



# Spring 2016 Tumbling Times

• Virginia Techniques Gymnastics • Christiansburg, VA • (540) 381-5151 • [www.VATechniques.com](http://www.VATechniques.com) •

## CAMP-A-PALOOZA!

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



### Upcoming Events

#### Half Dayz Hype

April 19th @ 1:30pm

#### Tiki Tumble Theme Week

April 25th-30th

#### Back Handspring Clinic

April 30th @ 1:00pm

#### Sandtastic Party & Sleepover

April 30th @ 7:00pm

#### Ribbon Week

May 2nd-7th

#### Taste of New York Gym Show

May 7th

#### Gym Closed for Memorial Day

May 28th-30th

this summer is our Flip Camp option for our 9+ campers from 9am-5pm all week! Both of these camps feature gymnastics, various sports drills, games, strength tests, and special guests! Half-day camp is \$134 per week (\$31 per day), full-day camp is \$225 per week (\$51 per day), and Flip Camp is \$225 per 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 fill quickly, so be sure to reserve your spot with us today! For questions regarding summer camp please contact Chelsea Hopkins at [Chelsea@VATechniques.com](mailto:Chelsea@VATechniques.com)

# Summer Camp Themes



**June 6<sup>th</sup>–June 10<sup>th</sup>**

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 27<sup>th</sup>–July 1<sup>st</sup>**

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 all of the 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.



**July 18<sup>th</sup>–July 22<sup>nd</sup>**

Grab your ticket and meet us under the big top – the circus is coming to town! Join us for this fabulously fun week with special guests that wow and dazzle campers, clowning, juggling, face painting, balloon tying, slack lining, acrobatics, and magic tricks. Reserve your tickets for the greatest show of the summer!



**August 1<sup>st</sup>–August 5<sup>th</sup>**

Sneak into the action during this special week of high energy training! We will be solving mysteries of the gymnastics universe using agility, stealth, and coordination! Expect team challenges, scavenger hunts, obstacle courses, martial arts training and more. Campers will tackle lots of physical challenges and create their own detective kit. Grab your magnifying glasses and ninja swords- we've got a gym to save!



**June 27<sup>th</sup>–July 1<sup>st</sup> & July 18<sup>th</sup>–July 22<sup>nd</sup> (Only 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! 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. 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 of flip on the trampoline. Clinicians will discuss topics to help enhance performance and promote a healthy lifestyle. This action packed week promises to turn the camper's world upside-down! No matter the sport, our coaches have drills, skills, and workouts to help every camper maximize their athletic potential!





# The Gym Show

Virginia Techniques is excited to present the 3rd annual Gym Show, Flipping down Broadway. Each class will have the opportunity to be a part of a special routine, this event is optional to all Preschool and Instructional gymnasts. The routines consist of dance and gymnastics skills picked directly out of each classes curriculum, and is themed to its own Broadway show. The deadline to sign up for the show is April 15th, registration includes the show, t-shirt, and a special trophy awarded at the end of the show.

This year's gym show will feature the following shows:

- Gators 1 - Mary Poppin's
- Gators 2 - The Little Mermaid
- Lizards 1 - The Jungle Book
- Lizards 2 - Singing in the Rain
- Koalas - Hair Spray
- Squirrels - Footloose
- Tigers/FAST - The Lion King

FLIPPING DOWN BROADWAY



GYM SHOW 2016

**MAY 7\***

GATORS • LIZARDS • TIGERS  
KOALAS • FAST • SQUIRRELS

*Registration deadline: April 15*

\*Specific times will be announced after registrations are finalized and we know how many participants we have.

## NINJA MISSIONS

**Our first Ninja Mission at Virginia Techniques on February 27 was a great success! We now have our first group of Yellow Level Ninjas flipping, kicking, and spinning their way around the gym! We will be hosting our second Ninja Mission on May 21 and we are looking forward to testing another group of Ninjas on their skills! Be sure to keep a close eye on them as they zip around the gym, perfecting their skills and preparing for their next opportunity! We welcome you all to come watch them and to celebrate their accomplishments!**



**SUMMER  
PLAYZONES**

**BEGINNING JUNE 1ST WE WILL HAVE  
PLAYZONES EVERY MONDAY AND  
WEDNESDAY FROM 1:00-3:00PM!**

# CONGRATULATIONS COACHES!

With summer quickly approaching, it is a bittersweet time here at VA Techniques! Two of our coaches will soon be moving to start exciting new chapters of their lives! Although you will be truly missed, we wish you the best of luck!



## Ashley Tenney

**Hometown:** Cheyenne, Wyoming

**Years Coaching:** 6 years

**Hobbies:** Ashley enjoys gardening and crafting

**Why Ashley Loves Coaching:** "I love kids and seeing them accomplish a skill they were working for makes my job enjoyable. I love to be a part of a child's success is a huge reason I love coaching."

**Ashley's Plans for the Next Year:** Ashley is graduating from college in May and will then be getting married and moving to Hawaii where her husband is stationed

## Tammy Crouthamel

**Hometown:** Quakertown, Pennsylvania

**Years Coaching:** 34 years

**Hobbies:** "Spending every spare moment with my grandchildren"

**Why Tammy Loves Coaching:** Tammy loves coaching because of the hugs and love she receives every week

**Tammy's Plans for the Next Year:** Tammy will be moving with her family to Pennsylvania



# CONGRATULATIONS GYMNASTS!



For the first time in Virginia Techniques history, we are heading to Nationals! Level 10 gymnast Raena Worley and Level 9 gymnast Cecelia Kominsky were two of only seven gymnasts in their age division from six states who qualified for the national meet. Raena will compete in Fort Worth, Texas from May 7th to May 8th while Cecelia will compete in Virginia Beach, Virginia from April 29th to May 1st. Join us in wishing these incredible ladies the best of luck at Nationals!



# \*Gymnasts of the Season\*



## Preschool Program: Jade Carter

Age: 3 years old

School: Starting preschool this fall

Favorite Gymnastics Event: Balance Beam

Favorite Thing to Do: Play outside & on the trampoline

Favorite Movie: All Disney Movies

Favorite Color: Pink

Favorite Book: Cinderella & Snow White

Favorite Food: Chicken

Jade's Inspiration: Her sisters Emma & Sara

## Ninja Zone: Milo Rasmussen

Age: 4 years old

Nickname: Miley Moo

School: Preschool, starting Kindergarten this fall

Favorite School Subject: Math

Favorite Movie: Star Wars

Favorite Color: Green

Favorite Book: Thomas and Friends

Favorite Food: Chocolate Milk & Bananas

Milo's Inspiration: Stephen Curry



## Optional Program: Adriana Hoffman

Age: 12 years old

School: Christiansburg Middle School

Grade: 6th grade

Favorite Gymnastics Event: Vault

Favorite Gymnast: Shawn Johnson

Favorite Movie: Up

Favorite Color: Purple

Favorite Book: The Bible

Favorite Food: Chocolate Ice-Cream

Adriana's Inspiration: Her Family