



Spring 2015 Tumbling Times

**Check out our
new Playzone
times this
summer:
MW 1-3pm!**

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

Who's Ready for Summer?!

When school is OUT, summer camp is IN! Don't miss an action packed summer at Virginia Techniques- full of gymnastics, crafts, special guests, and plenty of adventures. With our themed activities, exciting gymnastics equipment, and enthusiastic coaches, there isn't a better way to beat the summer heat in the New River Valley! Gymnastics, games, high flying skills, and new friends are only a few of the things campers will experience at Techniques' camps. At the end of every week, the campers perform in a Friday show to display the skills they learned for their family and friends. Half day shows are at 12:30pm, while full day shows are at 3:30pm. After participating in camp, each camper will take away athletic skills, a re-energized imagination, and long lasting memories!

Campers are welcome to sign up for a single day, multiple days, one full week, or even four full weeks.

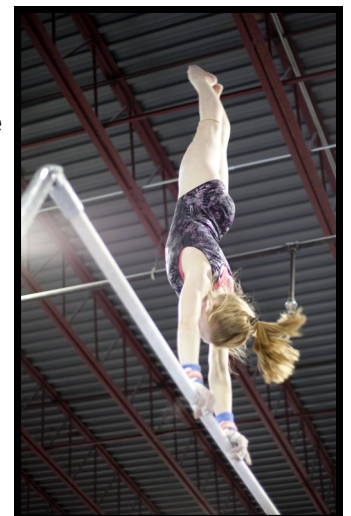


The gym offers half-day camp (9am-1pm, for ages 3+) and full-day camp (9am-5pm, for ages 6+).

Back again this summer is our alternate option for our 9+ campers! Campers 9 & up can participate all week from 9am-5pm in Competitive Edge Camp and Flip Camp! Both of these camps feature gymnastics and other sports drills, games, strength tests, and clinicians!

Half-day camp is \$129/week (\$31/day), full-day camp is \$219/week (\$51/day), and alternate camp is \$225/week. The coaches are anxiously planning each week and couldn't be more excited for this summer. **Discounts are available, so be sure to stop by the office for more information!**

Summer Camp Registration opened March 1st. Spots do fill quickly, so be sure to reserve your spot with us today! For questions regarding summer camp please contact Amanda Murray at amandamurray@vatechniques.com.



summer Camp weeks and themes 2015

June 1st-5th: Pirate & Princess Week

All aboard mi hardies and princesses for our five-day fantasy journey! Sail with us for a week filled with walking the plank, royal workouts, and lots of magical games. Besides exploring some favorite fairy tales and discovering buried treasure with our captains, all pirates and princesses will be creating some very special crafts to bring home to their castles. There's no way this journey couldn't have a maaarrgggvelous ending!

June 1st-5th: Competitive Edge Camp (ages 9+)

This camp has been developed for older athletes who want to work on gymnastics-based skills that will help them excel in any sport! Any athlete from dancers to football players can participate! This full day camp will challenge participants to increase their strength, agility, and flexibility as they learn to tumble on floor, swing bars, and flip on the trampoline. Clinicians will discuss topics to help enhance performance and promote a healthy lifestyle. No matter the sport, our coaches have drills, skills, and workouts to help every camper maximize their athletic potential!

June 22nd-26th: Surfin Safari Week

Kowabunga and hang ten! Everything you love about the beach has been moved to Techniques! Whether we are surfing on the slack line, playing beach volleyball, or having fun with water games, campers can expect a totally tubular time. The only wipeout will be your campers' energy at the end of the day. Grab your surfboards and bathing suits as we celebrate the sand beneath our toes!

July 13th-17th: Mission Possible Week

This action-packed week will keep your detectives on their toes with excitement! Expect team challenges, like the human knot, scavenger hunts, and mazes. We'll even be building and solving human puzzles using our bodies! Campers will tackle lots of physical challenges and create their own detective kit. Grab your magnifying glasses and note pads - we've got a gym to save!

August 3rd-7th: Superhero Week

Attention all Superheroes: grab your masks and capes as we launch ourselves into superhero training camp at Virginia Techniques! We need you to help us handle lots of adventurous and treacherous situations that superheroes face. Be prepared to fly on the bars, flip into the pit, and scale the rope. In addition to revealing our own superhero identities, we will also meet a few everyday heroes in our community. Quick- to the Batmobile!

August 3rd-7th: Flip Camp (ages 9+)

Forget walking- campers will be flipping everywhere! Expect a week of jumping, rolling, and handspringing as campers learn body awareness with aerial moves and physical strength for balance. Tumbling, acrobatics, and stunting are only a few of the areas campers will be exploring. Clinicians will be visiting to explore various disciplines such as martial arts, parkour, and advanced trampoline progressions. This action packed week promises to turn the camper's world upside-down!



Upcoming events:

Summer Camp Registration is open!

Tiki Tumble Theme Week

April 13th-18th

The "Girls Want to Have Fun" Meet 1:00pm

April 18th

Compulsory Polishing Clinic 3:00pm

April 18th

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

April 22nd

Back Handspring & Preschool Clinic 1:00pm

April 25th

Ribbon Week

May 4th-9th

Gym Show

May 9th

Sandtastic Party & Sleepover 7:00pm

May 16th

Memorial Day- Gym Closed

May 23rd-25th

*No Friday Night Hype May 22nd

New Summer Schedule

Starts June 1st

VTGI Summer Camps

What will my child be doing at camp all week?

Our mission at Virginia Techniques is for children to reach their full potential safely, happily, and successfully. All camps will help develop self-esteem, confidence, coordination, flexibility, and strength while having fun! Our small coach to student ratios allow our coaches to give each child the personal attention they need to learn new skills and reach their goals. Everyday campers will work challenging skills through stations on every event, increase their strength and flexibility, and work safe progressions on all events as well as the trampoline! All camp weeks include hours of fun with friends, gymnastics, and age appropriate activities!

What's the quickest way to cool off this summer? A summer of gymnastics at Virginia Techniques! Starting June 1st, our sizzling summer schedule is on! We're proud to offer tons of different options to meet the needs of each family. Our awesome programs and energetic coaches will keep your gymnast flippin' all summer long!

More Gymnastics for Less

So your child only walks on their hands or your bed's been turned into a trampoline? This hot summer special allows you to take one class at regular price and each additional class for only \$12/class. This is an inexpensive and quick way to improve your gymnast's skill level by taking a second, third, or even fourth day of gymnastics. Want to specialize on the floor or dabble on bars and balance beam? Try an extra Tumbling and Trampoline class or Lizards class for the summer!

Summer Punch Cards

Are you super busy this summer with traveling, swimming at the pool, or playing other sports? Consider summer punch cards! With a punch card, families on the go can choose any time and day of the week to come to class. All you have to do is call ahead to reserve your class spot. Purchase your punch card, which is good for five visits, at the front desk now! 50 minute classes, 60 minute classes, and 90 minute classes are all available. No worries if you use the card up quickly, you may purchase additional cards through August.

Open Gyms for all Ages

Can't commit to anything regular this summer? Maybe you'd like to go out to dinner or a movie without the kids? We have several open gym options that will let your kids burn off some energy and have a blast while doing it!

Play Zone is for ages walking to twelve, and is offered at new times starting on June 1st and running until August 31st. This parent assisted open gym is every Monday and Wednesday from 1:00pm-3:00pm. Every visit there will be tons of soft mats to play on and unlimited trampoline and foam pit time. Additionally, we will be splitting the gym in half and creating a preschool only area! No need to sign up in advance, just stop by for only \$6/member and \$8/non-members.

Friday Nite Hype is the best kids' party in the NRV! Expect loud music, experienced coaches, free prizes, and flips galore. Children ages three to twenty two can join us for all this fun. For two hours of nonstop gym time (7:00-9:00pm) it's \$10/member and \$12/non-member. Just stop by the front desk to sign your children and their friends in and enjoy a night out!

Late Nite is open gym for our older crowd, ages sixteen to twenty-two. Late Nite is the best place to improve gymnastics, cheerleading, and parkour skills. We'll still be offering sessions for \$8 from 8:00-9:30pm every Tuesday all summer long.

Birthday Parties

If you want to spend your birthday flipping into the pit, climbing the rope, or swinging on the bars then we have the deal for you! Book a Bronze, Silver, Gold, or Platinum party as we've got the perfect package for everyone. Be sure to take advantage of this cool deal and stop by the office this summer to book your next birthday party!

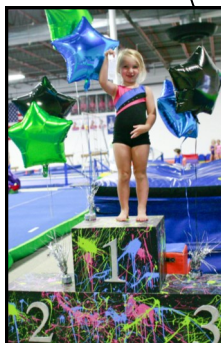
Please stop by the office with any questions you have regarding this summer!



Ribbon Week May 4th-9th



Ribbon Week is coming up quickly and the coaches are so excited to award all of their recreational gymnasts the ribbons they have earned with their hard work! With every ribbon comes an updated skill list of what each child has mastered independently. Some gymnasts will also receive move-up letters according to their skill level or age. Parents- bring your cameras; and gymnasts- bring your best salute as we celebrate all the hard work you have accomplished over the past few months!



Don't forget!

May is the last month of our current class schedule! Our Summer Schedule starts June 1st. All move-up invites are effective as of June 1st! With the new summer schedule also comes some staffing changes. Please make sure to ask your coach if they are staying for the summer!



Girls Just Want to Have Fun!

Our annual Fun Meet is coming up on Saturday, April 5th! The Hot Shot and Pre-Team 1 gymnasts will participate in a mock meet and compete on the vault, bars, beam, and floor. Good luck to all of our girls; your hard work will definitely pay off!



PLAYBILL

VIRGINIA TECHNIQUES

LIGHTS! CAMERA! ACTION!

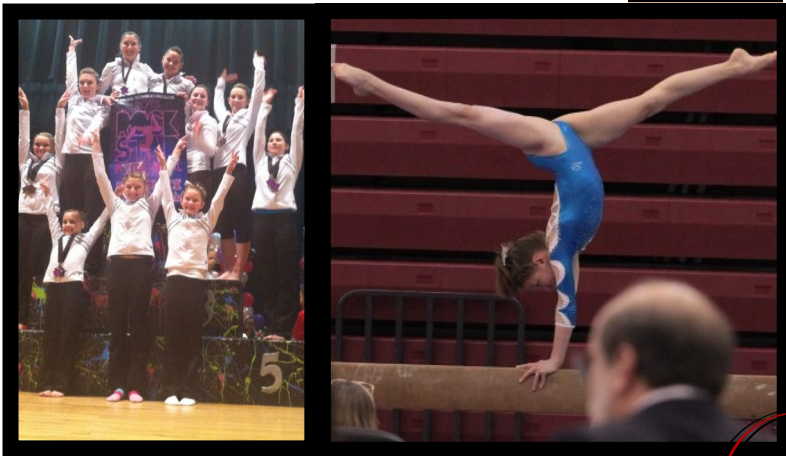


STARRING

BUNNIES • GATORS • LIZARDS • KOALAS
SQUIRRELS • TnT • TIGERS • CHEERNASTICS
SPECIAL NEEDS • GYMNASTRIX

MAY 9, 2015

Please register by April 15
\$20 registration fee includes T-Shirt and a trophy



Congratulations to all of our gymnasts on a fantastic season! These gymnasts competed and placed in their State Meet in March. We are very proud of you!

Level 10

Raena Worley
1st Place Beam

Level 9

Domi Boothe

3rd Place Floor

Emma Dums

2nd Place Vault & Beam

3rd Place All-Around

Jenny Shaffer

1st Place Floor

Maddie VanAken

2nd Place Bars

Level 8

Hannah Grove

1st Place Beam

Cecelia Kominsky

3rd Place Bars

Olivia Valentine

2nd Place Vault, Bars, Beam,
Floor, & All-Around

Regional Qualifiers

Raena Worley

Domi Boothe

Emma Dums

Olivia Valentine

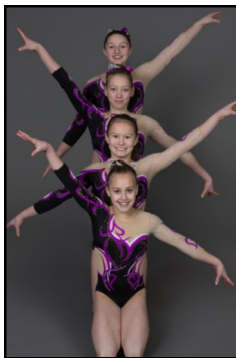
Maddie VanAken

Brittany Warf

Regional Alternates

Cecelia Kominsky

Brooke Simpkins



VIRGINIA TECHNIQUES PRESENTS

SANDTASTIC PARTY & SLEEPOVER

COMING TO YOU **MAY 16**

AGES 3+ **PARTY** 7p-9p

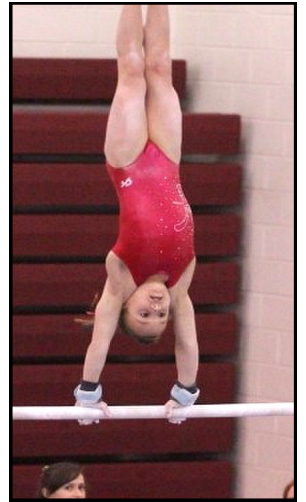
AGES 6+ **SLEEPOVER** 7p-8a

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The Competitive Side of Gymnastics

Whether it's gymnastics, swimming, or soccer, every child has a natural niche at something special. Many parents may ask when their child should get involved in an organized activity– and the answer is as soon as possible! If the student can master his or her coordination and body control at an early age, then the coaches are able to work on more challenging gymnastics skills on the balance beam, vault, bars, trampoline, and floor. Olympic Team members Nastia Liukin and Gabby Douglas both started gymnastics at early ages. Nastia began at age 3, while Gabby became involved with gymnastics at age 6. Whether your child wants to challenge themselves in the preschool and instructional program or to eventually compete on the team, gymnastics is a great sport to make friends and set personal goals.

To help our students reach the next level of the sport, we offer a Select Pre-Team and All-Star Program in addition to our preschool, instructional, and advanced classes. Gymnasts can start working towards a competitive track starting at age four with our Hot Shots class! There is no commitment to this class, and it gives young gymnasts an opportunity to train the appropriate skills needed for Pre-Team. We offer two Pre-Team groups for gymnasts around the ages of 5-9 years old. The Pre-Team levels work on advanced gymnastics skills, correct form, and prepare each gymnast for the competitive Team Program beginning at Level 3. If your child loves gymnastics as much as we do, we would love to see them in the gym more often!



Our All-Star Program is another excellent way for instructional students ages 7-18 years old to become involved in a more competitive side of gymnastics without the full commitment to the competitive team! All-Star gymnasts compete in the Xcel Program which consists of five different levels and gymnasts are placed according to their skill level. All All-Stars receive a standard routine for vault, bars, beam, and floor and are able to change elements of the routine according to skill ability. By practicing at least five hours per week, All-Stars receive the unique opportunity to progress with their skill set, compete in meets, but still participate in other extracurricular activities if desired!

Even if your child does not want to be the next Mary Lou Retton, gymnastics is a great springboard for other sports and activities. Not only does gymnastics build strong muscles and coordination, it also strengthens teamwork and gives students goals to work towards. For more information about the Pre-Team and All-Star Programs, please contact Amanda James at amanda@vatechniques.com.

Staff Corner: Gina States

Born and raised in Bayville, NY, Gina was involved with gymnastics for thirteen years before coming to work in Customer Service at Techniques! Here are some more fun facts about Gina:

Education: I am at Virginia Tech studying Human Nutrition, Foods, and Exercise.

Athletic Accomplishments: I was a Regional Qualifier when I was a level 8 and 9 and New York State Beam champ in level 6!

Favorite Gymnastics Event: I love vault and beam!

Favorite Gymnast: Aly Raisman

Favorite Food: Pizza

Hobbies: I like to cook and bake.

Something you don't know about Gina: I'm a Transfer Orientation Guide for new students at Virginia Tech.

Gina's Inspiration: My dad

Favorite Quote: "Be crazy, be weird, don't be afraid of what anybody thinks!"



Congratulations to Coach Alisha and Coach Brittany who will be graduating this spring! Alisha will be graduating from Christiansburg High School and will be continuing her education at Bowling Green State University in Ohio and cheering on their Nationals Team. Brittany will be graduating from Virginia Tech and has accepted a job to work for the Mine Safety and Health Administration in Wheeling, WV. You will both be missed!



Gymnasts of the Month!



Preschool Program: Avery Blankenship

Avery is a 3-year-old Bouncing Bunny and has been in gymnastics for about a year and a half! In addition to gymnastics, she loves reading and learning the alphabet. Here are some more fun facts about Avery:

Nicknames: Aves, Avers

Grade: Preschooler

Favorite Gymnastics Event: Class

Favorite Movie: Annie

Favorite Color: Yellow

Favorite Book: Berenstain Bears

Favorite Gymnast: Payton Vishneski

Favorite Food: Marshmallows

Favorite Quote: "I can do it!"

Avery's Inspiration: Big Sister Shelby

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

Instructional Program: Parker Dunn

Parker is a 6-year-old Tumbling Tiger and has been in gymnastics for two years! Outside of gymnastics he loves gym class. Here are some more fun facts about Parker:

Name: Parker James Dunn

Nickname: Park

School: First Grade at Margaret Beeks Elementary

Favorite Gymnastics Event: Trampoline

Favorite Movie: Star Wars Episodes I-VI

Favorite Color: Green

Favorite Book: Minecraft Handbooks

Favorite Gymnast: Coach Nate

Favorite School Subject: Science

Favorite Food: Oreo cookies

Favorite Quote: "Luke, I am your father." -Darth Vader

Parker's Inspiration: Daddy



Xcel Program: Raegan Carrow

Raegan is an Xcel Silver gymnast and has been involved with gymnastics for over five years! She is in 5th grade at Belle Heth Elementary School and her favorite event is bars. Here are some more fun facts about Raegan:

Age: 11 years old

Highest Event Score: 9.175

Highest All-Around Score: 35.25

Other School Activities: Choir, Photography

Favorite Movie: Diary of a Wimpy Kid

Favorite Color: Blue

Favorite Book: Eight Keys

Favorite Gymnast: Gabby Douglas

Favorite School Subject: Social Studies

Favorite Food: Chicken nuggets

Favorite Quote: "Always chase your dreams instead of running from your fears."

Raegan's Inspiration: Mom and dad