

HOLIDAY EDITION 2015

Tumbling Times

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

NINJA ZONE

**Ninja Zone
Birthday
Parties
Coming
January
1st!**

First and foremost you may be asking—What is Ninja Zone? Offered in only 105 gyms nationwide, Ninja Zone incorporates the coordination of gymnastics, the discipline of martial arts, the strength and agility of obstacle course training, and the creativity of break dance! It's all about getting the kids moving while teaching them to move through their environments smoothly and effortlessly. It is a high energy, fast paced class targeted for boys ages 3-11. The boys will learn to flip, twist, climb, swing, crawl, kick, and punch in addition to all sorts of other fun and exciting things.

Beyond the skills curriculum, Ninja Zone teaches confidence, discipline, impulse control, and teamwork! Every Ninja Zone class begins and ends with a line from the Ninja Creed that emphasizes the importance

of the days lesson. The boys who participate in Ninja Zone learn the value of waiting their turn, working hard, and respecting their authority figures all while in a fun, safe environment.



Upcoming Events

Compulsory Polishing Clinic 1:30-3:30pm

November 3rd

Commonwealth Games Meet

November 14th-15th

Turkey Tumble Make-Up Class

November 25th

Thanksgiving Weekend—Gym Closed

November 26th-29th

Ribbon Week

December 7th-12th

Jingle Bell Jam Make-Up Class

December 12th

Winter Holidays—Gym Closed

December 22nd-January 3rd

New Years Party/Sleepover 7:00pm-8:00am

December 31st

Blizzard Blast Make-Up Class

January 16th

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-29th

December 22nd- January 3rd

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 for:

November 25th: Turkey Tumble @ 2pm

December 12th: Jingle Ball Jam @ 12pm

January 16th: Blizzard Blast @ 12pm

We can't wait to see you there!

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:

November 16th

December 8th

TWAS THE HYPE BEFORE CHRISTMAS

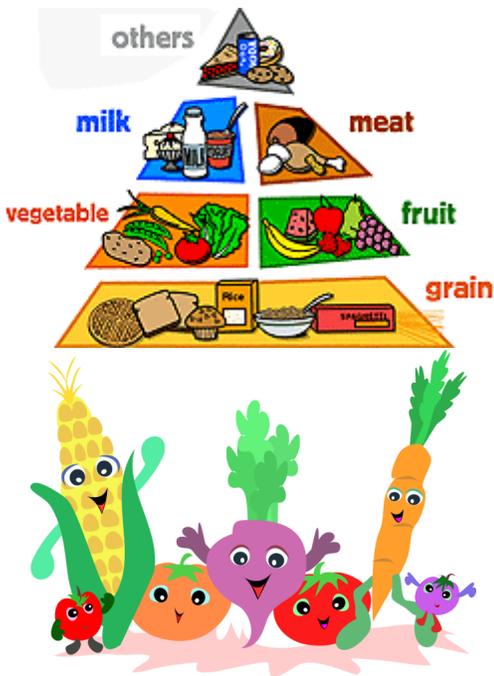
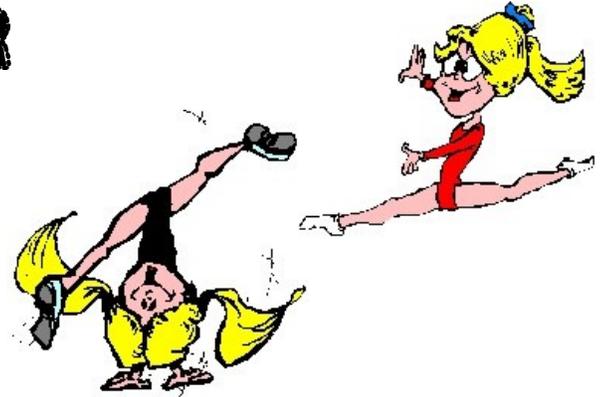
and all through the gym, the gymnasts were flipping for themed open gyms! During the month of December, Friday Nite Hypes on the 4th, 11th, and 18th will feature a holiday theme, complete with cookies, pictures, and a very special guest. Parents, take a couple hours to do some holiday shopping while the kids are having some fun—open gym style!



* PRESCHOOL THEMES *

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!

DIRECTIONAL DECEMBER

Forwards, s-d-r-a-w-k-c-a-b, diagonal, north, south, up, or down- our preschool students will be learning all about directions this month! Two of the key concepts that children ages two through five should understand to begin formal academic learning are position and direction. We will be working hard this month to explore the concepts of up and down; in and out; front and back; over, on, and under; top, middle, and bottom; and of course, left and right! Once mastered, your children will be able to better understand exactly where they stand in the world around them!



NEW FACES IN THE GYM!



Matt Brinker

Hometown: Gallipolis, Ohio

Education: B.A. in Sports Management and Marketing
from Marshall University

Years Involved in Gymnastics: 22 years

Favorite Gymnastics Event: Uneven Bars

Favorite Food: Healthy Food & Spicy Food

Favorite Gymnast: Courtney Kupets

Something People Don't Know: Matt was homeschooled until
11th grade

Chelsea Hopkins

Hometown: Christiansburg, Virginia

Education: B.S. in Sociology with a Psychology minor
from Radford University

Years Involved in Gymnastics: 5 years

Favorite Gymnastics Event: Beam

Favorite Food: Pizza

Favorite Gymnast: Carly Patterson

Something People Don't Know: Chelsea absolutely loves the
Harry Potter Series



Crystal Jones

Hometown: Inglewood, California

Education: B.S. in Kinesiology from Cal State Fullerton

Years Involved in Gymnastics: 8 years

Favorite Gymnastics Event: Uneven Bars

Favorite Food: Mexican Food

Favorite Gymnast: Gabby Douglas

Something People Don't Know: Crystal likes to play video
games

Gymnasts Of The Season



Ninja Zone Program: Ethan Liu

Age: 10

School: Homeschool

Grade: 5th

Favorite School Subject: Math

Ethan's Other Activities: MMA

Favorite Movie: Avengers

Favorite Color: Red

Favorite Book: Minecraft

Favorite Food: Pizza

Preschool Program: Simon Glass

Age: 5

School: Margaret Beeks Elementary School

Grade: Kindergarten

Favorite School Subject: Science

Favorite Gymnastics Event: Open Gym

Favorite Movie: Brave

Favorite Color: Orange & Red

Favorite Book: Star Wars

Favorite Food: Ice Cream Sandwich



Compulsory Program: Emily Martin

Age: 11

School: Blacksburg Middle School

Grade: 6th

Favorite School Subject: Science

Favorite Gymnast: Kyla Ross

Favorite Gymnastics Event: Floor

Favorite Movie: The Star Wars Series

Favorite Color: Purple

Favorite Book: Counting By 7's

Favorite Food: Mac and Cheese

Emily's Inspiration: Her family, friends, and all of the coaches who have supported her

