

“Bring-a-friend” Week a great success!



The last week of Summer Session was “Bring-a-friend” week, we had many friends join our students in class and they all had a great time! We had over 20 new faces in the gym, making our last week of the session so much more enjoyable. Thank you to everyone who made this a success!

30th Anniversary Burnsville Fire Muster Parade



EGA had a blast at the Eagan’s July 4th Funfest Parade! We were given the “Sparkler Award” for being the “Top Youth Entry.” We hope to have just as much fun at Burnsville’s parade in September! Make sure to sign-up so we can all make this a day to remember!

In the August newsletter, the Fire truck Parade that occurs on Saturday was noted as the parade we’re participating in due to lack of information, we are not in any parade on Saturday; however this is a great parade to go see!

Sunday, September 13th; Lineup: 12:00pm (Lineup #86)

Community Parade 1:00pm to 2:00pm

Sign up now in the lobby if you would like to participate!

Back-To-School Sleepover September 18th



KIDS: Want to extend the summer fun you had with all your friends now that school has started again!? Invite them to come to the Back-to-School Sleepover at EGA! You and your friends will enjoy open gym, a fun back-to-school craft, games, late-night snack and TV/movie time.

PARENTS: Want to get the kids out of the house one last time while it’s still nice out, and spend less than you would on a babysitter if you want to go out for the evening? Drop them off at EGA for Open Gym and wake up in the morning to your own alarm clock to come greet your tired children, and bring them home in their PJs.

Join us Friday, Sept. 18th at 7:00pm until 8:00am Saturday, Sept. 19th!

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

\$5 off each additional child within a family

After-class lollipops

We provide Dum Dums lollipops for our students after they are done with class; they are located in the trophy on the desk by the front door. We ask that each student take only one, and that everyone tries to be a little more conscious of where the wrappers end up. Many wrappers have been picked up in our parking lot recently. The waste can be harmful to the critters in our environment, and can be avoided if we can all be responsible for getting our own wrappers into the newly placed waste basket by the front door. We thank you in advance for your cooperation.



Thank you for your patience

We want to send out “thanks” to the parents for the patience they have shown in the first week of the session as everyone gets used to new schedules and lesson plans. You are a big part of what makes our gym a success. Please continue to talk with our coaches and staff about your concerns or questions as time is available, EGA appreciates your feedback. We request you continue to incorporate our safety guidelines for the remainder of the session: no congregating by the front desk or the door to the gym for easier traffic flow, children should remove their shoes/clothing and place it in a cubby, and be waiting on their designated line in the lobby BEFORE their scheduled start.

EGA is now on Twitter and Facebook

Visit www.twitter.com/EGABurnsville and become a follower with your own Twitter account for tweets about events, with links to the website for additional information.



Search “Elite Gymnastics Academy” on Facebook to find event pages for everything going on at EGA as well as a Fan Page and Group that feature information about the gym and it’s programs, pictures, links to our website and the event pages, as well as updated news. Join our group, invite your friends, and check back for updates.

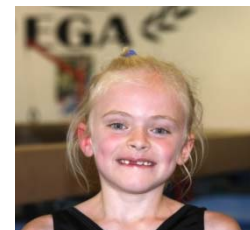
Events created on Facebook in relation to Elite Gymnastics Academy will be emailed to our email list as they become available. This is a great way to receive in-depth information about events if you don’t have a Facebook account. Please be sure and leave your email address with someone at the front desk if you wish to receive these updates, or send an email indicating your wishes to contact@elite-gymnastics.com.



Please note; due to policy regarding outside contact with customers; students and parents with Facebook accounts are allowed to be followers of the Elite Gymnastics Academy – Burnsville, MN group and Fan page, however students under age 18 CANNOT be friends with EGA coaches or owners on Facebook. We ask that our students do not take any denial of friend requests personally, all past connections between coaches and students have been asked to be deleted.

Student of the Month – Ava Ptak

Ava Ptak has been attending summer camps and classes at EGA for 2 years. She joined our level 4 team in March of 2009. Ava is 7 years old and has 2 brothers. Her coaches Valentina, Sanich and Sergey are very proud of her hard work and accomplishments. She is working on her routines for competition this fall. Ava does a great job of staying on task and setting a great example for her teammates. Thanks for making all of us at EGA proud and best of luck in the upcoming season!



Calendar:

- September 7th: EGA Closed - Labor Day
- September 13th: Burnsville Fire Muster Parade
- September 18th: Back-to-School Sleepover
- October 15th & 16th: MEA Day Camp
- October 24th: Last Day of Fall 1 Session
- October 26th: First Day of Fall 2 Session
- October 30th-31st: Halloween Sleepover

New faces in the Gym:

Team Coach Julie Abler

Julie competed USA gymnastics through level nine. She qualified for and competed in USAGC nationals her senior year of high school. She actually missed graduation to attend this competition :) She went on to compete in Div. III College for the University of Wisconsin LaCrosse where she received All-conference honors, a four-year letter, and became a two-time National Team Champion in 1995 and 1997.



Julie graduated from LaCrosse with a Bachelors Degree in Exercise and Sport Science with a fitness emphasis. She later became a Personal Trainer at the Marsh and worked at the world renowned chemical rehab center; Hazelden Foundation as a fitness specialist.

Julie went on to discover her love for coaching gymnastics and decided to coach full-time in 2000. She has been coaching full-time ever since. She became Kinder Accredited through USA gymnastics, took the preschool FUNDamentals course, and has held professional and safety certification since the year 2000. She is also certified in CPR and First Aid through the American Red Cross.

Julie is currently pursuing her Masters Degree in Science with concentration in Special Education for Learning Disabilities. She is pursuing her teaching degree so she can continue to coach gymnastics. She has three daughters in the sport of gymnastics; Sam, a level 6, Eva, a level 4 and Catherine who is in the tots program, and loves seeing how much gymnastics has developed their confidence and enthusiasm.

Skill of the month – Hurdle

As defined by www.drillsandskills.com a hurdle is; "the transitional motion from a run to set up to perform a skill. This hurdle can be from one foot to two feet, or one foot to one foot, or in the case of a "jump hurdle" or "power hurdle" from two feet to one foot. In the case of floor setting up for a right round-off, handspring or other kicking skill the hurdle is a skip on the left leg while stretching and bringing the right leg forward to prepare for the lunge. In the case of vault, or two foot take-off skill on floor the hurdle is a low jump from one foot to two feet bringing both feet forward to maximize conversion of forward momentum into height. In all cases a proper powerful hurdle is critical to the performance of many high level skills."

This skill is practiced in our earliest recreational levels all the way throughout our competitive team levels. It is incorporated on vault as a one foot to two feet hurdle, in recreational classes it is sometimes practiced from the end of a panel mat onto the springboard, or from a run to the springboard and into a straight jump on the landing mat. The competitive team hurdles from the long runway to the springboard and uses their power to perform bigger skills over the vault. The hurdle is incorporated on floor as an approach into skills such as cartwheels, round-offs, front-handsprings and combination tumbling passes. It is the last skill after your run to continue your momentum and make you able to perform difficult skills with increased ease. Without a proper hurdle, you are restricted from learning higher level skills, that's why it is very important to train it correctly and practice it for future training.

New Faces in the Gym: Team Coach Kristen Druke

Kristen started gymnastics at age 9. She competed in USAG level 5-9 as well as USAIGC in the Intermediate Optional level (level 8 equivalent). She competed for Richfield Gymnastics Academy for level 5-6 and at Mini-Hops Gymnastics for level 7-9. Her favorite event as a gymnast was Vault.



The highlight of Kristen's gymnastics career was at the 1998 USAIGC Nationals where she qualified to the National Finals.

Kristen has experience coaching preschool classes up through competitive team level 9, and ages 2-18 years old. She has been coaching gymnastics for 14 years. Her favorite part about coaching is watching gymnasts improve and have fun, she also enjoys going to their competitions. Kristen graduated from Northwestern College in 2005 with a degree in Communications.

She also owns "Onsite Minnesota," a wedding photography business with her husband and enjoys photographing weddings on the weekends. Kristen currently lives in Burnsville, and in her free time enjoys photography, hiking, camping, biking, and hanging out with friends.

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. 15th and/or Friday, Oct. 16th from 8:00am-4:00pm!

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

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!

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 30th at 7:00pm until 8:00am Saturday, October 31st!

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



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)