



OCTOBER, 2011 EGA NEWSLETTER



MEA Day Camps!
October 20-21st
 8am - 4pm



After care is available from 4-5pm for an additional \$5 per day per child

Come and have a great time with us while school is out over MEA! Gymnastics, Open Gym, Crafts, Snacks and much more! Register early, space is limited for this popular camp!

Cost: \$90 for EGA Members for both days, \$100 for non-members
 \$50 per day for EGA Members, \$60 per day for non-members

Stop by the front desk or call today to register at 952-882-9012

Mark your calendar

- October 17:** New/Returning Student Registration
- October 20-21:** MEA Camp
- October 22:** Fall 1 Session Ends
- October 24:** Fall 2 Session Begins
- October 28th:** Halloween Sleepover
- November 25th:** Black Friday Camp
- December 10th:** Winter Challenge (No Open Gym)

Last week for Priority Registration!

Priority Registration runs through October 22nd. Register as soon as possible to obtain a spot in your desired class and time before the classes fill. This is our most popular session, therefore, classes will fill quickly. Registration for New and Returning students opens on October 22nd.

Fall 2 Session begins on October 24th



Halloween Sleepover!

October 28th

Drop-off 7:00pm
 Pick-Up 8:00am

Bobbing for Apples, Trick-O-Treating,
 Haunted House, Crafts, Costume Contest,
 Open Gym

Grades: K - 12

Cost: \$30 for EGA Members
 \$35 for Non-Members

\$5 off each additional child within a family.



Come in gym clothes, pack pj's, sleeping bag, toothbrush and bring a snack size bag of candy to share.

October Student of the Month:

Jaime Kimble



Congratulations to the October Student of the Month; Jaime Kimble. Jaime is a Level 7 gymnast who recently joined our Elite's Finest Program which now enables her to practice 25 hours per week. She has progressed very quickly since joining this program.

Jaime's hardworking personality and good attitude has led to her success. Her beam routine is beautiful and her bar routine is great! Jaime is a very kind, caring and loving teammate. She is a wonderful role model for our recreational gymnasts and an inspiration to her team.

We look forward to watching Jaime grow and advance in her skills and we are excited for another successful meet season! Thanks for your enthusiasm, Jaime, and keep up the hard work!



BOOSTER CLUB



Pizza sales have resumed. The sign-up sheet to sell pizza is on the Booster Club bulletin board.

Our **Holiday Plant Sale** has begun and will run through October 24th and pick up will be the Monday before Thanksgiving. If you are a recreational family and would like to order poinsettias or wreaths please email Amy at: ajtangney@msn.com, proceeds benefit the EGA Booster Club. For team families, order forms were emailed or can be found in the front of the filing cabinet.

Skill of the Month:

Handstand Forward Roll

This month's skill is the handstand forward roll. To perform a handstand forward roll, gymnasts start in the lunge position with their strong leg in front. Next, they kick to handstand position squeezing the legs together with arms shoulder width apart. After holding the handstand position, they lean slightly and tuck the head to roll forward. Lastly, they grab the tuck position and stand to finish position. The handstand forward roll is a basic tumbling skill performed in many routines. This skill requires excellent shoulder strength and tight body position. Once a gymnast has mastered this skill they are ready to learn more advanced skills like the dive roll and front handspring.



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:

Go confidently in the direction of your dreams.

Live the life that you have imagined.

~Henry David Thoreau

Support your EGA Teams!

Bring your family to one of the upcoming meets and cheer on your EGA family; competitive team gymnasts. Recreational families are welcome to come to any meet. Meets are very exciting and the EGA gymnasts would love your support!

Upcoming Meets:

Legacy Invitational, October 15-16. Girls Levels 5 & 6. Legacy Gymnastics; 14785 Martin Drive, Eden Prairie, MN

Ghost & Ghoblin Meet, October 29-30, Girls Level 4, Flyaways Gold Gym; 255 7th Avenue, Forest Lake, MN

2nd State Qualifier, November 5-6, Girls Levels 5 & 6, Hosted by Mini-Hops, held at Jefferson Senior High School, Bloomington

Meet Results

Great Northern Invitational, September 18th

Elite Gymnastics Academy Level 5 1st Place All-Around

Other highlights include:

Adriana Johnson: 1st Place All-Around, 3rd Place Vault

Sierra Carmello: 3rd Place Floor

Lexis Frederick: 1st Place All-Around, 1st Place Floor, 2nd Place Beam

Emmalyn Dickerson: 2nd Place Vault

Alyse Dees: 2nd Place All-Around, 1st Place Bars, 1st Place Floor

Elite Gymnastics Academy Level 6 1st Place All-Around

Other highlights include:

Elsie Goren: 1st Place All-Around, 3rd Place Beam, 3rd Place Floor

Isabell McCallum: 3rd Place All-Around, 1st Place Beam

Bailey Davidson: 1st Place All-Around, 1st Place Bars, 1st Place Beam

Rhea Kohli: 3rd Place All-Around, 2nd Place Vault, 3rd Place Bars

Ashley Swanson: 3rd Place Bars

Flips Fall Hoe Down, September 24-25

Elite Gymnastics Academy Level 4 1st Place All-Around

Other highlights include:

Sophia Gachne: 2nd Place Floor

Elodie Prew: 1st Place All-Around, 1st Place Vault, 2nd Place Beam, 1st Place Floor

Marissa Keiser: 2nd Place All-Around, 3rd Place Bars, 3rd Place Beam

Courtney Tallos: 3rd Place All-Around

Taite Ying: 1st Place Beam, 3rd Place Vault, 3rd Place Floor

Jocelyn Rowe: 2nd Place Vault, 2nd Place Bars,

1st Qualifier - Northshore Gymnastics, October 2nd

Elite Gymnastics Academy Level 5 2nd Place All-Around

Other highlights include:

Alyse Dees: 1st Place Bars

Sierra Carmello: 3rd Place Vault, 3rd Place Floor

Elite Gymnastics Academy Level 6 1st Place All-Around

Other highlights include:

Bailey Davidson: 1st Place All-Around, 1st Place Vault, 1st Place Bars, 3rd Place Beam, 3rd Place Floor

Elsie Goren: 2nd Place Beam

Sara Sabri: 2nd Place Vault

Rhea Kohli: 3rd Place All-Around, 3rd Place Vault, 3rd Place Bars

