

# WINTER EDITION Tumbling Times

2016

## BIRTHDAY PARTIES

With the new year rolling in it's only fitting that our birthday parties are BIGGER and BETTER than ever! With new themes, new features, and new treats, a party at Virginia Techniques is one you won't want to miss!

Does your little one love to dress up? Our gold parties now include themed party gear that your guests get to wear during the party! Whether you choose a Frozen party with custom, handmade tutus or a Pirate party with swords and eyepatches, your guests are sure to lose themselves in the fantasy! To further set the mood, our Gold parties also now include gorgeous deluxe decorations that are sure to make your party one of a kind!

Does your little one have a sweet tooth? We are excited to announce



### Upcoming Events

Rock Star Invitational

January 30th & 31st

I'm Super Theme Week

February 1st-February 6th

Half Dayz Hype

February 5th @1:30pm

Back Handspring Clinic

February 20th @1:00pm

Half Dayz Hype

February 24th @ 1:30pm

Pre-Team Clinic

March 5th @ 1:00pm

Half Dayz Hype

March 8th @ 1:30pm

Gartwheel Clinic

March 19th @ 1:00pm

that Virginia Techniques has partnered with Bubblecake to bring the most delicious cupcakes around to your party! Our Silver Party Package offers 12 Bubblecake cupcakes in your flavor choice of Blackout, Tiffany, Birthday Cake, and Black & White while our Gold Party Package includes 12 custom themed Bubblecake cupcakes that you can only enjoy through our exclusive partnership. We currently offer Frozen and Pirate custom Bubblecakes but be on the look out for a new custom Ninja Bubblecake beginning March 1st!

Does your little one love to get down with their favorite characters? Gold Party Packages now include custom videos that welcome your guests before the warm up begins. Whether its Elsa leading you in a sing -a-long of "Let it Go," Princess Belle teaching a royal dance, or the infamous



Captain Doodlebottom engaging a sword fight, our video messages are a great way to set the mood for the fest of the event - look for a new Ninja character video beginning March 1st!

Contact our front desk to book your party today!

# KASSIDY'S ROCK STAR INVITATIONAL

On January 30th and 31st you are invited to Cassidy'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 almost 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 Cassidy Foster, a 12-year-old level 7 Techniques member who passed away after battling osteosarcoma. Every year special



memorial plaques are given in Cassidy'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 Cassidy'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 rock star 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 this very special event!



# \* PRESCHOOL THEMES \*

## Jumpin' January

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!

Join us as we jump and dance our way through Jumpin' January!



## ♥ 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 get fit celebrating Fitness February!



## ♪ 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 in making some tunes as we celebrate Musical March!



## 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!**

## 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 5\*

\*February 24\*

\*March 8\*

## field TRIPS

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!

## Summer Camps

We are excited to announce our summer camp dates!

Pirate and Princess

June 6-10

Superhero

June 13-17

Under The Big Top

July 18-22

Mission Possible: The Ninja Experience

August 1-6

**Registration begins March 1st!**

# NEW FACES IN THE GYM



## Corey Carr

**Hometown:** Murfreesboro, Tennessee

**Education:** Pursuing a degree in Computer Science from NRVCC

**Years Involved in Gymnastics:** 1

**Favorite Gymnastics Event:** Uneven Bars

**Favorite Food:** Cookout

**Surprising Fact:** Corey kayaked the full length of the Colorado River (Grand Canyon)

**Favorite Quote:** "You have to have a sense of humor about life to get through it" - Ke\$ha

## Brigitte Manga

**Hometown:** Brooklyn, New York

**Education:** Pursuing a degree in Dance and History from Radford University

**Years Involved in Gymnastics:** 16 years

**Favorite Gymnastics Event:** Uneven Bars & Vault

**Favorite Food:** Columbian Food & Bread

**Surprising Fact:** Brigitte just started playing the drums

**Favorite Quote:** "The Earth without 'art' would just be 'eh'"

-Anonymous



## Kayla Onesko

**Hometown:** Fredericksburg, Virginia

**Education:** Pursuing a degree in Nursing at Radford University

**Years Involved in Gymnastics:** 11 years

**Favorite Gymnastics Event:** Uneven Bars

**Favorite Food:** BBQ Chicken Pizza

**Surprising Fact:** Kayla was born in Pennsylvania

**Favorite Quote:** "Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't." -Rick Rogers



# \*Gymnasts of the Season\*



## **Instructional Program: Jocelyn Seidel**

Age: 5 years old

School: Gilbert Linkous Elementary School

Grade: Kindergarten

Favorite Gymnastics Event: Balance Beam

Favorite Gymnast: Her cousin Gabby

Favorite Movie: Ever After High

Favorite Color: Purply Pink

Favorite Book: Brave

Favorite Food: Watermelon

Jocelyn's Inspiration: "My mommy, she is awesome"

## **Pre-Team Program: Leah Duncan**

Age: 8 years old

School: Christiansburg Elementary

Grade: 3rd Grade

Favorite Gymnastics Event: Bars

Favorite Gymnast: Morgan Sisson

Favorite Movie: The Secretariat

Favorite Color: Blue

Favorite Book: Mal's Evil Diary

Favorite Food: Spaghetti

Leah's Inspiration: "My mommy"



## **Xcel Program: Emma Davis**

Age: 10 years old

School: Belle Heth Elementary School

Grade: 5th Grade

Favorite Gymnastics Event: Vault

Favorite Gymnast: Gabby Douglas

Favorite Movie: Hunger Games

Favorite Color: Blue

Favorite Book: Because of Winn Dixie

Favorite Food: Brussel Sprouts

Emma's Inspiration: "My coaches"