

August & September Tumbling Times 2014

Virginia Techniques Gymnastics • Christiansburg, VA 24073 • (540) 381-5151 • www.vatechniques.com

BACK TO SCHOOL EDITION

Have you seen VA Techniques' new website? After months of preparation and planning, we are excited to release the new website and we are thrilled with the fresh look! Along with the new features and look that everyone can see, the website employs new software that will make it easier for us to keep the website updated with the latest information and events. Website accuracy will be significantly improved. Be sure to peruse the new website when you have a few minutes and be sure to check out these features:



Calendar of Upcoming Events: Want to know what time Playzone is today? Or when the next clinic is? Check out the calendar for holiday gym closings, ribbon weeks, progress reports and special events like the Open House Party and National Gymnastics Day Party! You'll find the next five upcoming events on the home page and you can always access the Calendar under Links at the bottom of any page.

Parent Portal: Now it's easier than ever to access the Parent Portal from our website. If you haven't used the parent portal, now is a great time to give it a try. From the portal, you can review your account, make payments, and enroll in classes and clinics. Remember, if you are currently enrolled or have ever been enrolled in classes at VA Techniques, you already have a parent portal account. Just click the "Forgot Password?" link to start accessing your account.

Schedules: Want to search for a class based on your child's age or skill level? Looking for a class on a certain day of the week? Click on Classes to go to an interactive schedule on the parent portal. You can filter classes by age, gender, skill level, and day of the week. You can enroll for these classes while on the parent portal or you can always call the gym to enroll.

Media: We have updated media as well! You can quickly access our Facebook or Twitter pages, or read the current Preschool Calendar or Tumbling Times. You will also find our current brochure under media. Be sure to check out our photo galleries and video galleries, too.

Team: Find out the latest on our competitive team including team news, record boards, and schedules.

Search: Not sure where to find something on the new site? The handy search feature in the top right corner lets you quickly search for anything by simply typing the word in the search bar.

Contact: Need to send a quick email to the gym? Use the contact feature to reach us via email. We will be happy to respond as quickly as possible.

FAQ: Curious about weather closings, make-up classes, or our inclement weather policy? Check out the Frequently Asked Questions for answers to those questions and more!

Staff: Want to know more about your child's coach? We only hire the best at Virginia Techniques! You can check out the credentials of all of our staff members on our new Staff page.

About: In addition to FAQ and Staff, you will find lots of great information under the About tab. Included in this section, you can learn about becoming a member or VA Techniques Policies and Procedures. Looking for a new job? You can even download an application packet!

Of course there are lots of other great information on the new website – birthday party information, descriptions for our programs, and much more! Check it out for yourself at www.vatechniques.com!

Upcoming events:

Athletic August

Our preschool students will test their athletic abilities as we learn about other sports and the importance of teamwork!

Open House Party

No Classes

August 16th

Kerry Lynn Dicken won a ProShop T-shirt!

Please stop by the front office to claim your prize!

Safety September

Our preschool students will practice their safety skills both inside and outside of gymnastics!

Labor Day- Closed

September 1st

New Class Schedule Begins!

September 2nd

Homeschool Session Begins

September 3rd

National Gymnastics Day (Members Only Event)

September 20th

Spooktacular Sleepover & Party

October 25th



Don't forget!

Our Fall Schedule starts September 2nd and all move-up invites are effective as of September 2nd! With the new fall schedule also comes some staffing changes. If you have any concerns about staffing or your child's progress, please make sure to talk to your coach. We are happy to answer any questions you may have!

National Gymnastics Day!

Saturday, September 20th

Please join us September 20th as we celebrate National Gymnastics Day at our gym! Virginia Techniques hosts National Gymnastics Day through USA Gymnastics and Right to Play, a charitable organization that uses sports to educate and encourage children facing adversity. Gymnastics facilities across the United States will be flipping, rolling, jumping, and twisting to promote physical fitness and fun. All members are invited spend the afternoon with us as we entertain children ages walking through 22 with lots of gymnastics time, games/festivities, and exciting surprises!! Not only will we be exploring the bars, pit, trampoline, beam, and vault, but we will also have great games for all age levels, high energy music, the inflatables, and a ton of activities for our students. We'll even be giving out prizes throughout the day. With all of the gymnastics, entertainment, and prizes, there won't be a cooler place to be on September 20th. Join us as we highlight the importance of a healthy lifestyle through gymnastics for growing kids!



Why EVERYONE should take gymnastics [not just Olympians]: Listen up athletes!

Even though the thought of putting your child in gymnastics might seem unrelated to that sports' scholarship he is pursuing, gymnastics provides a solid physical and mental foundation for all sports! Not only does gymnastics teach children about setting goals accomplishing skills, but it also instills motor skills and physical fitness. Patti Komara is the President of All American Gymnastics School and has spent years researching gymnastics and children's fitness. Here is her breakdown of how gymnastics benefits other sports:

- Motor skills such as jumping, hopping, skipping, galloping, and leaping are woven through the gymnastics curriculum and later benefit athletes in sports such as basketball and track!
- Striking, throwing, kicking, catching and other hand-eye coordination skills are essential components of football, golf, tennis, soccer, and baseball.
- Any skill on the balance beam, vault, bars, or floor trains athletes for any of the motor fitness components of all sports: coordination, balance, speed, agility, and power!
- All of those handstands and cartwheels are conditioning your athlete for the four fitness elements: muscular endurance, cardiovascular endurance, strength, and flexibility!
- Besides physical skills, gymnastics also teaches school readiness and other affective development. Waiting in line, taking turns, listening to their coach, sharing, and focusing on a particular skill prepares any athlete for teamwork and healthy social development.

Talk to your child's coach and ask how the skills in class will benefit their overall health for the rest of their life! Melissa Wood is a Winner! Stop by the front office to pick up your open gym pass!



Thank you to all of our awesome campers for making our summer at Techniques a blast! With nearly 200 campers, we hosted our largest camp program this year. Our staff had a great time and can hardly wait for next summer!

PRIVATE LESSONS

In addition to gymnastics, we also offer cheerleading and dance lessons as well! Schedule your very own private lesson with the coach of your choice. Contact the office staff at officestaff@vatechniques.com to schedule your lesson today!



NEW THIS FALL:



When you ring the bell for a new skill, make sure you get your picture taken for your chance to be famous! At the end of your class, stop by the front desk and (if you'd like) an office staff member will take your picture and post it on Facebook and Twitter within the week. Keep working hard on those skills!

Drum Roll Please...

We are excited to introduce our new FAST program! Preschoolers need lots of physical activity and this fast-paced, fun workout is just what your little guy needs! FAST (Future Athletic Strength Training) is structured to four to six year old boys prepare for the next season of soccer, football, or baseball. Expect to master important physical skills students gain strength, balance, coordination and muscle control. They'll run, jump, and flip their way into any sport!



HALF DAYZ HYPE

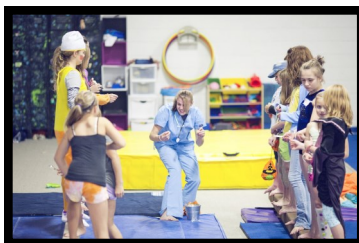
Join us for Half Dayz Hype this school year for the coolest two hours after most half days of school! On Montgomery County elementary school early dismissal days, Virginia Techniques hosts special gym time where children can play, learn gymnastics, jump in the pit, and have a blast away from the books! For only \$10 (\$12/nonmembers), be prepared to extend your recess as we jump on the trampolines, swing on the bars, and promise to send your students home ready for bed!



TECHNIQUES' SPOOKTACULAR



VTGI presents its eleventh annual Spooktacular! Wear your best Halloween costume and join us Saturday, October 25th for spooky games, giant inflatables, wacky coaches, a costume contest, Halloween treats, and a haunted house! Come trick-or-treat starting at 7pm or stay for the late night sleepover that includes gymnastics, open gym, and tons of ghoulish fun. Walking like spiders across the floor, flying beam-sticks, and swinging like ghosts on the bars are only a few of the activities you won't want to miss! Look for more details over the next few weeks!



Athletic August

The best way to teach children sports is ... to start having fun! Join us this month for "Athletic August" as we play other sports while still perfecting our gymnastics skills! Gymnastics sets every child up for athletic success as it builds core strength, body awareness, and most importantly, encourages confidence. While shooting some hoops and scoring some goals we'll also include lessons about being a good sport. Competition is healthy and leads to resilience – our goal is to encourage your child to be a life-long athlete and learner, so let's start playing!

Preschool Corner

Check out our new playzone times for this Fall!
Tuesday 10:00am
Thursday 11:00am
Friday 3:00pm



Compulsory Clinic

Saturday, September 6th
 1:00pm-3:00pm

Cartwheel & Preschool Clinic

Saturday, September 6th
 3:00pm

Back Handspring Clinic

Saturday, October 18th
 3:00pm-5:00pm

UPCOMING CLINICS FOR YOUR GYMNAST:

Please stop by the front office for more details!



Happy Birthday!

Virginia Techniques would like to wish a happy birthday to everyone who celebrated with a party at the gym between June 15th and July 15th! To book your party adventure at Virginia Techniques, visit the office or call 540-381-5151.

Radia Lu

Samantha Mauro

Molly Sailors

Gabby Davis

Keaton Jones

Mariah Dunford

Ellie Bishop

Grayson Pearce

Ryan Masri



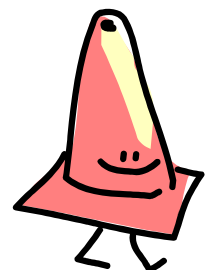
Janet Fitzgerald has won a free magnet this month! Please stop by the front office to claim your prize!



Safety September

Preschool Corner

Child safety continues to be the most important issue we can address today. Parents certainly have their hands full trying to keep their children safe and this is especially true once children become mobile and start walking their way into curiosity. For the entire month of September, our Preschool program will be working on learning all the safety measures necessary in everyday life and gymnastics! Whether it's looking both ways before crossing the street or falling backwards safely, we'll be happy to ensure that each child is achieving their goals happily, successfully, and most importantly, safely! Micah Alley has won a Pro-Shop t-shirt this month! Please stop by the front office to claim your prize.



New Faces in the Gym!

Over the past few months, Techniques has welcomed many new faces into the gym! We are so excited to have such a talented coaching staff and are looking forward to all the education they will bring to their students. Here is some more information about them:

Name: David Tichnell

Education: Pursuing a Mechanical Engineer degree from Virginia Tech

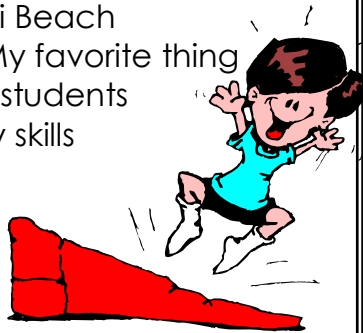
Coaches: Lizards 1, Lizards 2, Koalas, Tumble & Trampoline Sr. and Intermediate

Favorite Color: Black/Gold

Hometown: Parkersburg, West Virginia

Favorite Vacation Spot: Miami Beach

Why David loves Coaching: My favorite thing about coaching is seeing my students having fun while learning new skills and bettering themselves.



Name: Lian Donato

Gymnastics Experience: 13 years

Coaches: Squirrels 1 & 2, Hot Shots, and Middle/High School

Favorite Color: Clear

Hometown: Cape Carteret, North Carolina

Favorite Vacation Spot: On an island!



Name: Tammy Crouthamel

Education: Certified Fitness Instructor for 25 years and on the American Council for Exercise

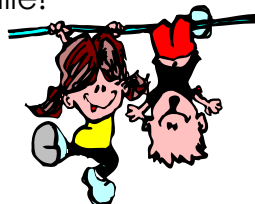
Coaches: Gators 1 & 2

Favorite Color: Purple

Hometown: Quakertown, Pennsylvania

Favorite Vacation Spot: Outer Banks, North Carolina

Why Tammy loves Coaching: My favorite part of coaching it's seeing my children smile!





Gymnasts of the Month!

Instructional Program: Whitney Belcher



Whitney is an 11-year-old Middle/High School gymnast and loves tumbling on the floor! In addition to gymnastics, she plays volleyball and softball.

Here are some more fun facts about Whitney:

Number of Years in Gymnastics: 1 year

School: 7th grade at Peterstown Middle School

Favorite Movie: Frozen

Favorite Color: Pink

Favorite Book: The Giver

Favorite Gymnast: Gabby Douglas

Favorite School Subject: Math

Favorite Food: Mac & cheese

Favorite Quote: "Hard work beats talent when talent doesn't work hard."

Whitney's Inspiration: My mother!

Tumbling & Trampoline Program: Rigil Smith

Rigil is an 11-year-old Tumbling and Trampoline and Gymnastix gymnast and has been in gymnastics for about three years. He is in 5th grade at Belview Elementary School where he newscasts the morning announcements! Here are some more fun facts about Rigil:

Favorite Gymnastics Event: Trampoline

Other School Activities: Run/walk club and the morning announcements newscaster

Favorite TV Show: Full Metal Alchemist

Favorite Color: Most any color

Favorite Book: I Am Number Four

Favorite Gymnast: Any competent Parkour guy I see on YouTube

Favorite School Subject: Physics

Favorite Food: Cheese Pizza

Favorite Quotes: "I'm hungry" and "I'm bored"

Rigil's Inspiration: Neil de Grasse Tyson



Optional Program: Raena Worley



Raena is Level 10 gymnast and has been involved with gymnastics for nine years. She is in 8th grade at Pathway Christian Academy and her favorite events are beam and floor. Here are some more fun facts about Raena:

Name: Raena Elise Worley

Nicknames: RaeRae, Rae, PixieFlip

Age: 13 years old

Highest Event Score: 9.675

Highest All-Around Score: 37.75

Other School Activities: Running club, Latin

Favorite Movie: You've Got Mail

Favorite Color: Fuchsia

Favorite Book: Half Upon a Time

Favorite Gymnast: McKayla Maroney

Favorite School Subject: Science

Favorite Food: Chicken Parmesan

Favorite Quote: "I can do all things through Christ who gives me strength."

Raena's Inspiration: My family, teammates, Shawn Johnson, and Katie Sallie