

July 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: a Pirate or a Princess 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 a birthday party host at all parties to better assist your family with greeting birthday guests, set-up, clean-up, and answering questions throughout the party. With another set of hands, your party is sure to run smoothly! 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! Shirley Bain has won a free magnet this month! Please stop by the front office to claim your prize!

Upcoming events:

Summer Camp Registration is open!

Hue-ly July

Our preschool students will explore colors while building their strength and developing their school readiness!

15% off Red, White, and Blue Leotards!

July 1st-5th

Fourth of July (Friday)

No Classes

*We will be open Saturday, July 5th!

Bend, Bounce, & Jump Clinic 1:00-2:00pm

July 12th

Cartwheel Clinic 1:00-3:00pm

July 12th

Back to the Future Camp Week

July 14th-18th

Sports Conditioning Camp Week (ages 9&up)

July 14th-18th

ImaGYMnation Camp Week

July 28th-August 1st

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.



Coaches' Corner: Morgan Sisson

Born and raised in Christiansburg, VA, Morgan was involved with gymnastics for nine years before beginning to coach! In addition to gymnastics, Morgan cheers on the Virginia Tech Competitive Cheer-leading team. Here are some more fun facts about Morgan:

Family: Two younger brothers

Education: Graduated from Christiansburg High School and now is pursuing a Human Development degree at Virginia Tech

Number of years Coaching: 1 and a half years

Athletic Accomplishments: Cheerleading captain junior and senior year in High School and now a member of the Virginia Tech All-Girl Competitive Cheerleading team

Favorite Gymnastics Event: Floor is my favorite event- I like watching the variety of routines.

Favorite Gymnast: Nastia Liukin

Favorite Food: Pizza

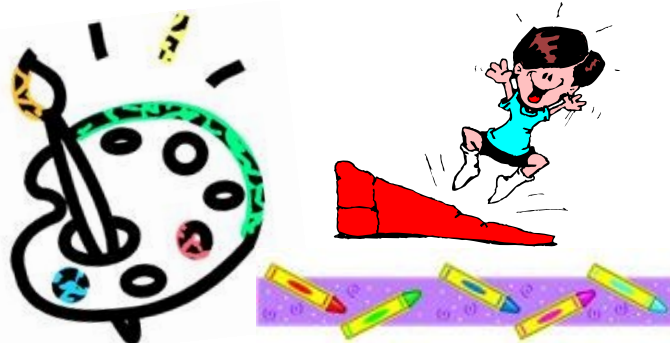
Hobbies: I enjoy spending my free time relaxing outside with my friends.

Something you don't know about Morgan: I'm a vegetarian.

Why Morgan loves coaching: I enjoy coaching because I LOVE helping kids accomplish their goals in a sport that I love!

Morgan's Inspiration: My family is my inspiration. I love to make them feel proud.

Favorite Quote: "Let your faith be bigger than your fear."



Hue-ly Ju-ly

Colors make our world beautiful in many ways—through nature, food, clothing, crayons, just to name a few! It's important to emphasize colors everyday as they stimulate a child's imagination and enhance their sense of sight. Children are exposed to colors through their surroundings and pick up on the names of colors because of frequent repetition among parents, teachers, and siblings! Join us this month for "Hue"-ly July as we go a step further than just talking about colors and really get into what is primary, what mixes to make what, and what certain colors

Preschool Corner represent in our daily lives!

Happy Birthday!

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

Naomi Noren

Gavin Rose

Jillian Bass

Lyna Lee

Evangeline Taylor

Sophia Sinclair

Callie Maloney

Ava Roberts

Emma Dums

Parker Dunn



Congratulations to all of our new Pre-Team 2 and All-Star gymnasts!

Pre-Team 2:

Sierra Anderson
Layla Boyle
Cecelia Cromer
Madison Fuller
Elaine Gentry
Lorelei Gerow
Rinnah Good
Rigel Graybill
Riley Larimer
Lily Meyer
Emma Raccuia
Avery Robbins
Sierra Symanoskie
Kendra Trail

All-Stars:

Bailey Linkous
Hannah Miles
Mira Smith



Kari Wildman has won a free open gym pass this month! Please stop by the front office to claim your prize!



Camp A Pal o za



Ima-GYM-nation: July 28th-1st

The sky is the limit this week as we stretch our imaginations through adventurous activities and games in the gym! Not only will we be making up our own jumps for every letter in the alphabet and simulating a space ship ride through outer space, but we will also be exploring our five senses through activities and creating our very own time box that we will bury and rediscover at next year's camp! In addition to all of the creative gymnastics on the bars, beam, vault, floor, and trampoline, every day of camp has a different theme: color day, tie-dye day, crazy hair day, and backwards day. Our backwards themed day is truly backwards as we will even be wearing our clothes backwards! Each group of campers will also get the chance to expand their creativity into theater when they create and perform their own group skit for all of the other campers and coaches! Because we need to give our imaginations a break from all of their creativity at some point, we will be working to strengthen our muscles through our Campercize program too. Whether it be hopping like frogs on lily pads or pushing

our flexibility as we imagine ourselves as contortionists, our muscles will be just as strong as our brains! During the week, we be joined by two surprise guests to foster our growing imaginations! We will also be creating some very crazy crafts every day! All family and friends are invited to watch all of the campers perform their new skills and tricks in the show at the end of the week. With all of the imagination and creativity stemming from this week, it is sure to be a week the campers won't forget!

Dani Higgs has won a free t-shirt this month! Please stop by the front office to claim your prize!

I SPY... VIRGINIA TECHNIQUES!

Be sure to stay on the lookout for the Techniques Team to make appearances in Blacksburg and Crossville, Tennessee! If you love watching the gymnasts flip in the gym, this is the perfect opportunity for your little gymnast to come and watch some of their other tricks!

4th of July Parade, Downtown Blacksburg- The Techniques Girls will be riding around town and will even be performing skills down Main Street!

Flip Fest Camp in July, Crossville Tennessee- Receiving training from former Olympians John Macready, John Roethlisberger, Blaine Wilson and Courtney McCool, the gymnasts will spend a week vaulting, flipping, and spinning before bringing their new skills back to Virginia Techniques!

Steppin Out, August 2nd, Downtown Blacksburg- The team will perform an exhibition showcasing their gymnastics flair while entertaining the crowd with a few exciting tricks!



Cool activities to try at home:

1. Paint pictures on the sidewalk with water
2. Freeze your own juice popsicles
3. Have an ice cream sundae potluck with friends
4. Freeze fruit and then eat it!





Gymnasts of the Month!

Preschool Program: Hollace Oakes



Hollace is a 3-year-old Galloping Gator and loves to flip! She also enjoys swinging on the bars, jumping on the trampoline, and walking across the balance beam. Here are some more fun facts about Hollace:

Nickname: Hush Pup

Number of Years in Gymnastics: 1.5 years

School: School with Mom

Grade: Pre-school

Other Activities: Music

Favorite Song: 'It's a Small World'

Favorite Color: Brown

Favorite Book: The BOB Books

Favorite Gymnast: Miss Amanda

Favorite School Subject: Art

Favorite Food: Hotdog on Bun

Favorite Quote: "No Problem!"

Hollace's Inspiration: Dad

Instructional Program: Tyler Graves

Tyler Graves is 8 years old and has been in gymnastics for 5 years! Outside of the gym, she participates as a Girl Scout Brownie and a Rec cheerleader. Here are some more fun facts about Tyler:

Class: Squirrels 2

School: 3rd Grade at Christiansburg Elementary School

Favorite Subject: Math and reading

Other School Activities: Library Page

Favorite Gymnastics Event: Trampoline

Favorite Movie: Last Unicorn/ Frozen

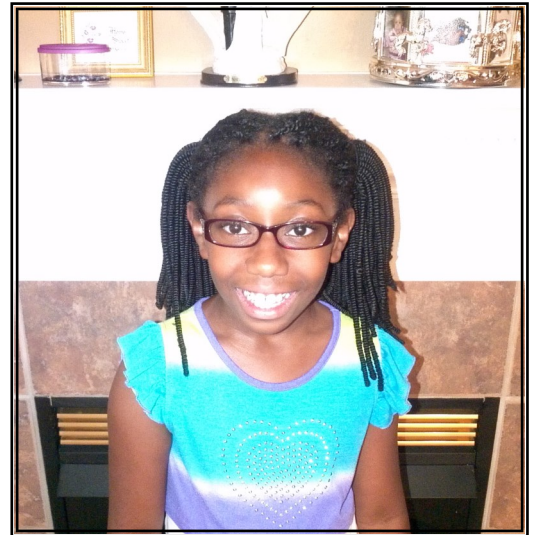
Favorite Color: Blue

Favorite Book: Where the Sidewalk Ends

Favorite Gymnast: Gabby Douglas

Favorite Food: Cake

Tyler's Inspiration: My Mommy because she works hard and is a good person.



Xcel Program: Giorgia Borgarelli



Giorgia is a Platinum Xcel gymnast and has been involved with gymnastics for over twelve years! She is in 11th grade at Blacksburg High School and her favorite event is bars. Here are some more fun facts about Giorgia:

Age: 16

Level: All-Star 3

Highest Event Score: 9.75

Highest All-Around Score: 37.00

Other School Activities: Theater

Favorite Movie: The Fault in Our Stars

Favorite Color: Pink

Favorite Book: The Hunger Games Trilogy

Favorite Gymnast: Kyla Ross

Favorite School Subject: History

Favorite Quote: "Everything that happens to you is either an opportunity to grow or an obstacle to keep you from growing. You get to choose."

Giorgia's Inspiration: That little girl inside of me who fell in love with the sport 12 years ago.