: 3rd Place Bars, 3rd Place Beam, 3rd Place Floor
Bailey Davidson: 2nd Place All-Around, 2nd Place Bars, 3rd Place Beam
Rhea Kohli: 2nd Place Vault

Student of the Month: Mikelle Naatjes



We are proud to announce our December Student of the Month is **Mikelle Naatjes**.

Mikelle is currently on our Level 4 competitive team and will soon move up to our Level 5 team. Currently, Mikelle is working on her round-off back handspring. She is a very strong gymnast. Her best events include beam and bars.

Mikelle is a very hard worker. She is quiet and focuses hard on her practice and skills. She is an extremely good team mate and her team respects her for her hard work and talents. Given her enthusiasm, focus and diligence, we are confident that Mikelle will move up to level 5 in the near future. **Congratulations Mikelle!**

2011 Toys for Tots Campaign



Elite Gymnastics Academy is proud to be an official **Toys for Tots Drop-off Site**. Please bring a new, unwrapped toy and drop it off in the box located in our gym lobby through December 16th.

The toys can be for either a girl or a boy up to 16 years of old. Please keep in mind, the older children get overlooked and are anxious to receive a gift during the holidays too. Thank you in advance for helping us support this great organization.

Booster Club News



EGA Booster Club will be selling concessions at the EGA Boys Meet in January. Look for signups end of December/beginning of January.

The Team Banquet is set for May 6th at 4:00pm. More details to follow.

Regular board meeting 6:15 on Decem-

ber 13th, at JoJo's.

Looking for a good holiday gift? Get your Booster Club t-shirt, only \$10! They are black with orange and would **look great at meets!**

Skill of the Month - Back Tuck

The back tuck is a basic skill in gymnastics and is important to learn correctly. To perform the skill, gymnasts jump off of two feet, stretching their arms up to set. The hips come upwards and rotate over the gymnasts' center of gravity in the tuck position. Gymnasts grab both legs directly under the knees and open up to landing position. It is great to learn this skill on trampoline with proper spotting as it gives the necessary height to perform the skill so gymnasts can focus on technique. It is important to keep the head in neutral position and the arms reaching through close to the ears. Back tucks are performed beginning in Level 6 on the floor exercise, as dismounts off bars, beam and various men's apparatus, on the balance beam and on all trampoline and tumbling apparatus. A good backward roll is an essential foundation and progression for the back tuck.



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

***Check Schedule for Special Holiday Hours**



Spotted in the Gym - Katie Hickey



EGA Recreational Coach

Katie is a former member of the Farmington High School Gymnastics Team and has previously coached gymnastics through the Farmington Parks and Recreations Program.

Katie received her B.S. from St. Norbert College in De Pere, WI, and will begin working on Chiropractic training at Northwestern Health Sciences University.

She is excited to share her love of gymnastics as a coach here at EGA!

Fun Fact:

Olympic gymnastics competition for women was first introduced at the 1928 games.

2011 EGA Winter Challenge



The semi-annual EGA Challenge was held on Sunday, December 11th at the gym. All gymnasts enrolled in the EGA Cadets, Pre-Team, and TNT were invited to participate. This year we had nearly 100

gymnasts who participated in two separate sessions.

The event gave gymnasts the opportunity to show off their hard earned skills in front of friends and family in a mock-meet atmosphere while judged by EGA coaches and staff. Each participant was given a trophy and special gift. Thanks to all of those who helped to make this year's event a complete success!



US Gymnastics News

INDIANAPOLIS, Dec. 2, 2011 - 2011 World and U.S. all-around champion Jordyn Wieber of DeWitt, Mich./Gedderts' Twistars USA, is among 12 women nominated for the United States Sports Academy's 2011 Female Athlete of the Year. The 27th annual award is made in conjunction with USA Today and NBC Sports.

Worldwide online voting, which ends at midnight Dec. 24, has begun. To vote for Jordyn Wieber, please visit <http://ussa.edu/ballots/athlete-of-the-year>. The winner will be announced on Christmas Day, Dec. 25. Go to the website and vote now!

In 2010, votes were received at a rate of 12 per second at one point during the process and hundreds of thousands of sports fans from across the world participated. Last year's Male Athlete of the Year was Spain's star soccer player David Villa and the Female Athlete of the Year was South Korea's No. 1 figure skater Yuna Kim.