



# MINDS IN MOTION

[www.pacwestgymnastics.com](http://www.pacwestgymnastics.com)

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## Pacific West Gymnastics

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### Gymnastic Math:

- The gymnast found fourteen eggs. Half of the eggs were blue. How many were blue?
- This year, 123 gymnasts came to the Easter Egg Hunt. Last year, only 94 gymnasts came. How many more gymnasts came this year than last year?

## Let the Fireworks Begin



Calling all Wiggle Worms, Recreational, Dance, Tae Kwon Do, Tumbling, Developmental and Team gymnasts....Come

join Pacific West Gymnastics by walking together in Fremont's Fourth of July Parade. The parade is Friday, July 4th in Fremont's Centerville District, meeting as a group at 8:30 am. Parents are required to walk with any child under the age of 12. All participants are encouraged to wear Red, White & Blue, as well as any other Pacific West Gymnastic attire of your choice. Wear comfortable shoes and set aside an hour or so to enjoy the celebration together. Stop by the front desk to sign up.



## The Gymnastics Mystery

The Gymnastics Mystery, written by Gertrude Chandler Warner and Charles Tang, is a part of the Boxcar Children's Mystery sets. It was written for 9-12 years old children. The basic plot is about, "The Alden's try to help a visiting Russian gymnast who is surrounded by mysterious people and events and who seems to have a secret." For other gymnastics books, see page 2.

## Gymnastics Quiz

- Which of these event is not a competitive event in women's gymnastics?
  - Vault
  - Beam
  - Trampoline
  - Floor
- At what level does an optional gymnast start?
- Is it required that a gymnast starts at a particular distance from the vault?
- What is the highest level of competitive gymnastics?
  - 9
  - Olympic
  - 10

1. (c) Trampoline 2. Level 7  
3. No 4. (d) Elite

Answers:

## UPCOMING EVENTS

**APRIL 12TH**

**5-9 PM**

**KID'S NIGHT OUT**

**MAY 24TH**

**5-9 PM**

**KID'S NIGHT OUT**

**JUNE 9TH-14TH**

**BRING A FRIEND WEEK  
(SEE YELLOW FLYER AT FRONT DESK)**

**JULY 4TH**

**FOURTH OF JULY PARADE**

## Stick Sandwiches

### Ingredients:

- Wooden Skewers
- Bread
- Cheese
- Lunch meat
- Grape Tomatos
- Lettuce
- Pickles & Olives
- Mayonnaise and/or Mustard

### Directions:

1. Cut up cubes of bread, cheese, and lunch meat.
2. Slide the cubes onto the skewer with other foods that your kid likes, such as grape tomatos, lettuce, pickles or olives.
3. Set out a side of mayonnaise or mustard for dipping.

## Fruity Kebobs

### Ingredients:

- Wooden Skewers
- 1 large red apple, cut into wedges
- 6 marshmallows
- 1 small jar creamy peanut butter
- 1 large banana, cut into 1" slices

### Directions:

1. To make a kebab, push the wooden skewer through the ingredients, starting with the apple, then a piece of banana, followed by a marshmallow.
2. Spread peanut butter on top of the marshmallow and add more ingredients until the skewer is full.

## BOOKS, BOOKS, & MORE BOOKS

### The Gymnastics Book

The Gymnastics Book, A Young Performers Guide to Gymnastics, discusses the benefits of gymnastics and tells the reader how to get started in this sport. The authors, Elfi Schlegel and Claire Ross Dunn, discuss the fun, fitness and fundamentals in gymnastics, as well as, gives a brief description of each of the events.



### Gymnastics:

*The Trials, The Triumphs,  
The Truth*

Dan Gutman shares the history of gymnastics in his book, including a gymnastics timeline. Through history, he introduces the reader to the first superstars in the sport, and some from the 1990's. He goes on to explain the events in both men and women gymnastics. Following this up, He explains the complicated system of judging. Finally, Gutman shares fun facts and trivia with the reader.



### Chalked Up!

Chalked Up, written by Jennifer Sey, describes what it takes for a young gymnast to learn enough skills to be able to join her first team. From there, she then realizes that she wants to go on to Elite competitions and hopefully fulfill her dream of making the U.S. Olympic team.