

Summer Camp

Summer is almost here, and what better way to keep your kids occupied during the day, but to bring them to EGA for some structured fun and activity! We're offering 8 weeks of Recreational and Team camp in 2010, two weeks on, one week off starting June 14th. Check your schedules and sign up early to receive 10% off tuition paid in full by May 1st!

- Week 1:** June 14th-June 18th
- Week 2:** June 21st-June 25th
- Week 3:** July 5th-July 9th
- Week 4:** July 12th-July 16th
- Week 5:** July 26th-July 30th
- Week 6:** August 2nd-August 6th
- Week 7:** August 16th-August 20th
- Week 8:** August 23rd-August 27th

Recreational Camp

Time: 9:00am-1:00pm/12:00pm-4:00pm
 Ages: 5 and up
 Price: \$139 per child half day week Second child \$10 off
 \$239 per child full day week Second child \$50 off
 Non-Refundable Deposit: \$50



Schedule:

Warm-up: 9-9:30am
 Gymnastics events: 9:30-10am
 Snack: 10-10:15am
 Gym Games: 10:15-10:45am
 Open Gym: 10:45-11:45am
 Lunch and Craft: 11:45am-1:15pm
 Quick warm-up: 1:15-1:45pm
 Gymnastics Events: 1:45-2:15pm
 Relay Races: 2:15-2:45pm
 Snack: 2:45-3pm
 Open Gym: 3-4pm
 Aftercare in Lobby: 4-5pm
 (For an additional \$5 per child per day)

Team Camp

Time: 9:00am-3:00pm
 Students: Level 4 & up
 Price: \$229 (Second team member \$50 off)
 Non-Refundable Deposit: \$50



Schedule:

Warm-up: 9-9:30am
 Practice 1: 9:30-11:30am
 Lunch Time: 11:30am-12pm
 Crafts, Rest or Movie: 12-1pm
 Practice 2: 1-3pm

Please bring your child in gym clothes, with a bag lunch. A snack and craft will be provided each day by EGA. If you have any questions, or would like to sign your child up please stop by the front desk or give us a call! Thank you! -EGA

Spring 2 Session Starts April 26th

Priority Registration begins April 5th for returning students and on April 19th for new students. As you probably noticed our club's popularity is rising and this has resulted in classes filling up, and more quickly. This is great for our programs, but since we are strictly committed to small class sizes, availability may be an issue if you don't act quickly. Keep a second choice in mind, not only for the regular class but as a make-up day in case of missed classes throughout the session due to vacation or illness. We would like to continue to offer unlimited make-ups during the sessions, however in the event a make-up can't be scheduled; we appreciate your gracious acceptance of a Free Open Gym Pass for the missed class. Please be proactive about registering for next session, and be sure to take advantage of Priority Registration, a time where only current students can re-register!

Level 4 Boys are 2010 State Champions!



Congratulations to our Level 4 Boys for taking 1st place at the Minnesota State Championships with a score of 267.1 Ethan Horner placing second in his age group all-around with a score of 84.4 and Maxwell Parker placing third in his age group all-around with a score of 88.0 became members of the Minnesota Level 4 Team as they were rated among the top five gymnasts in the primary age group of the USAG Men's Junior Olympic Program. Douglas Robinson placed second all-around in his age group with a score of 90.0. We had many individual event champions: Ethan Horner took first on Floor with a 15.0 and Douglas Robinson took first place on Vault and Parallel Bars with a score of 15.3. The Minnesota State Championship was the final competition for Level 4 completing their competitive season. We will be posting their amazing team and individual accomplishment summaries soon.

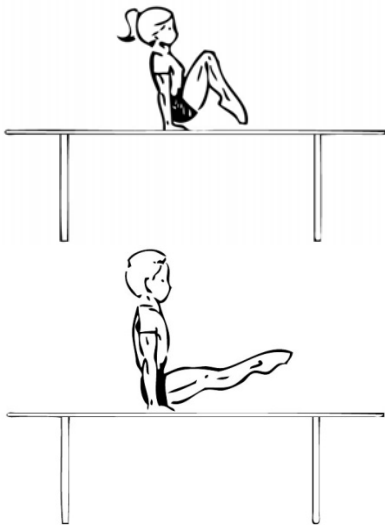
Level 5 Boys took 2nd place in the Minnesota State Championships with a score of 270.3. Alexander Meger, Eli Parker and Tre Thomas qualified to become members of the Minnesota Level 5 Team in the primary age group. Our individual event champions were: Tre Thomas taking first place on Pommel Horse with a 15.4 and High Bar with a 15.3, Eli Parker taking first place on Vault with a 15.1 and Parallel Bars with a 15.2, Brandon Kaas taking first on Floor with a 15.0 and Vault with a 15.4, and Cassidy Johnson-Lent taking first on Parallel Bars with a 14.5. Our Level 5 Boys will be competing at the Regional Championships against teams from Five States. It will be their final meet in season 2009-2010. We wish them luck.

Level 7 Girls placed Sixth in State

Congratulations to our level 7 team for placing sixth out of 26 teams at the Minnesota State Meet with a score of 111.625. Jessa Justen took home the Gold in her age group for All-Around with a score of 36.975, Bars with a score of 9.25 and Beam with a score of 9.275. Rebekah Nelson placed first in her age group on Floor with a score of 9.425. What a great way to end the season! We are very proud of their accomplishments, and wish our new level 7 team and the Level 7's moving up to Level 8 good luck in the upcoming year!

Calendar:

- April 3rd: Easter Party
- April 4th: CLOSED EASTER
- April 11th: Men's Regional Championships
- April 24th: Last Day of Spring 1 Session
- April 26th: First Day of Spring 2 Session
- May 8th: Mother's Day Party
- May 31st: CLOSED MEMORIAL DAY
- June 5th: Summer Challenge
- June 14th-18th: Summer Camp Week 1
- June 19th: Father's Day Party
- June 19th: Last Day of Spring 2 Session
- June 21st: First Day of Summer Session
- June 21st-25th: Summer Camp Week 2



Skill of the month – Tuck hold/L-hold

This month's skills are done on the parallel bars. The parallel bars are typically an apparatus used in men's gymnastics but it serves a great purpose for conditioning as well. Tuck and L holds are done in almost every class at Elite Gymnastics. The team members use tuck and L holds as a conditioning exercise and recreational boys and girls practice them during their time on bars. Men's gymnastics uses the holds in their routines as skills and girls use them to work their muscles in order to enable them to do skills on other events including beam and bars. Both holds are done with one hand on either bar, with tight arms, an upright body and your legs and toes entirely above the bars.

The Tuck Hold (top picture) is done with the legs bent and knees pointed towards the ceiling. It works muscles in the arms, chest, shoulders, stomach and legs. Chest needs to be up, toes pointed, and legs tucked tightly into your body. It is not an easy task and being able to hold it for more than 10 seconds is a big deal!

The L-hold (bottom picture) is done the same way as the tuck hold except your legs are held straight out in front of you in a pike position. It uses the same muscles, besides requiring A LOT more core strength in your stomach to be able to hold your toes above the bar. Chest should be up, toes pointed, and legs together. This exercise is far more difficult than the tuck sit and requires more practice and strength. Holding it for 5 seconds is an excellent feat!

Once you have mastered these skills as pictured, you can practice the tuck sit and utilize more muscles by raising your backside into the air, looking down at the ground and holding yourself above the bars with more weight on the backside of your body. The L-hold can be made harder by trying to bring your toes higher into the air while bringing your legs closer to your body.

When your strength is great, and you've practice this many times, you can try to hold them on the floor!

Student of the Month – Bailey Davidson

Bailey competed the 2009-2010 season as a Level 4, she finished her season at the Level 4 State Meet Invitational placing First All-Around with a 37.425, earning her a star on the "Wall of Champions". Her name has also graced the 9.0 club several times this season! We're so proud of Bailey; she works very hard and has a great attitude about gymnastics! She will be moving up to our Level 5 team, with plans to compete the 2010-2011 season as a Level 5! Bailey has been with us for just over a year; she started in early March of 2009 and has already showed us how valuable she is to our team! Along with her teammates, the Level 4 team placed 1st at the majority of their meets this season! We hope she continues to work hard throughout the summer and we are excited to see what she can do in Level 5 next fall!



Summer 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 Spring 2 Session that they can show to the judges and audience at the Challenge at the end of Spring 2 Session Week 6.

They're all welcome to participate, but you need to get your entry fee and form filled out and returned by May 22nd,



2010; the last day of week 4 of Spring 2 Session.

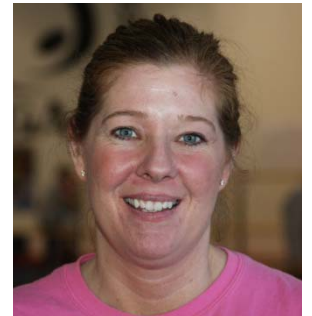
Our boys will compete on 6 events and our girls on 4 events during the challenge. Each child will receive a participation award and gift.

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, June 5th 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 MAY 22nd! Anyone showing up to the meet not pre-registered will not be able to compete, no exceptions!

Faces in the Gym - Karen Lind

Several months ago we failed to mention our new Recreational Program coach Karen and we would like to correct this mistake in this issue so please, meet Karen Lind. You'll find Karen teaching Tots classes 4 days a week, she also spends another 2 days here with her two daughters, Haley, age 11 and Maddie age 16 who are on our competitive team. The younger of the two is a level 6, and the older, a level 8. Karen is very passionate about gymnastics, and loves working with children. She has a degree in Early Childhood development and spent 10 years as the lead preschool teacher at New Horizons. She is First Aid and CPR trained and competed on her High School gymnastics team. The Lind family stays actively involved in EGA club functions such as parades and other special events. She spent the last EGA competitive Booster Club period as their Director of Fundraising and will take on the role of Vice President this May. We are very grateful and fortunate to have the Lind's at EGA.



Mother's Day Party!

Join us after open gym for a snack and to make a craft to bring home to Mom for Mother's Day! Members and Non-members alike have come to enjoy later open gym one Saturday a month with a snack break, and the option to be a little creative.

All ages are welcome to get in on the fun Saturday, May 8th 2010 from Noon to 3:00pm. Watch for a flyer to be sent home the first week of Spring 2 Session (It starts April 26th)!

\$7 for EGA Members, \$10 Non-members including Open Gym



St. Patrick's Day Party Testimonial

Submitted by Renee Maiz, 2 children at EGA, member since 2007:

"Great party! My girls, Vicki and Abbey enjoyed the extra gym time, craft and snack. ☺ They had a lot of fun, and it was a good value for mom!"

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

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!