

August & September Tumbling Times 2015

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

BACK TO SCHOOL EDITION

Have you visited Virginia Techniques' website? We keep it updated with the gym's most current events and news! Be sure to peruse the 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: 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.

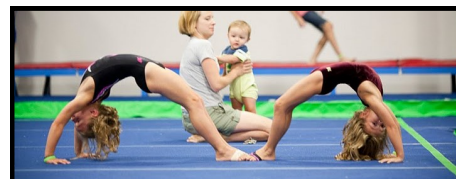
Contact: Need to send a quick email to the gym? Use the contact feature to reach us via email. We will be happy to respond as quickly as possible.

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



Upcoming events:

Safety September

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

New Class Schedule Begins!

September 1st

Homeschool Session Begins

September 2nd

Labor Day – Closed

September 7th

National Gymnastics Day (Members Only Event) 1:00pm

September 19th

Half Dayz Hype 1:30pm-3:30pm

September 22nd & October 9th

Sweet Dreamnastics Theme Week

September 21st-26th

Opposite October

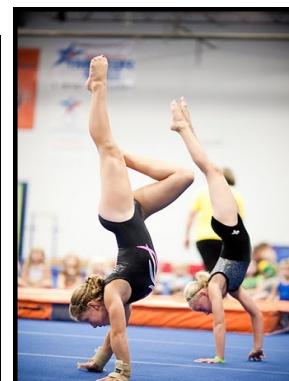
Join us this month as our preschoolers explore the world of opposites!

Back Handspring Clinic 1:00pm-3:00pm

October 10th

Spooktacular Sleepover & Party 7:00pm

October 30th



Don't forget!

Our Fall Schedule starts September 1st and all move-up invites are effective as of September 1st! 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 19th

Please join us September 19th as we celebrate National Gymnastics Day at our gym! Virginia Techniques hosts National Gymnastics Day through USA Gymnastics. 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 party! With all of the gymnastics, entertainment, and prizes, there won't be a cooler place to be on September 19th. 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 basketball 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! Dana Beegle 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 at officestaff@vatechniques.com to schedule your lesson today!

**Check out our new
Playzone times for
this Fall!**

**Tuesday 11:00am
Thursday 11:00am
Wednesday 1:30pm**



Reminder:



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!

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 twelfth annual Spooktacular! Wear your best Halloween costume and join us Friday, October 30th 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!





Gymnasts of the Month!

Select Program: Anna Ryan



Anna is a 10-year-old Xcel Silver gymnast and loves vaulting! In addition to gymnastics, she plays basketball. Here are some more fun facts about Anna:

School: 4th Grade at Eastern Montgomery Elementary School

Favorite Gymnastics Event: Vault

Favorite Movie: Despicable Me 2

Favorite Color: Blue

Favorite Book: Super Fudge

Favorite School Subject: Spelling

Favorite Food: Chicken Casserole

Future Goals: When Anna grows up she wants to be a Nurse!

T&T Program: Sophia McGrady

Sophia is a 9-year-old Tumbling and Trampoline Advanced gymnast and has been in gymnastics for about four years. She is in 4th grade at Margaret Beeks Elementary School and is also a competitive dancer! Here are some more fun facts about Sophia:

Nickname: Soph

Other Activities: Art, tennis, tumbling, and piano

Favorite Color: Purple

Favorite Movie: Home

Favorite Book: Best Friend Battle

Favorite Gymnast: Hannah Grove

Favorite School Subject: Art

Favorite Food: Sea bass

Favorite Quote: "Do or do not! There is no try!" -Yoda

Sophia's Inspiration: My mom



Optional Program: Raena Worley



Raena is Level 10 gymnast and has been involved with gymnastics for ten years. She is in 9th 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: 14 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