



### 30<sup>th</sup> Anniversary Burnsville Fire Muster Parade

It was a long day and a long parade, but we all had a lot of fun! The team girls learned a new parade dance, and we were lead by the newly wrapped EGA minivan. Everyone did a great job of showing what they can do whether on the float or in the street; dancing, swinging and tumbling. Thank you to everyone who spent the day watching the parade, walked along with us, or just made sure your child came to participate! We hope to have all our future parades work out as great as this one! High-resolution pictures of the event available at <http://www.flickr.com/groups/elite-gymnastics/>

### Girl's Team First Meet a Great Success!



We would like to send out congratulations to all of our level 4, 5, and 6 girls that competed on Saturday September 19<sup>th</sup> at their first meet of the season. The girls truly shined, (that hard work in the gym really pays off) all three levels of our EGA team that competed took FIRST place!

Our Level 4 won with a total team score of 107.55, our Level 5 with a total team score of 105.1 and our Level 6 with a total team score of 107.8! Consistent individual event scores are what make taking first possible! We have a few girls that received scores high enough to be able to

write their names in our 9.0 and 9.5 club! Way to go girls! What a great way to start out the season! You can see their trophies displayed in the lobby.

### Cold and Flu Season Precautions

Cold and Flu Season is approaching, children are going to be exposed to many more germs now that they are back to school, and the weather is getting cooler. In an effort to keep all of our students and staff healthy, we are requesting that any child who is experiencing symptoms of a cold or the flu should not attend class for the day. Our facility is in many ways similar to a school; we ask that you use the same discretion for sending your child to their gymnastics class as you would sending them to school. In the event of cold or flu symptoms, please call to let us know of the absence, and schedule a makeup either right away or when your child is feeling better. Please be sure and increase hand washings and take advantage of using our hand sanitizer near the door when you arrive and leave, and when entering the gym to the left of the viewing area when coming to and from class. Everyone's health thanks you in advance for your cooperation!

### EGA on Twitter and Facebook

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

### Parking Lot Safety:

It's getting to be later in the year and its getting dark more early in the night. By the middle of December, it will be dark before any of us get to EGA for the evening. It is very important that all parents use caution when driving through the parking lot, and be sure to turn on their lights so you can be seen by little ones being led by their parents into and out of the building. Safety is everyone's responsibility.

In addition to safety, there is another important thing to watch for in the parking lot, and it involves being respectful of other customer's property. In recent months we have heard of multiple cases of "door dings" otherwise known as small dents along the side of a vehicle due to being hit by an opening door on an adjacent vehicle. Door dings are costly and at times hard, to fix. Please teach your children to respect the presence of other vehicles, and if required, open and close doors for your child when you arrive and leave until they understand why, and learn to, open them properly and respectfully.

### Calendar:

- October 3<sup>rd</sup> & 4<sup>th</sup>: Girls Team 1<sup>st</sup> Qualifier Meet
- October 10<sup>th</sup>: Girls Team Harvest Invite Meet
- October 15<sup>th</sup> & 16<sup>th</sup>: MEA Day Camp 8am-5pm
- October 23<sup>rd</sup>-25<sup>th</sup>: Girls Team Thriller Meet Sioux Falls
- October 24<sup>th</sup>: Last Day of Fall 1 Session
- October 26<sup>th</sup>: First Day of Fall 2 Session
- October 30<sup>th</sup>-31<sup>st</sup>: Halloween Sleepover 7pm-8am
- November 26<sup>th</sup>: Gym Closed for Thanksgiving
- November 27<sup>th</sup>: Black Friday Camp 8am-Noon

### Join us!

Come support our competitive Girls Team Levels 4, 5 and 6 at their upcoming meets listed above in this month's calendar.

Specific meet information including the times at which specific levels will be competing will be posted in the lobby along the wall by the front door as it becomes available.

Level 4 girls will compete in 9 meets between September and March  
Level 5 & 6 girls will compete in 10 meets from September to March  
Level 7 & 8 girls will compete in 7 meets from December to March  
Level 4 & 5 boys will compete in 10 meets from December to March  
Please join us in cheering on our team, they all work so hard!

## MEA Day Camp

**KIDS:** No school for two days!? Don't want to go to daycare or spend the day at your grandparents? Why not come to EGA? Invite your friends to join you at EGA's MEA Camp! You and your friends will enjoy open gym, a fun Fall craft, structured lessons on events, and a snack!

**PARENTS:** Your kids have two days off school, your daycare provider is going out of town, you don't want your kids to sit at home and play videogames, and you have to work... here's an option; sign them up for EGA's MEA Camp, a full day camp, perfect for parents with a full time job.

# NO SCHOOL!

Join us Thursday, Oct. 15<sup>th</sup> and/or Friday, Oct. 16<sup>th</sup> from 8:00am-4:00pm! Aftercare in the lobby is available from 4-5pm for an additional \$5 per child.

Cost: One day: \$50 for EGA Members, \$60 for Non-members, \$5 off each additional child within a family

Both days: \$90 for EGA Members, \$100 for Non-members, \$5 off each additional child within a family

## Halloween Sleepover

**KIDS:** Want to have an extra night of Trick-or-Treating and Halloween fun!? Invite your friends to join you at EGA's Halloween Sleepover! You and your friends will enjoy open gym, a fun Halloween craft, bobbing for apples, a haunted house, costume contest, trick-or-treating, and TV/movie time.

**PARENTS:** Want to bring the kids somewhere fun, and active that's less expensive than a babysitter so you can fit in one more costume party Halloween weekend? Drop them off at EGA for Open Gym ready to have some Halloween fun of their own and wake up in the morning to your own alarm to come greet your tired children, and bring them home in their PJs.

Join us Friday, October 30<sup>th</sup> at 7:00pm until 8:00am Saturday, October 31<sup>st</sup>!

Cost: \$30 for EGA Members, \$35 for Non-members, \$5 off each additional child within a family.



## Skill of the month – Relevé

Relevé can be a hard word to say for some people, but what it means is very easy and quite common in the sport of gymnastics. EGA students practice relevé in their warm-up on floor, and during their lesson on beam. There is also a chance they practice it on occasion at home, or school without even knowing it. Relevé is a French term from the art of Ballet that refers to when you rise up from flat feet to high on toes. So when you're trying to peak over the counter to see what's for dinner at home, or reach something on top of your locker at school or you're trying to make yourself taller when you get measured at the doctor's office you're practicing relevé. At gymnastics you walk on your toes during your warm-up on floor, and down the beam, you also stand on toes to do turns on the beam, and grab the bars when they are higher than your reach. You see, relevé is so common you probably didn't even know there was a name for it! Next time you see one of your friends or family members rising up on their toes, you can impress them by telling them they might not know it but they're practicing relevé!



## Student of the Month – Courtney Spang

Courtney is a level 7 gymnast at Elite, and has been with us since early 2009. She always has a positive attitude, and it reflects well towards her teammates. Courtney is a hard worker, and is always accepting to corrections and often asks questions on how she can make a skill she is working on better. She is currently learning her new floor routine and is working hard to perfect her skills for her first meet in early December. Good luck Courtney, we're proud of you!



## Black Friday Camp

**KIDS:** Another day off school for Thanksgiving break? Why not spend it at EGA? Invite your friends to join you at EGA's Black Friday Day-Camp! You and your friends will enjoy open gym, a fun Thanksgiving craft, structured lessons on events, and a snack!

**PARENTS:** Need somewhere to take your kids while you get all your Christmas shopping done, and get it done fast? Is your daycare provider out of town? Can't find a babysitter, and Grandma wants to spend the day shopping too? Bring your kids to EGA for fun and learning so you can shop 'til you drop!



Join us Friday November 27<sup>th</sup> from 8:00am-12:00pm!

Cost: \$25 for EGA Members, \$30 for Non-members, \$5 off each additional child within a family

EGA is located:

3.5 miles from Burnsville Center (Hwy 13 west, 35W south, exit County 42)

7 miles from Mall of America (Hwy 13 east, Hwy 77 north, exit Killebrew Drive)

7.5 miles from Southtown (Hwy 13 west, 35W north, exit 82<sup>nd</sup> St)

10.5 miles from Southdale (Hwy 13 west, 35W north, 494 west, exit France Ave)

14.5 miles from Eden Prairie Center (Hwy 13 west, 35W north, 494 west, exit Prairie Center Drive)

Chances are, we're on your way to many of these malls, or we aren't too far out of your way to start your shopping when stores open in the wee hours of the morning, and drop your children off at 8am on your way to another mall!

## 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

## EGA Open Gym Bonus Club

If you're a frequent EGA Open Gym visitor, stop by the front desk and get an EGA Open Gym Bonus Club card. After 5 visits you'll earn a Free Open Gym Pass, and after 10 visits, you'll earn a Free EGA t-shirt!

## EGA Current Promotions:

- Refer your friends and receive a \$15 gift card for each enrolled member
- Register for two sessions and receive a Free EGA T-shirt. (\$15 value)
- Register for three sessions – No registration fee
- Register for entire year (6 sessions) receive a session free (\$129 value)