



# NOVEMBER, 2011

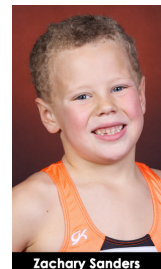
# EGA NEWSLETTER

## EGA to Host 2011 Grassroots Clinic

EGA is proud to be the host of the annual Grass Roots Clinic on Sunday, November 13th. The Grassroots Clinic is a special clinic that the State of Minnesota offers to the top compulsory gymnasts from the 2011 State Championships in an effort to support and grow the MN Men's Gymnastics program. This event gives boys a great incentive to work towards their goals and rewards them for their outstanding achievements. For those boys who qualify, they will attend a specialized program that will be on the same agenda as the National Future Stars Athlete Workshop. The gymnasts who have qualified for this event from Elite Gymnastics Academy include: Gabriel Coleman, Zachary Sanders and Teddy Brunkow. Congratulations boys for your wonderful accomplishments!



Gabriel Coleman



Zachary Sanders



Teddy Brunkow

## RECENT EGA MEET RESULTS

### LEGACY FALL INVITE OCTOBER 14-16

**EGA Women's Level 4 Team won 1st Place All-Around with a score of 108.975**

*Other highlights include:*

**Marissa Kieser:** 1st Place All-Around, 1st Place Bars, 1st Place Beam, 2nd Place Floor

**Tate Ying Fischer:** 2nd Place All-Around, 2nd Place Beam,

**Elizabeth Hallum:** 3rd Place All-Around, 2nd Place Vault

**Elodie Prew:** 3rd Place Floor

**Kelly Hilton:** 1st Place Floor

**Sophia Gachne:** 2nd Place Bars



**EGA Women's Level 5 Team won 2nd Place All-Around with a score of 105.625**

*Other highlights include:*

**Sierra Carmello:** 2nd Place Vault

**EGA Women's Level 6 Team won 2nd Place All-Around with a score of 108.250**

*Other highlights include:*

**Bailey Davidson:** 2nd Place All-Around, 3rd Place Bars, 3rd Place Floor

### GHOST & GHOBLIN MEET, OCTOBER 29TH

**EGA Women's Level 4 won 2nd Place All-Around with a score of 110.650**

*Other highlights include:*

**Tate Ying Fischer:** 2nd Place All-Around, 2nd Place Beam, 2nd Place Floor

**Elodie Prew:** 1st Place Beam, 2nd Place Floor

**Sophie Gachne:** 3rd Place Floor

## WINTER CHALLENGE REMINDER

The deadline for registration for the annual EGA Winter Challenge is Saturday, November 19th. This is a fun event for EGA gymnasts in Cadets Girls & Boys, Beginners through Level 3A, Boys & Girls Pre-Teams and Trampoline & Tumbling Levels 1-4. Gymnasts will perform routines on each event in front of judges and an audience. Each child will receive a trophy and gift. **REGISTER TODAY!**



## November Student of the Month: ISAAC CONRAD



We are happy to announce the November Student of the Month is **Isaac Conrad**.

Isaac joined EGA in February of 2011 as a Level 4 gymnast. He started gymnastics at the age of 12 and has progressed quickly mastering his skills. He is now competing as Level 5 and hopes to be competing at Level 6 by the end of the season. With his level of diligence and hard work ethic, his coaches are optimistic he will soon reach his goal.

Isaac is extremely dedicated to gymnastics and displays enthusiasm and determination at each and every practice. His positive attitude and calm demeanor represents the perfect role model for EGA's younger gymnasts.

## Mark your calendar

**November 12-13: Team Meet (Level 4)** Gym Olympics, Hosted by Gym Nation, Buffalo High School, 877 Bison Rd, Buffalo, MN

**November 19-20: Team Meet (Levels 5&6)**, 3rd Qualifier, Hosted by Spirit Gymnastics, 1536 Hewitt Ave, St. Paul

**November 21st:** Booster Club Plant Pick-Up

**November 24th: Closed for Thanksgiving**

**November 25th:** Black Friday Camp

**November 28th:** Current/Priority Student Registration

**December 2-4: Team Meet (Levels 4, 7, 8, 9, Prep-Op)** Peppermint Twist, hosted by Twin City Twisters; held at MN Convention Center, 301 Second Ave So, Minneapolis, MN 55403

**December 12th:** New/Returning Student Registration

**December 11th:** Winter Challenge (No Open Gym)

**December 17th:** Fall 2 Session Ends

**December 18th-31:** Closed for the Holidays

**January 2nd:** Winter Session Begins

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

## BLACK FRIDAY DAY CAMP

Get your shopping done while your child has fun!

**When:** Friday, November 25th  
**Time:** 8:00 am - Noon  
**Who:** Grades K - 12  
**Cost:** \$30 for EGA Members, \$35 for Non-Members

Structured gymnastics, Open Gym time, crafts and much more! **Register today by calling the gym at 952-882-9012.**

### Spotted in the Gym: Emma Waffenschmidt EGA Recreational Coach



Emma is from Holmen, WI, and is currently in her 4th year at the University of Minnesota studying Kinesiology (Pre-Physical Therapy). She is a Sports Medicine Intern with the Golden Gophers men's hockey team. Emma's gymnastics background includes:

**Varsity High School Gymnastics:**  
 2 time Team State Champions,  
 Conference Sportsmanship Award, 2 time Conference Gymnast of the Year

#### Club Gymnastics:

- Completed USAG Levels 4-8. Competed AAU and twice AAU Nationals
- University of Minnesota Gymnastics Club
- Member for approximately 2 years
- Fun Facts:** She LOVES the Green Bay Packers, running, coffee, reading and traveling. Her favorite event was the floor and favorite part of coaching is seeing gymnasts grow as athletes and as exceptional people.

## 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!

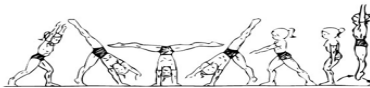
#### Quote:

*The future belongs to those who believe in the beauty of their dreams.*

~Eleanor Roosevelt

#### Skill of the Month: Cartwheel Forward

Start the cartwheel in lunge position. Kick legs straight and over performing a sideways cartwheel turning the second hand inward. Finish landing on one foot bringing the second foot inward to land with both feet together. Finish arms straight, standing tall. The cartwheel forward is a progression skill before learning the round-off. More advanced skills include cartwheel to back handspring and round-off back handspring.



**ZUMBA**  
 fitness

### Zumba at EGA

Effective immediately, the Monday evening Zumba class has been **canceled**.

Please join us at one of our other popular Zumba class times:

**Monday Morning:** 9:30am-10:30am

**Wednesday & Thursday Evenings:**  
 7:30pm-8:30pm

**Saturday Morning:** 7:45am-8:45am

Affordable punch cards are available at the front desk!

**Zumba Playgroup** for children ages 3 and up is available on Thursday evenings for just \$5 per child. Reservations required one day in advance. Call the gym at 952-882-9012.

## 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 which will be located in our gym lobby beginning November 19 through December 18th.

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:

The holiday plant sale delivery date is **Monday, November 21st, 5-8pm**. Please make arrangements to pick up your plants on this date.

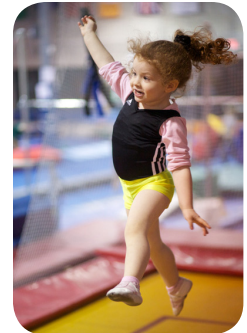
The Booster Club will be selling concessions at the Winter Challenge. Watch for the sign-up towards the end of November. Look for **"Restaurant Nights"**, more details coming soon!



### Health Benefits of Gymnastics

Gymnastics is a fantastic sport for children to begin at a young age. With child obesity is at an all time high; **13%** of adolescents in the US, it is important to start with healthy habits at a young age. While most of the benefits are physical, there many that effect the emotional and mental development as well. Here are a few benefits your child will gain through their involvement in this wonderful sport:

- Hard work ethic
- Determination
- Fitness
- Confidence
- Flexibility
- Coordination
- Strength
- Discipline
- Balance
- Increased Core Strength



All of these are great characteristics to have. If you want your children to learn or achieve any of these, gymnastics is the perfect sport!