

Minds In Motion!

October 2005

Pacific West Gymnastics
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Special points of interest:

- Pacific West Gymnastics opens its doors!
- Student of the Month: Veronica Summage
- The importance of Handstands!

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Pacific West Gymnastics opens its doors with huge success!

We want to welcome you to Pacific West Gymnastics. It is a very exciting time for us. We started with a vision a little over one year ago to open a gymnastics program for kids of all ages. Our girl's competitive team worked out in another facility while we searched high and low for a suitable facility. To date, we have approximately 150 students enrolled. We have lots of fun events planned in the coming months, such as a talent show, gymnastics exhibition, Kid's Night Out and more! If you have any

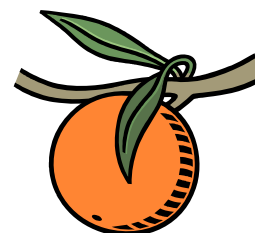
comments or concerns, stop by the front desk and we will be happy to help you out. Again, thank you for supporting our program and we look forward to watching you grow with us!



Do you need a snack during practice?

High Carbohydrate snacks to eat during practice...

- Handful of Cheerios
- A few orange wedges
- A few pieces of dried fruit
- Half a banana
- 1/2 a bagel
- Baby Carrots
- Fruit Roll-Up
- 15 frozen grapes
- Handful of pretzels or popcorn
- Small Apple



Upcoming Events

October 22
5 - 9 PM

Kid's Night Out

Kid's Night Out is a drop-in "child sitting" service designed to give parents a chance to have a night out without the worry of child-care. Boys and girls ages 5 to 12 are invited for a night of **fun, games and pizza!**



Student of the Month: Veronica Summage

Say HI to Veronica Summage when you see her in the gym. She is Pacific West Gymnastics' Student of the Month for her outstanding efforts and dedication. She has worked very hard to be a Level 5, and her first meet was this past Sunday, October 2, at the Aloha Invitational. She has demonstrated a great attitude, as well as encouraging her teammates to work hard! Keep it up Veronica!

“the handstand is a crucial skill in the sport of gymnastics. The handstand is performed on every gymnastics event for both boys and girls.”

Gymnastics Skill Spotlight: The Handstand.

This month's featured skill is the handstand. From preschool all the way through team, the handstand is a crucial skill in the sport of gymnastics. The handstand is performed on every gymnastics event for both boys and girls. At Pacific West Gymnastics children are first introduced to handstands in our Wiggle Worm Program.

The first handstand a child performs is the "spider crawl". Children place their hands on the floor while walking their feet up the wall. This simple skill builds children's shoulders and arm muscles while also teaching a child to hold themselves upside down. The Recreational program starts children off with 3/4 handstands in level 1.

Children are required to kick up into the air with at least one leg. No hold is required at this level. As children progress through our program the handstand plays a more prominent role in gymnastics. Handstands are put in various combinations on floor and also introduced on beam and vault. At the team level, handstands can be

found on every event for both boys and girls. Handstands are performed on parallel bars, still rings, beam, vault, and floor. At the team level, children are judged on their form and also the length they can hold the handstand!



Birthday Parties at Pacific West Gymnastics

Did you know that you will have exclusive use of our 13,000 sq. ft. facility?

Did you know that our parties include paper products, personalized invitations AND goodie bags for all attending?

Did you know that all of our parties include at least 2 friendly and fun staff members?

Sign up for a party and find out for yourself!

Our parties are 1 hour and 45 minutes long! That's one hour in the gym and 45 minutes in the party room. We do all the setup and cleanup for you. All you have to do is provide the guests and the food and we do the rest! Parties are \$175 for up to 10 children with each additional child costing only \$7.50 each.

As a special offer, any member who signs up for a party and mentions this newsletter will receive \$10 off the price.



Every time you refer someone to Pacific West Gymnastics and they mention your name on their registration form, we will give you a \$10 Referral Credit, which is applied to your account!

Pacific West Gymnastics wishes a **HAPPY BIRTHDAY** to...

- Sabrina Baclig
- Emily Banks
- Riley Buccino
- Kristen Buehler
- Henry Chiu
- Nicolas Karen
- PJ Karen
- Frances Magsalin
- Adrian Ramos
- Tommy Riffle
- Brian Trinh
- Anya West
- Samuel Yi
- Jessica Yoshioko