

Happy Holidays from Elite Gymnastics!



We would like to wish everyone a safe and fulfilling holiday season! We hope you enjoy the company of friends and family and start the New Year off happy and healthy! Fall 2 Session ends December 19th. We will be closed from December 20th-January 3rd! We'll see you back for Winter Session January 4th!

2010 Recreational Winter Challenge

The purpose of EGA's Challenge meets is to introduce our young gymnasts to competition. Our goal is to show them how fun showing what you've learned in a safe, positive, structured atmosphere can be.

All of our gymnasts enrolled in our Cadets and Pre-team programs will learn routines on select events during our Fall 2 Session that they can show to the judges and audience at the Challenge at the end of Winter Session Week 1.

They're all welcome to participate, but you need to get your entry fee and form filled out and returned by December 19th, 2009; the last day of Fall 2 Session.



Our boys will compete on 6 events and our girls on 4 events during the challenge.

Each child will receive a participation award and gift.

Certificates will be awarded for gymnasts taking 1st, 2nd and 3rd place All-Around.

Gymnasts need to come registered and ready to compete on Saturday January at 2:15, we'll be here until around 4:30 and all mom or dad has to do to get you in the door is fill out a registration form for us and pay the \$30 fee BY DECEMBER 19th!

Martin Luther King Day Camp

Spend Martin Luther King Day at EGA! Come in your gym clothes with a healthy bag lunch at 8:00am on January 18th 2010! We have a full day planned with open gym, craft, snack, relay races and lunch time, all squished between a bunch of learning gymnastics! How much more fun could you possibly have? It's \$50 for you Members; and \$60 for any of your Non-Member



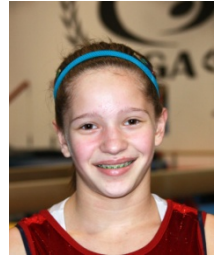
Kindergarten - 12th grade friends will get to hang out until 4:00 or even 5:00 if you're lucky and mom and dad need to sign you up for aftercare for only \$5 more! P.S. you'll save \$5 per each additional child within a family!

Boys Team to Start Competing

Our Level 4 and 5 boys' teams will compete in their first meet of the season December 5th and 6th at Twin City Twisters Peppermint Twist at the Minneapolis Convention Center! The Level 4s will compete on Saturday morning, and the Level 5s on Sunday morning. The following weekend, on Sunday December 13th, our Level 4s and 5s will compete in the same session at the Compulsory Kick-Off at North Shore Gymnastics in Maple Plain, MN. More information is available in the lobby.

Student of the Month – Marisa Anchondo

Marisa Anchondo is on our Level 6 girl's competitive team. She has been at EGA for nearly a year and a half. You may recognize her mom Julee, who has coached classes in our preschool program. Marisa has faced some challenges this season, she hurt her ankle early on and it has been a long healing process. She continues to get stronger as she is staying committed to her 15 hour a week schedule, conditioning her body, and practices the skills and routines she can while accommodating her injury. We are very proud of her dedication and hard work.



We're excited to see her get back out on the competition floor and show everyone how much her conditioning and continued practice has paid off! Marisa is a very friendly member of our team, if you're new to the gym; don't be surprised if her and her friends are the first to welcome you. If her ankle heals in time, she's expected to compete in mid-January at a meet we attend in Iowa. Best of luck Marisa! We're so proud of you!

New Faces in the Gym – Boys Team

Coach Bill Abler

Bill married into gymnastics when he married his wife Julie; an accomplished gymnast and coach, who is also part of our EGA staff.

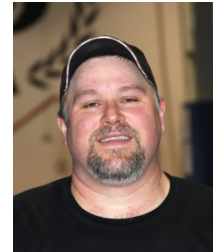
Bill started coaching gymnastics in 2003. He has coached preschool classes up to competitive Men's and Women's Level 7.

Bill is a USAG Professional Member for Men's and Women's professional gymnastics and is USAG Safety Certified as well as being a Certified Trainer and CPR and First Aid Certified.

During his coaching career he has served as a Head Coach/Director as well as Sports Instruction Director and Co-owner of a gym in Kansas. The teams he has coached have produced many great titles, including State and Regional Team titles as well as individual success in State All-Around competition and Regions for a Level 8 gymnast.

Him and his wife have been involved in the bettering of all the gyms they've worked at; not only their climbing ranks as teams and individuals, but the rebuilding of the gym in Kansas after a tornado crushed their building and ate up practice time, and giving kids an opportunity to compete in USAG competition as opposed to competing for the Midwest Amateurs Gymnastics Association.

Bill and Julie's two daughters Sammie and Eva are in our competitive program, and their youngest Catherine joins us for our Tots classes. All of our EGA gymnasts that have been lucky enough to have Bill for a coach since his start here have gained great knowledge and self-discipline. We're happy to have the whole Abler family with us here at EGA!



Calendar:

- December 4-6th: Girls L4, 7-8, Boys L4-5
Peppermint Twist Meet
- December 12-13th: Girls L5-6 State Meet
Boys L4-5 Compulsory Invite Meet
- December 18-20th: Girls L7-8 Holiday Invite Meet
- December 19th: End of Fall 2 Session
- December 20th-January 3rd: CLOSED for the Holidays
- January 4th: Start of Winter Session
- January 9th: Winter Challenge
- January 9-10th: Boys L4-5 Hastings Gymnastics Invite
- January 15th: January Parent's Day Out
- January 16-17th: Girls L4-8 Chow's Invitational in Iowa
- January 18th: Martin Luther King Day Camp



Skill of the month – Mill Circle

A mill circle is one of the only skills in lower level gymnastics where you're allowed to turn your hands "the wrong way". It is a required skill for USA Gymnastics Competitive Level 4. Jack Leonard describes the process below:

1. Gymnast must be on the bar with palms facing forward and desired leg in front. Usually the front leg is the leg in front when a gymnast steps to kick a handstand. Also the gymnast should try to line up the front leg toe to hip to shoulder in a straight line. This will allow a more committed circle.
2. Now...the gymnast should have their back straight and front leg up or parallel to the floor. The back leg should be straight down and the shoulders extended down to keep the body off the bar.
3. Now the gymnast starts to perform a forward circle staying in the body position described. When the gymnast's upper body is level or parallel with the floor...the gymnast should bring their front leg to the back leg....like the two knives on a pair of scissors coming together. The gymnast should not try to catch the body up with the front leg as it performs the scissoring action. The front leg should circle in equal speed away from the upper body. The chin should stay neutral....not come to the chest. The upper body should not hunch over. The shoulders should stay up and square.
4. The ending should be with the gymnast vertical with chin in a neutral position and the legs open. A great ending is tough because of the timing involved. The big challenge is only doing a 360 degree turn and not falling over!

Action Steps for Parents to Protect Your Child and Family during the 2009-2010 Flu Season

From the Centers for Disease Control and Prevention (CDC) Prevention:

1. Children and Parents and Caregivers of Children under the age of 6 months should get vaccinated for seasonal flu and 2009 H1N1 flu when vaccines are available since children under the age of 6 months are too young to be vaccinated due to a higher risk of flu complications
2. Stay home if you or your child is sick for at least 24 hours after there is no longer a fever (100 degrees Fahrenheit or 37.8 degrees Celsius measured by mouth) or signs of a fever (chills, feel very warm, flushed appearance or sweating). Keeping sick children at home means that they keep their viruses to themselves rather than sharing them with others.
3. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing and sneezing. Parents and child care providers should wash the hands of children who cannot yet wash themselves, and closely monitor children who have not yet mastered proper hand hygiene.
4. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands. Teach your children how to do this.

In case of more severe conditions:

1. If a household member is sick, keep all children in the household home from school and early childhood programs for 5 days from the time the first person in the household became sick. Parents should monitor themselves and their children for fever and other symptoms of the flu.
2. Sick members should continue to stay home for 24 hours after symptoms subside.

Symptoms of seasonal flu and 2009 H1N1 flu include fever or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea and vomiting.

EGA Fall Food Drive

Our families collected nearly 340 pounds of canned soups, canned fruit, pancake mix, syrup, peanut butter, jelly, children's snacks such as applesauce cups, crackers, granola bars, and fruit snacks, shampoo, conditioner, deodorant, razors, feminine care items, cooking oil, dish soap, laundry detergent, toilet paper, and diapers during our Fall Food Drive for Burnsville's Community Action Council's Food Shelf! A big thank you goes out to anyone who donated!



Black Friday Camp

Up early, and still full of energy! We had a lot of families take advantage of our Black Friday Camp to get their shopping done, or simply go to work. The kids all had a ton of fun, they had time in the gym, worked on events, along with a little free time! They only took a break for a bite to eat and a Turkey Hanger craft! We hope to see all our campers back for our Martin Luther King Day Camp!



Helpful hints

As you enter the lobby from the cold winter air, along the wall to your right will be a number of flyers that contain a lot of important information that you may find useful over the course of the next year. Be sure and pick up the following:
- "Why Gymnastics?" Benefits of gymnastics fact sheet (Yellow)
- Birthday Party Package fees and accommodations (Infra Red)
- "When do I move up?" Level progression criteria (Lime Green)
- Private Lessons; how to schedule, and why they're beneficial? (Bright Blue)
- Important Dates and Events Calendar including registration, challenge, session, sleepover, party and camp dates for all of 2010 (Blaze Orange)
- Flu Season Information from the Center for Disease Control with all you need to know about symptoms and what to do if infected (Red)
- 2010 Recreational Class and Open Gym Schedule with *NEW* information on the reverse side about Registration and Fees, Make-ups, future Session Dates and Holidays that EGA will be closed (White)
- Upcoming event flyers for happenings listed on the Events Calendar
- Upcoming Meet Information for any competitions that our Boys or Girls Teams will be attending
- Office copies of past newsletters are laminated and kept in the last container for quick access, and you may have found this stacked just below them along with the rest of the copies of the current month's newsletters

EGA Gym Closings due to Weather

Gym closings due to bad weather do not coincide with any school district's closings. If the weather is questionable, and you are concerned we may close, feel free to call to find out prior to coming to the gym.

EGA on Twitter and Facebook

Don't forget follow us on twitter, www.twitter.com/EGABurnsville and keep up to date by adding us on Facebook: "Elite Gymnastics Academy Burnsville, MN"

Open Gym (All ages)

Every Friday: 9:30-11:30am & 7:15-9:00pm, Every Saturday: 12:00-2:00pm
Cost: \$5 for EGA Members, \$7 for Non-Members
Use your EGA Open Gym Bonus Club card to earn Free Open Gym Passes!

NEW! Parent's Day Out

On the third Friday of every month in 2010, parents can drop off their children (ages 3 & up) for Open Gym from 9:30-11:30am and they'll be able to stay until 12:30 for a craft and game time! \$8 for Members, \$12 for Non-Members