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# SEPTEMBER, 2011 EGA NEWSLETTER

## Back to School Sleepover

Do you want to extend the summer fun now that school has begun? Come to the annual EGA Back to School Sleepover and bring your friends too! You will enjoy Open Gym, a fun back-to-school craft, a late-night snack and movie time.



**When:** Friday, September 16th  
**Time:** Drop-off at 7pm, Pick-up at 8am (Saturday)  
**Who:** Boys and Girls grades Kindergarten through 12  
**Cost:** \$30 EGA Members, \$35 Non-EGA Members

Come in your gym clothes and pack your PJ's, sleeping bag and toothbrush. And, don't forget to bring your friends! **Register soon, space is limited!**

### Mark your calendar

**September 16th:** Back to School Sleepover  
**September 24th:** Zumba Party at EGA  
**October 20-21:** MEA Camp  
**October 28th:** Halloween Sleepover  
**November 25th:** Black Friday Camp  
**December 10th:** Winter Challenge (No Open Gym)



### Burnsville Fire Muster Parade

We would like to extend a very special thank you to all of the EGA families and their gymnasts who participated on the EGA float in the Burnsville Fire Muster Parade on September 11th. Although it was a hot September day, we all had a wonderful time and our float was a huge success!

EGA was also part of the Business Expo during Fire Muster Days celebration. Thanks to those who stopped by our booth to say hi!



### Zumba News!

**New** daytime class time:  
**Mondays 9:30-10:30**

\* Thursday morning classes have been cancelled.

DITCH THE workout  
 JOIN THE party  
**ZUMBA**  
 www.elite-gymnastics.com

**Ages 13 & Up Party!**  
 Saturday, September 24th  
 7:30-9:00pm

**FREE Trial Class**  
 (new students only)  
 Bring 3 Friends and get in **FREE!**  
 Let's Zumbal  
 \$10 Drop-in

Prizes!  
 Give-Aways!  
 Special Offers!  
**FUN!**

## STUDENT OF THE MONTH:

### Kyrie Tholl



Kyrie is one of our hardworking Level 4 gymnasts! She always comes in with a smile on her face and a look of determination. She will be competing in the first meet this competitive season! Kyrie is very excited, the only other meets she has done has been within the club.

Kyrie loves everything about gymnastics; however, after much pressure, she gave in and claimed her favorite gymnastics event is bars. She likes bars the most because it is fun and challenging to learn new skills.

Kyrie's favorite thing to do in the gym is back flips on the trampoline! When Kyrie is not in the gym she is practicing ballet and playing with friends. We are very excited to have Kyrie competing for EGA this year! Good Luck!



## BOOSTER CLUB



**Pizza sales** will resume September 16th! The sign-up sheet to sell pizza is on the Booster Club bulletin board.

**Used Leotard Sale** the week of September 12th (Monday - Friday) from 4 - 7 pm, as well as Saturday morning in the lobby. Watch your folder for more detailed information.

Our **Gertens Plant Sale** will begin this month. If you are a recreational family and would like to order poinsettias or wreaths please email Amy at: [ajtangney@msn.com](mailto:ajtangney@msn.com), proceeds benefit the EGA Booster Club. For team families order forms will be in your folder towards the end of the month.



### Quote:

Destiny is not a matter of chance, it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved.

~William Jennings Bryan

## 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!

## Friday Pizza Returns!!

**Friday, September 16th**

It's convenient, it's good, it's affordable...it's Friday PIZZA! Enjoy a slice (or two!) after your Friday class or before Friday Open Gym.

Proceeds benefit the EGA Booster Club.



### Skill of the Month –

This month's skill is the dive roll. The dive roll is performed on the floor exercise. The gymnast runs forward, then punches the floor with both feet propelling their body as high as they can into the air. The gymnast holds a hollow body position, catching themselves with both hands completing a forward somersault motion. The dive roll requires a great deal of arm strength and jumping ability. The skill accentuates the hollow body position with arms straight and tight by the ears, as well as a two feet punch from the floor. Mastery of the dive roll helps gymnasts prepare for a front somersault in the air and it teaches a tight body position. Here are some progressions to help prepare for the dive roll:

1. Tuck and pike forward somersaults
2. Handstand push-ups
3. Jump to handstands
4. Dive rolls onto a raised pit mat
5. One step run, punch, straight jumps

