

V Holiday Edition 2014 Tumbling Times

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

fun-tastic birthday parties

Our birthday parties are bigger and better than ever! All of our birthday party packages include one flippin' fun hour in the gym and forty-five minutes in the party room. We are customizing the details of your party with our a la carte menu and we have an option for every birthday child! On the a la carte menu choose from our inflatables, slack line, 8' inflatable ball, cakes, pizza, goodie bottles, popcorn machine, or choose our most exciting option: Captain Doodlebottom, Princess Belle, or Queen Elsa— a themed character to entertain your party guests. Whether it is walking the plank or learning how to curtsy, each special character will teach the parties something memorable! Your birthday child even has the option of receiving a phone call from the special character the week before the party. With all of the excitement out on the floor, your party is sure to be a hit!



We have two birthday party coaches at all parties to better assist your family with greeting birthday guests, set-up, clean-up, and answering questions throughout the party. The party room time includes forty-five minutes of fun with food, presents, family, and friends. Your birthday child will feel like a King or Queen sitting in our birthday throne too! Goodie bottles are available with the a la carte option and specific packages. Your guests will enjoy a Virginia Techniques water bottle, filled with lots of treats including a washable tattoo, party horn, and stickers. For our themed parties, we have specialized décor to include more extravagant decorations! All guests will feel like they are in a magical castle or sailing the seas! With all of the features in our birthday party program, your next birthday party at Techniques will be an event to remember! Christina Dehart has won a free magnet this month! Please stop by the front office to claim your prize!

Upcoming events:

- Back-handspring Clinic 3:00pm-5:00pm**
October 18th
- Spooktacular Party & Sleepover 7:00pm-8:00am**
October 25th
- Early Gym Closing at 6:00pm (No Friday Night Hype)**
October 31st
- Xcel Polishing Clinic 1:00-3:00pm**
November 1st
- Compulsory Polishing Clinic 1:00-3:00pm**
November 4th
- Commonwealth Games Team Competition**
November 15th-16th
- Turkey Tumble Make-Up Class 2:00pm**
November 26th
- Thanksgiving Weekend – Gym Closed**
November 26th-30th
- Ribbon Week**
December 8th-13th
- Jingle Bell Jam Make-Up Class**
December 13th
- Winter Holidays – Gym Closed**
December 22nd-January 1st
- New Year's Eve Party & Sleepover 7:00pm-8:00am**
December 31st

Bronze Medal Party: The coaches entertain the children with age specific activities in the gym and parents provide decorations and party room time.

Silver Medal Party: Add our 18' inflatable slide or our jungle themed preschool bounce-house complete with juice, pizza, cake, and goodie bottles!

Gold Medal Party: Add our 18' inflatable slide or jungle themed preschool bounce-house and we will handle all the details including a themed cake, pizza, drinks, goodie bottles, party props, and decorations! The Gold Package also includes your choice of a Pirate or a Princess themed party complete with a Pirate or a Princess special guest!

Platinum Medal Party: The sky is the limit for this party package! From the food to the party activities to the theme, the entire party is customized for the birthday child. Contact Geoffrey Neely at geoffrey@vatechniques.com for more information.





Half Dayz Hype

Join us for Half Dayz Hype this school year for the coolest two hours 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!

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!

Upcoming dates include from 1:30pm to 3:30pm:

- October 16th**
- October 23rd**
- November 17th**

*Twas the Hype Before Christmas ****

and all through the gym, the gymnasts were flipping... for themed open gyms! During the month of December, Friday Nite Hypes on the 5th, 12th, and 19th will feature a holiday theme, complete with cookies, pictures, and a very special guest. Parents, take a couple hours to do some holiday shopping while the kids are having some fun, open gym style!




Virginia Techniques will be closing early this Halloween at 6pm. Happy Halloween!



Preschool Corner



Opposite October

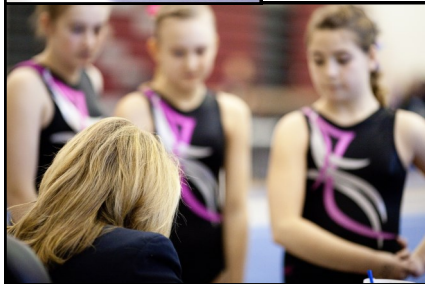
Stop, go... sit, stand... up, down... opposites!  Children need to know that not everything is fast, cold, or big but it could be slow, hot, or little too! Opposites allow children to better understand differences around them. As they become familiar with their surroundings, they can easily learn to distinguish and point out the differences and opposites in their world. Crystal Boyle has won a free t-shirt this month! Please stop by the front office to claim your prize!



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!



Virginia Commonwealth Games

On Sunday November 15th & 16th, Virginia Techniques will host The Virginia Commonwealth Games for the fifth time! Competitive gymnastics teams from Virginia will travel to Christiansburg for the first meet of the season. Be sure to stop by the gym and check out this awesome meet! *Session Times TBA!*

Winter Closings

With the holidays quickly approaching, Virginia Techniques would like to wish you and your families a happy and safe holiday season! We would also like to announce our closings:

November 26th-30th and December 22nd- January 1st

Because of our closings, holiday vacations, and crazy schedules, we will also offer different make-up classes! Please call or stop by the office to save your spot:

November 26th: Turkey Tumble at 2:00pm

December 13th: Jingle Ball Jam *Time TBA*

We look forward to seeing you there!



DID YOU KNOW...

Research has shown that color stimulates the brain and that children can learn and retain more information when color is used as a learning strategy. It is also proven that children respond to and remember colors better than verbal clues!



New Faces in the Gym!

Over the past few weeks, 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. Kelly King has won a free open gym pass this month! Please stop by the front office to claim your prize! Here is some more information about the coaches:

Hannah Toussaint

Education: BA in Communicative Disorders (Speech Pathology) from the University of Alabama

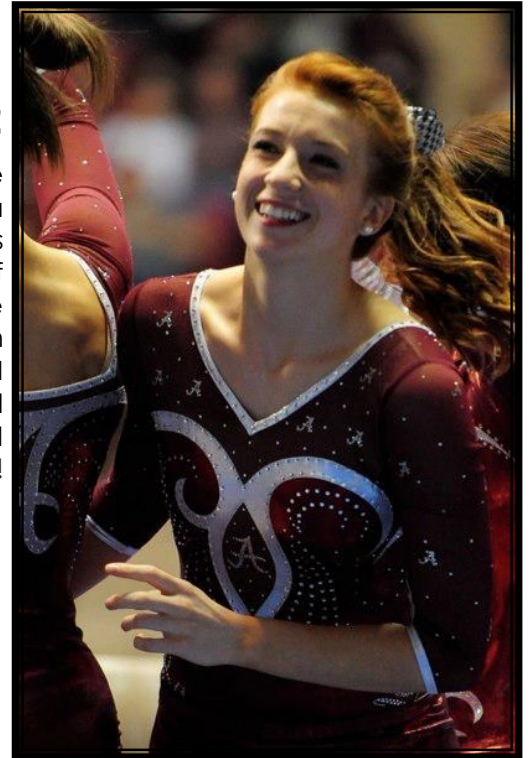
Years Involved with Gymnastics: 19 years

Athletic Accomplishments: Collegiate gymnast from the University of Alabama; 3x TOPS national team member; International Elite Athlete

Favorite Gymnastics Event: Beam

Hometown: Warren, OH

Why Hannah Loves Coaching: It is fun to watch my students progress and grow. I am excited that I can help children advance in the sport and share the experiences that will shape their lives!



Alexis

Grzywacz

Education: Pursing a degree in Elementary Education from Radford University

Years Involved with Gymnastics: 13 years

Athletic Accomplishments: Level 8 gymnast

Favorite Gymnastics Event: Bars

Hometown: Winchester, VA

Why Alexis Loves Coaching: Gymnastics is a passion of mine, and I love helping kids of any age pursue the same passion while making it fun and enjoyable!



Tina Musarra

Education: BBA & BA in Sociology from Roanoke College

Certifications: NK-8 Teaching Certification & National Board Certified

Coaching Experience: 20 years of various levels through 9

Judging Experience: 18 years as a Level 10 judge

Hometown: Roanoke, VA

Why Tina Loves

Coaching: I love to see the "light bulb" come on when kids get it. I enjoy spending time with kids and it keeps me young!





Mary Mitchell

Education: BS in Communication Sciences & Disorders from James Madison University and currently pursuing MS in Speech-Language Pathology from Radford University

Coaching Experience: 3 years

Athletic Accomplishments: Finished high school with 8 varsity letters

Favorite Gymnastics Event: I love watching them all!

Hometown: Gaithersburg, MD

Something you don't know about Mary: I taught kindergarten for two years and have been to 15 different countries!

Why Mary Loves Coaching: I love, love, love working with children. I love teaching them and getting them active!



Katie Thacker

Education: BA in Communications from Virginia Tech

Coaching Experience: 8 years

Dance Experience: 20 years

Athletic Accomplishments: Danced and choreographed with the Virginia Tech Contemporary Dance Ensemble for 5 years

Favorite Gymnastics Event: Love to watch floor!

Hometown: Burke, VA

Something you don't know about Katie: I worked at Techniques from 2005-2011, took a hiatus when my kids were tiny, and am so glad to be back coaching again!

Why Katie Loves Coaching: I love working with kids who are so excited to learn new things and then show them off. "Miss Katie watch this!" is so fun to hear!



THE BIGGEST, THE BEST PARTY EVER.
PARTY ALL NIGHT LONG.



NYE PARTY & SLEEPOVER WEDNESDAY DEC. 31

AGES 3+
PARTY
7P-9P
\$25

AGES 6+
SLEEPOVER
7P-8A
\$55

MIDNIGHT PIT PLUNGE
DESSERT BAR • BALL DROP • VIP LOUNGE
SPARKLING CIDER • DJ • HORS D'OEUVRES



Gymnasts of the Month!

Instructional Program: Addelie Greer



Addelie is a 6-year-old Leaping Lizard 1 and has been in gymnastics for about five years. Her favorite school subject is science! Here are some more fun facts about Addelie:

Name: Addelie Michale Greer

School: In 1st Grade at BJU Homeschool

Addelie's Interests: Dance and I love my dogs!

Favorite Gymnastics Event: Bars

Favorite Movie: Frozen

Favorite Color: Blue

Favorite Book: My Little Girl by Tim McGraw

Favorite Food: Chicken & Dumplings

Addelie's Inspiration: My Mom & Dad



Instructional Program: Bailey Capwell

Bailey is a 5-year-old Leaping Lizard 2 and loves jumping on the trampoline! In addition to gymnastics, she loves art and the library. Here are some more fun facts about Bailey:

Number of Years in Gymnastics: 3 years

School: In Kindergarten at Harding Avenue Elementary School

Favorite Gymnastics Event: Trampoline

Favorite Movie: Star Wars - Return of the Jedi

Favorite Color: Black

Favorite Book: Star Wars - The Complete Visual Dictionary

Favorite Gymnast: My sister, Jordan Capwell

Favorite School Subject: Math

Favorite Food: Chocolate

Favorite Quote: "Do you want to build a snowman?"

Bailey's Inspiration: Luke Skywalker and Darth Vader



Select Program: Savannah Morgan



Savannah is a Hot Shot gymnast and has been involved with gymnastics for two and a half years. She is in Preschool and her favorite event is bars. Here are some more fun facts about Savannah:

Nicknames: Sassy, Nanny Rose

Age: 4 years old

School: The Children's Garden

Other School Activities: Reading, Painting, Dancing, Singing

Favorite Movie: Frozen

Favorite Color: Pink and Purple

Favorite Book: The Royal Slumber Party

Favorite Gymnast: Coach Kaelin

Favorite School Subject: Reading

Favorite Food: Chicken Fried Steak

Favorite Quote: "I love you!"

Savannah's Inspiration: God and my family