



# Winter 2015 Tumbling Times

Look inside  
for our updated  
Policies &  
Procedures!

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

## Ribbons, Skills, and Move-Ups, Oh My!

### Upcoming events:

**Normal Schedule Resumes**  
January 2nd

**Blizzard Blast Make-Up Class 12:00pm**  
January 17th

**No School RULZ! 9:00am-5:00pm**  
Jan 19th, Feb 16th, & Mar 19th

**Rockstar Invitational & Team Competition**  
January 24th & 25th

**I'm Super! Theme Week**  
January 26th - 31st

**Half Dayz Hype 1:30pm-3:30pm**  
Feb 6th, 25th, & Mar 10th

**Back Handspring & Preschool Clinic**  
February 21st 1:00pm

**Summer Camp Registration Opens**  
March 1st

**Pre-Team Clinic 1:00pm-3:00pm**  
March 7th

**Cartwheel Clinic 1:00-3:00pm**  
March 28th

**Ribbon Week & Gym Show**  
May 4th-9th

**Sandtastic Party & Sleepover 7:00pm**  
May 16th

With a Ribbon Week in December, January means move-ups! All of our gymnasts received a custom ribbon last month that corresponded to their class and skill level! Hard work, goal setting, and skill improvements are only a few of the things that these ribbons honor and celebrate. For our Preschool, Instructional, and T&T gymnasts, we have four different colors: white, yellow, red, and blue. White ribbons are awarded to new gymnasts working on their yellow skills! Skills increase in difficulty from yellow to red to blue, where blue skills complete the class skill set. Each skill card has a break down of the different skill levels and also has progressions for the gymnasts' advancement in the program. The ribbon levels allow each gymnast to progress at their individual pace and help the gymnast gain the necessary strength and coordination needed for them to move to the next level! We couldn't be more proud of all our students.

Gymnasts move-up when they have passed the blue level, or if they receive a special coaches' recommendation for move-up. Age level move-ups can be requested at the Front Desk while skill move-ups must be recommended by your gymnasts' coach! Gymnasts who receive skill level move-ups may be either invited to join an intermediate or advanced class or invited to join Techniques Select Pre-Team or All-Star Program. Additionally, move-ups only occur after a Ribbon Week. Our Ribbon Weeks are in May, August, and December, meaning move-ups happen in June, September, and January. If you have any questions regarding your child's progress be sure to ask your child's coach! You can also email Amanda Murray, Preschool Coordinator, at [amandamurray@vatechniques.com](mailto:amandamurray@vatechniques.com) or Paige Poole, Instructional and T&T Coordinator, at [hokiebrat32@gmail.com](mailto:hokiebrat32@gmail.com).

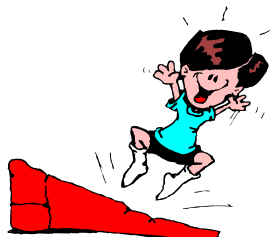


### Taste of NY Gym Show is on Saturday, May 9th!

Virginia Techniques is anxiously anticipating our second annual Gym Show where our students will have the chance to be a part of a special performance! This event is open to all Preschool,

Instructional, and T&T gymnasts. Everyone's routine will consist of a choreographed dance, an obstacle course featuring the vault, bars, beam, floor, and trampoline, and a special spotlight section where each gymnast will show off a few of their favorite skills! Individual trophies and t-shirts will be handed out to each participant. Registration begins March 1st. Group times and prices will be announced in the next few months. We are looking forward to featuring, recognizing, and

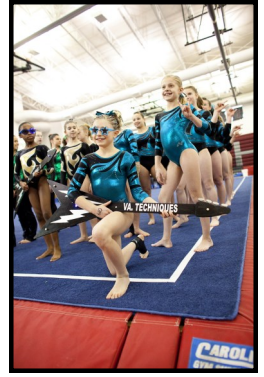
congratulating our gymnasts with this awesome opportunity!



# Kassidy's Rock Star Invitational



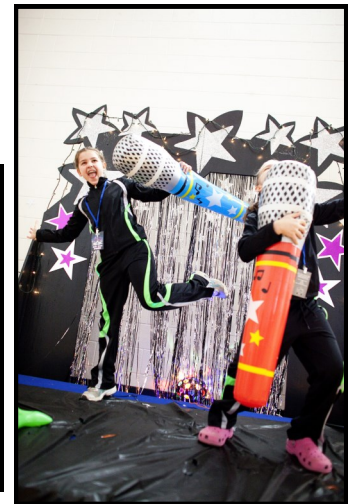
On January 24th and 25th you are invited to Kassidy's Rock Star Invitational at Blacksburg High School! Last year, Virginia Techniques hosted over 500 gymnasts from South Carolina, West Virginia, and various parts of Virginia — and this year we expect to have 600 gymnasts competing! Come out for a day or a weekend full of awesome gymnastics and tons of fun!



This meet is dedicated in honor of our friend and fellow gymnast Kassidy Foster, a 12-year-old level 7 Techniques member who passed away after battling osteosarcoma. Every year special memorial plaques are given in Kassidy's honor to the gymnast receiving the highest individual event score at each level. For the past three years, we have been very lucky to have Kassidy's parents, Danny and Tammy, and sister, Courtney Foster present these awards to the winners of the sessions.

Levels 3-10 and Bronze, Silver, Gold, Platinum, and Diamond Xcel gymnasts compete in various sessions throughout the weekend. Starting with a twist on the traditional March-In, gymnasts are

encouraged to rock out their team personalities with edgy guitars and light-up rockstar glasses. Before and after their session, each gymnast is invited to visit the VIP Room to play Rock Band, sing Karaoke, purchase designer leotards, and meet other gymnasts from different teams. This Invitational offers gymnasts the unique opportunity to combine their rock star aspirations with gymnastics. We can't wait to see you at our very special event! Jessica Vinson has won a free magnet this month! Please stop by the front office to claim your prize!



For the latest Techniques information, upcoming events, and programs follow us on Twitter:



## Goal Setting for the New Year



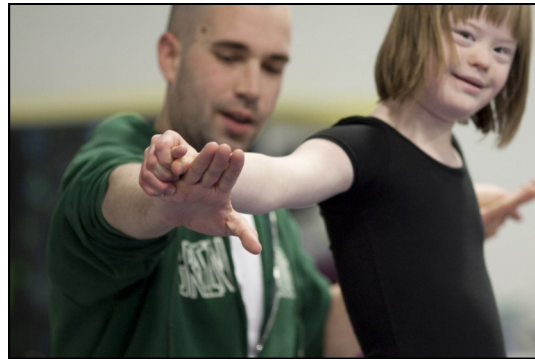
While making New Year's resolutions this year, help your kids set some goals for themselves! Whether it is working hard in school, learning a new sport, or eating more vegetables, goal setting benefits the responsibility, self-motivation, organization, and decision making of each child. Writing out goals helps children cognitively and also builds life skills they will use for their success in the future. Try starting with smaller goals and then working up to larger goals. Hanging written goals around the house will also help your kids visually remember a goal they set for themselves. Ready, set, start writing!



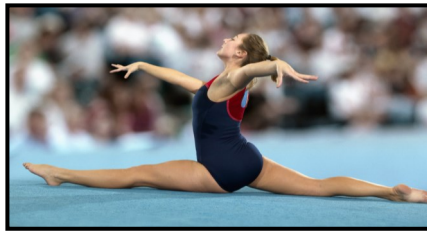
@VATechniques

# Jivin January Preschool

Everyone can learn from dancing and our sport is full of it! From jazz squares to pointed toes, every child deserves the opportunity to dance. For babies, toddlers, and preschoolers, creative movement offers a range of experiences that facilitate natural, easy play and proper development of alignment. Dance encourages neurological coordination and a fundamental exploration of baseline concepts that are the building blocks for future learning. Through movement, songs, games and rhymes, children not only flex their muscles as they gain strength and endurance, but they challenge themselves emotionally and cognitively as well!



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



# FITNESS FEBRUARY

Getting children off to a good start in life is a big job and one of the most important ways to ensure a successful start is by helping them make physical activity an everyday event! "Movement and exercise for kids should be as much of a habit as brushing your teeth—but more fun!" says Rae Pica, a movement education specialist. "Children were born to move," Pica says, noting that activity and movement helps kids develop not only their bodies, but also their brains, their ability to learn, and their social skills. Fitness is an essential part of growing up and impacts every child's physical, cognitive, social, and emotional development. Through fun exercises and energetic activities, our students won't be able to stop moving! Join us as we celebrate Fitness February!

# 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!

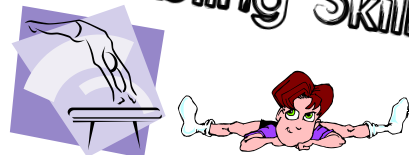
**Upcoming dates include from 1:30pm to 3:30pm:**

- February 6th**
- February 25th**
- March 10th**
- April 22nd**



Celebrate Valentine's Day with your favorite gymnast this year with a new leotard! All red and pink leotards are 14% off on February 9th-14th!

# Drills, Skills, and Tumbling Skills



Working on your cartwheel or back handspring? Learning how to do an aerial? Look for our clinics that will perfect your specific skill! All clinics include two hours of drills as we work on the tumble track, floor, and trampoline. These clinics are from 1:00-3:00pm and pre-registration is required. It is \$20/members, \$25/nonmembers and if you are a team gymnast there is a discount. We look forward to spotting your there!

**Back Handspring Clinic** February 21st  
**Pre-Team Clinic** March 7th  
**Cartwheel Clinic** March 28th

# Musical March

According to Harvard psychologists, music is a way of knowing! Music intelligence is equal in importance to logical intelligence (mathematical, linguistic, and spatial), and locomotor intelligence (kinesthetic, interpersonal, and intrapersonal). As preschool educators, we all know that early childhood is the best time to develop! Bean bags, instruments, and rhythms will be in key as we test our talents. Join us as we make some tunes all month long as we celebrate Musical March!



**Preschool**

## INCLEMENT WEATHER POLICY

Gym delays, closings, and event cancellations will be posted on the website and emailed to all families scheduled for class on the closing day. In the event of bad weather, please visit [www.vatechniques.com](http://www.vatechniques.com), check your email, or call (540) 381-5151. Whenever possible, morning closings will be determined two hours before class and evening closings will be announced by 3 pm. Obviously, with developing storms we will make decisions as soon as possible. We do NOT follow the Montgomery County Public School closing schedule!



# No School Rulz

Need something fun to do while school is closed?! On January 19th, February 16th, and March 19th, Virginia Techniques will be hosting eight hours of flippin' fun from 9:00am-5:00pm! We'll have gymnastics, games, activities, open gym, and much more throughout the day. The only thing you'll need to bring is your lunch! Pre-registration is required for this event. Please see the front office for more details!



## Looking for an exciting group activity that incorporates fun with fitness?!

With a blend of fitness, flips, and fun, our field trips are a great option for your school, daycare, scout troop, mom's group, or any organization! Field trips can be customized to meet your specific needs allowing kids to appreciate fitness, gain confidence, while experiencing the world of gymnastics! Sandra Flores has won a free t-shirt this month! Please stop by the front office to claim your prize!



## DRUM ROLL PLEASE...

We are excited to announce our summer camp dates!

Week 1  
June 1st-5th

Week 2  
June 22nd-26th

Week 3  
July 13th-17th

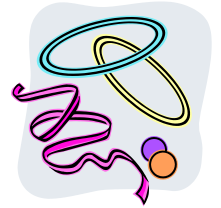
Week 4  
August 3rd-7th

**REGISTRATION  
OPENS MARCH 1ST!**

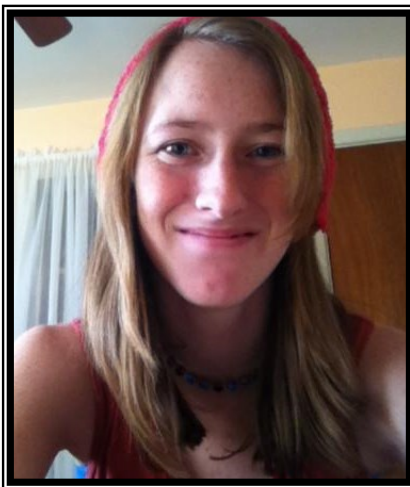
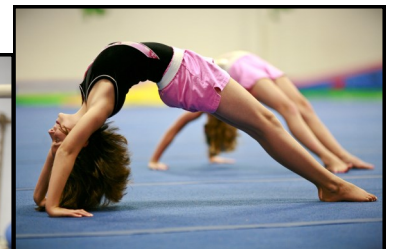


# Top Props at Techniques

Musical instruments, balancing domes, and pom-poms are only a few of the tools our coaches are using to motivate, inspire, and challenge students to learn skills while progressing through our gymnastics curriculum. Who says warm-up is only about stretching?! Assorted props, like jump ropes, balls, and disks used during preschool and instructional warm-ups are designed to complement the skills the students are working on throughout the remainder of their class. These props add an element of fun and contribute to every student's agility, balance, strength, and overall fitness!



Gymnastics builds muscle strength by swinging on the bars and hurdling on the vault, and it also fosters a positive self-image. By deconstructing and breaking down fundamental skills, students are able to experience success quickly and often! Our warm-ups, drills, and activities are designed to promote and build self-confidence for all students. Using our challenging class curriculums, our coaches work to shape successful gymnasts and strive to develop well-rounded athletes who are strong, confident, and talented. The sport of gymnastics naturally develops well-rounded athletes and we at Virginia Techniques are happy and excited to provide trained professionals that will challenge your children to achieve their personal goals.



**Cassie Linko us**

**Hometown:** Christiansburg, Virginia

**Education:** I'm currently enrolled at New River Community College for General studies and hoping to continue on to Radford University for a degree in physical education!

**Favorite Gymnastics Event:** I love watching tumbling and bars.

**Favorite Gymnast:** Gabby Douglas is a true inspiration to me!

**Hobbies:** In my free time I participate in Taekwondo.

**Something you don't know about Cassie:** I play and compose piano.

**Why Cassie loves coaching:** I love coaching/teaching because I love to see the progress kids make throughout their time in the class, and seeing how much they come to enjoy what they do.

**Cassie's Inspiration:** I get my inspiration from one of my favorite authors, C.S. Lewis.

**Favorite Quote:** "What defines us is how well we rise after falling."

**Chris Simmer s**



**Hometown:** Christiansburg, VA

**Education:** I studied psychology at Radford University.

**Number of years Coaching:** 8 years

**Number of Years involved in Gymnastics:** 10 years

**Athletic Accomplishments:** I am a retired collegiate and all star cheerleader, USAG professionally certified, and member of the United States Army Reserves.

**Favorite Gymnastics Event:** Bars and Floor

**Why Chris loves coaching:** I firmly believe if you love what you do you'll never "work" a day in your life. The last time a parent asked me, "how do you put in the long hours every day and always have a smile on your face?" I told her when you're passionate about what you do, it's very simple! The joy in a gymnast's face when she gains a new skill is heartwarming and irreplaceable when she's put in the time and effort it takes to turn this sport into a true art; that being said, standing as the helping hand in her drive and determination is exciting and rewarding to say the least!

**Chris's Inspiration:** God

**Favorite Quote:** "You get the best effort from someone not by lighting a fire beneath them, but by lighting a fire within."



# Gymnasts of the Month!

## Instructional Program: Evie Grim



Evie is an 8-year-old Springing Squirrel and is in 2nd grade at Dublin Elementary School! In addition to gymnastics, she also plays soccer and basketball! Here are some more fun facts about Evie:

**Name:** Evelyn Grim

**Number of Years in Gymnastics:** 1.5

**Favorite Gymnastics Event:** Vault

**Favorite Movie:** Night at the Museum

**Favorite Color:** Yellow

**Favorite Book:** Cam Jansen

**Favorite Gymnast:** Simone Biles

**Favorite School Subject:** Reading

**Favorite Food:** Stir Fry

**Favorite Quote:** "Say what you mean and mean what you say." - Dr. Seuss

**Evie's Inspiration:** Jesus

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

## T&T Program: McKenzie Sisson

McKenzie is a 9-year-old Springing Squirrel and T&T Intermediate gymnast and has been in gymnastics for about a year and a half. She is in 4th grade at Christiansburg Elementary School where she loves PE! Here are some more fun facts about McKenzie:

**Name:** McKenzie Jade Sisson

**Nickname:** Kenzie

**Favorite Event:** Bars

**Favorite Movie:** The Gabby Douglas Story

**Favorite Color:** Pink

**Favorite Book:** All About Wolves

**Favorite Gymnast:** Gabby Douglas

**Favorite School Subject:** PE

**Favorite Food:** Chips & Salsa/Salad/Top Ramen

**Favorite Quote:** "Whatever, dude!"

**McKenzie's Inspiration:** Gabby Douglas



## Compulsory Program: Sarah Gilmer

Sarah is a level 3 gymnast and has been involved with gymnastics for three years. She is in 4th grade at Gilbert Linkous Elementary School and her favorite event is floor! Here are some more fun facts about Sarah:

**Nicknames:** SC; Shorty

**Age:** 9 years old

**Highest Event Score:** 9.5

**Highest All-Around Score:** 36.5

**Other School Activities:** Art; acting

**Favorite Movie:** The Hobbit

**Favorite Color:** Blue

**Favorite Book:** The Hobbit

**Favorite Gymnast:** Courtney McCool

**Favorite School Subject:** Math

**Favorite Food:** Macaroni and Cheese

**Favorite Quote:** "Shoot for the moon because if you miss, you'll land among the stars."

**Sarah's Inspiration:** Vickie and Kaelin



## Virginia Techniques Procedures and Policies

Welcome to Virginia Techniques Gymnastics! Thank you for entrusting your child to us. Our mission at Virginia Techniques Gymnastics is for students to reach their full potential safely, happily, and successfully. Our structured programs help kids develop self-esteem, confidence, coordination, flexibility and strength while having fun! Our small student-to-coach ratios allow our coaches to give each child the personal attention they need to learn new skills and reach their goals.

### **REGISTRATION**

Each student must have a completed *Registration and Medical Authorization Form* and *Release of Liability Waiver* on file prior to class participation. You are responsible for maintaining accurate family records. **Please notify the office if any of your information changes including insurance, address, email, telephone, or emergency contact.**

### **ENROLLMENT**

**Once your child is enrolled at VTGI she/he will be enrolled until we are notified otherwise.** If for any reason you wish to end your child's enrollment you must submit a **written** notice to the office at least 10 days in advance (see Withdrawal Policy below for more information). VTGI holds a spot for your child in her/his class. To provide the best instruction possible, we need an accurate record of students in each class. **Failure to provide a written drop notice before the first of a month will result in a \$10 processing fee.**

### **PAYMENT POLICIES**

**Tuition** – Tuition is paid in advance and is due by the 7<sup>th</sup> of each month. Payments may be dropped in the tuition box in the gym or mailed to: VA Techniques, 1550 Roanoke St, Suite C, Christiansburg, VA 24073. Mailed payments must be postmarked by the 7<sup>th</sup>. You may also enroll in our auto pay feature or pay online using the parent portal to avoid late fees. Please include your child's first and last name and class in the memo line of your check. Tuition is the same EVERY month regardless of the number of weeks of class. VTGI does not charge extra for months with 5 classes and therefore does not prorate for months with 3 classes.

**Membership Fee** – A \$38 membership fee is charged annually for each family when registering for class. This non-refundable fee is renewable each year on your anniversary date.

**Forms of Payment** – We accept cash, check, VISA, MasterCard, and Discover. We encourage you to enroll in our auto pay feature which allows your tuition to be paid by credit card or check. You may also pay online using our parent portal at [www.vatechniques.com](http://www.vatechniques.com)

**Late Fee** – A \$10 late fee will be charged if your tuition is received or postmarked after the 7<sup>th</sup>.

**Discounts** – We offer sibling discounts as well as multi-class discounts. Details are available in the office.

**Prorated Tuition** – Tuition will be prorated only for new students registering for class in the middle of the month. Tuition will NOT be prorated for students missing class for illness or other activities or dropping class in the middle of the month. Please see our make-up policy if your child misses a class.

**Returned Check Fee** – A \$25 fee will be charged for all checks and payments returned for non-sufficient funds or other reasons.

**Non-Payment** – If your account is a month or more past due, your child will not be permitted to continue participating in class and his/her class spot may be forfeited. All fees must be paid and your account must be current before your child will be readmitted. VA Techniques will pursue collection of past due fees and may employ a collection agency to ensure payment.

**Payment reminders are sent at the end of the month via email for the next month. These are only reminders, however, and you are responsible for timely payment whether or not you receive the email. You are also responsible for timely payment even if your child misses the first week of class.**

### **REFERRAL POLICY**

A \$10 tuition credit will be credited to your account for each new student you refer to VA Techniques. Referral coupons are available in the office and must be submitted when the new student registers for class.

### **WITHDRAWAL POLICY**

If your child decides to withdraw from classes at VTGI, please notify the office **in writing** as soon as possible and at least 10 days before the end of the month. **Please note: while we appreciate you letting your child's coach know when your child will be withdrawing from class, you must notify the office in writing to be "officially" dropped and stop future charges to your account.** There will be NO tuition proration if your child withdraws in the middle of a month. Failure to provide a written drop notice to VTGI before the first of a month will result in a \$10 processing fee. Written notices may be given via email or by filling out the Class Withdrawal Form available in the office.

### **MAKE-UP POLICY**

If your child must miss a class, she/he is entitled to one make-up class each month. You should schedule your make-up class in the office at least 7 days in advance. If a make-up class is not available that fits your schedule, your child will receive an Open Gym coupon instead.

### **SWITCHING CLASSES/MOVING UP**

If your schedule changes and you need to switch classes or your child is invited to move to a more advanced class, please notify the office as soon as possible and before your child's last class. This will allow your child's current coach to communicate with his/her future coach and ensure a smooth transition between classes. **All switches and move-ups are scheduled for the beginning of the month.** Please note: while we appreciate you letting your child's coach know when your child will be switching classes, you must notify the office to be "officially" transferred to the new class and to ensure proper billing.

## **INCLEMENT WEATHER POLICY**

Gym delays, closings, and event cancellations will be posted on the website and emailed to all families scheduled for class on the closing day. In the event of bad weather, please visit [www.vatechniques.com](http://www.vatechniques.com), check your email, or call (540) 381-5151. Whenever possible, morning closings will be determined two hours before class and evening closings will be announced by 3 pm. Obviously, with developing storms we will make decisions as soon as possible. **We do NOT follow the Montgomery County Public School closing schedule.**

## **CLASSES**

Our Preschool, Instructional, and Tumble and Trampoline programs offer excellent instruction for kids from walking to 22 years. Our classes develop strength, flexibility and skills based on progressive gymnastics. Gymnasts are placed in classes by skill level and age. Each class consists of three levels: yellow, red, and blue. Each gymnast begins at level 1 (yellow) and works toward level 3 (blue). Students are recognized during ribbon weeks (in May, August, and December) and are awarded a colored ribbon corresponding to their passed level. Each class is designed to ensure each gymnast reaches their full potential safely, happily, and successfully. More information about our classes can be found online at [www.vatechniques.com](http://www.vatechniques.com)

## **ILLNESS/INJURY POLICY**

**Before Class** - Please notify your child's coach if he/she is experiencing any issues that may impact participation in class, including illnesses, sprains, broken bones, etc. If your child is contagious, please skip class and schedule a make-up class when your child is healthy.

**During Class** - Minor injuries will be treated by your child's coach. Treatment may include ice, tape, bandages, etc. Ibuprofen and other medicines will not be administered by coaches. If your child suffers a more serious injury, we will attempt to reach you by phone (calling in the following order): 1. Cell phone, 2. Home phone, 3. Work phone, 4. Emergency contact. Please make sure to keep all your information current.

## **WHAT TO WEAR**

Children should wear comfortable clothing - a leotard or shorts and a t-shirt. Socks, shoes, dangling earrings and jewelry should not be worn during class. Children with long hair should wear their hair in a ponytail. Cubbies are provided for shoes, coats, clothing, etc. VTGI cannot be responsible for items left in the cubbies or lobby.

## **DROP OFF/PICK UP**

For the safety of our students, we encourage parents to accompany their students into the building before class and out of the building after class. Please notify the office if someone other than the registered parent or guardian will be picking up your child. Help make your child's transition to and from class as smooth as possible by being punctual for drop off and pick up.

## **OBSERVATION**

Parents are always welcome to observe our classes. **Parents must remain in the observation area and should never be on the gymnastics floor or equipment.** If your child arrives late and needs to be escorted to class, please contact a staff member. To ensure his or her safety, please do not talk to or otherwise distract your child during class.

## **SIBLINGS**

Siblings must remain in the observation area and should never be on the gymnastics floor or equipment. Parents are responsible for their children at all times and should ensure their children do not play in the pro shop, restrooms, or offices.

## **HOLIDAY CLOSINGS**

The gym will typically be closed on the following days:

<b>Easter</b>	Easter Sunday	<b>Labor Day</b>	Labor Day (Monday only)
<b>Memorial Day</b>	Memorial Day WEEKEND (Saturday – Monday)	<b>Thanksgiving</b>	Thanksgiving Weekend (Thursday – Sunday)
<b>Independence Day</b>	July 4	<b>Christmas/New Year's</b>	<i>Varies depending on the day Christmas falls each year.</i> Minimally, December 24 – January 1

## **QUESTIONS**

Please contact a VA Techniques staff member if you have any questions or concerns.

Questions about invoices or billing?	Questions about your child's progress or behavior in class?	Questions about our programs?	If issues are not satisfactorily resolved, our owner/director is always happy to speak with you
Lara Hopkins, Office Manager Lara@vatechniques.com	Contact your child's coach before or after class (please do not distract coaches during class)	Amanda Murray, Preschool Amandamurray@vatechniques.com  Amanda James, Instructional and T&T Amanda@vatechniques.com	Amanda James, General Manager Amanda@vatechniques.com  Cheryl Johnson, Owner Cheryl@vatechniques.com

**Virginia Techniques Gymnastics, Inc.**  
**1550 Roanoke St, Suite C, Christiansburg, VA 24073**  
**[www.vatechniques.com](http://www.vatechniques.com) (540)381-5151**