

Fall Edition 2016 Tumbling Times

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

☆☆☆☆ Gymnastics 101 ☆☆☆☆

Does your gymnast ever go on about all the things they have learned in class and you find yourself confused by words like hollow, arch, pullover, kip, back hip circle? Gymnastics has a language all of its own, and the terms go everywhere from pike to Tsukahara and beyond! Today we'll start with basic gymnastics shapes you'll most likely see in your gymnast's warm-up.

Upcoming Events

Ribbon Week

October 3rd-5th

Back Handspring Clinic

October 15th @ 1:30pm

Ninja Mission

October 22nd @ 1:30pm

Half Dayz Hype/Hype+

October 20th @ 1:45pm

Half Dayz Hype/Hype+

October 26th @ 1:45pm

Spooktacular Party & Sleepover

October 29th @ 7pm

Polishing Clinic

November 8th @ 9am

Techniques Invitational

November 12th & 13th

Half Dayz Hype/Hype+

November 13th @ 1:45pm

Turkey Tumble

November 23rd

Gym Closed for Thanksgiving

November 23rd-27th

Pike: In a pike, the gymnast sits with legs straight out in front, squeezed tight together, with the body either up tall and straight or folded forward over the legs. Pointed toes are a must!

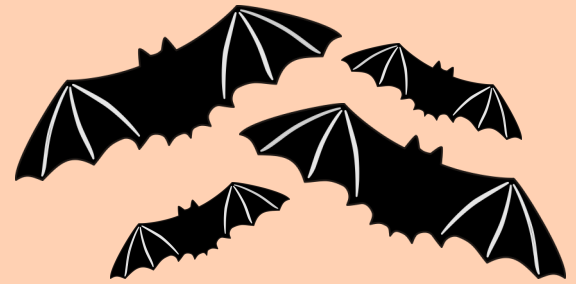
Straddle: In this position, the gymnast's legs are out to the sides and the body is up tall. Knees are turned to face the ceiling, and if the gymnast pushes his/her belly to the ground you now have a pancake stretch.

Hollow: This position is used for strengthening and is also used in many advanced skills. To achieve hollow, the gymnast lays on his/her back and lifts the head and shoulders as well as feet just off the ground while pushing the abdominal muscles down into the floor. Legs stay squeezed together, and for an extra challenge gymnasts can stretch their arms over their heads while holding this shape!

Arch: The arch could almost be considered the opposite of a hollow. The gymnast lays on his/her belly, pulling the head and shoulders up off the ground as well as the feet. The back, shoulder, and glute muscles must stay squeezed to keep this shape looking good!

Push-up Hold: Push-up holds in gymnastics look a little different than what you may be used to from other sports. In a gymnast's push-up hold, the arms and legs are squeezed and straight, but muscles along the back are squeezed tight, hips are held flat, and the upper body is pushed in a curve upward while the shoulder muscles are pushed through the arms.





VTGI presents its twelfth annual Spooktacular! Wear your best Halloween costume and join us Saturday, October 29th for spooky games, giant inflatables, wacky coaches, a costume contest, Halloween treats, and a haunted house! Come party 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! Registration is open now so reserve your spot today!

NINJA ZONE

Since its launch last year Ninja Zone has been a sensation at Virginia Techniques. We are thrilled to announce that, due to its popularity, we are now offering Ninja Zone classes for both boys AND girls! Ninja Zone is a fusion of obstacle course training, gymnastics tumbling, martial arts, and various other ninja style movements. Outside of the physical skills it teaches, Ninja Zone also focuses on teaching children confidence, group participation, impulse control, and discipline. To ensure an exceptional training environment for all of our new and returning ninjas Virginia Techniques will be receiving ten new Ninja Zone specific mats during the fall semester. This exciting program will help focus your child's energy, build a health athlete, and encourage creativity.

We can't wait to have you and your ninja join us soon!

PRESCHOOL CORNER

OPPOSITE OCTOBER

Stop, go... sit, stand... up, down... opposites! Children need to know that not everything is fast, cold, or big but it could be slow, hot, or little too! Opposites allow children to better understand differences around them. As they become familiar with their surroundings, they can easily learn to distinguish and point out the differences and opposites in their world.



NUTRITIONAL NOVEMBER

Nutrition is very important for everyone, but it is especially important for our children! Nutrition is directly linked to all aspects of their growth and development- factors which will have direct ties to their health later in life as adults. If we can provide them with the right nutrition now, they will learn at an early age what's necessary for good health! Through themed activities and gymnastic events all month, your preschooler will be sure to come home with some very healthy habits! From associating bean bags with healthy food choices to jumping over a daily serving of fruits and vegetables, everyone will learn about the importance of eating right while exercising too!

HALF DAYZ HYPE

Join us for Half Dayz Hype this school year for the most fun possible after a half day of school! On 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! New to this school year, you now have the option to stay 2 hours or 4! Pre-Registration is required so signed today!

October 20 • October 26 • November 14 • December 6 • December 16

Gymnasts of the Season



Tumbling & Trampoline: Corine Yopp

Age: 11 years old

School: Christiansburg Middle School

Grade: 6th grade

Favorite Gymnastics Event: Floor

Favorite Gymnast: Simone Biles

Favorite Movie: Pitch Perfect

Favorite Color: Blue

Favorite Book: Maze Runner

Favorite Food: Broccoli Cheese Soup

Corine's Inspiration: Gabby Douglas

Pre-Team: Holly Boles

Age: 5 years old

School: Christiansburg Primary School

Grade: Kindergarten

Favorite Gymnastics Event: Bars

Favorite Gymnast: Gabby Douglas

Favorite Movie: Frozen

Favorite Color: Turquoise

Favorite Book: The Hungry Caterpillar

Favorite Food: Mac & Cheese

Holly's Inspiration: "My mommy and daddy"



Optional Program: Megan Benzie

Age: 17 years old

School: Cave Spring High School

Grade: 12th grade

Favorite Gymnastics Event: Bars

Favorite Gymnast: Simone Biles

Favorite Movie: Harry Potter

Favorite Book: Delirium

Favorite Food: Cantaloupe

Megan's Inspiration: "John Orozco because he suffered countless major injuries, but never gave up the passion for the sport."

