

THE HANDSTAND PRESS

LEGACY GYMNASTICS ACADEMY, INC.

SPRING 2011

Happy New Year from Legacy Gymnastics!

As the New Year rolls in, our staff at Legacy Gymnastics wishes you happiness and prosperity in the year ahead. We are so blessed with so many great families involved in this program that continue to support the coaching staff in our efforts to create a family-oriented atmosphere of respect, self discipline, and discovering a love of fitness and movement!

Classes will resume for the spring semester on **Monday, January 3rd**. Please note that there is no need to reenroll – your child's enrollment is continuous in the program throughout the year.

Our staff has been working hard to improve their teaching methods and stay current with the latest trends in the field of coaching. Their training accomplishments are listed later in this newsletter.

For those of you with FITNESS as a New Year's Resolution, please see the enclosed flier about Fit Body Bootcamps that will star there at the gym on January 3rd!

We are also have some fun upcoming activities for our recreational classes. Please check out the calendar so your child doesn't miss out!

Best,

Miranda Repsher Peel

Legacy Gymnastics Academy, Inc.

UPCOMING EVENTS

DECEMBER

DEC 20 – JAN 2 – CLOSED FOR HOLIDAY BREAK

JANUARY

JAN 3 – CLASSES RESUME

JAN 8 – WINTER CUP CHALLENGE, REFLEX GYMNASTICS

JAN 10 – TUITION IS LATE, \$10 LATE FEE APPLIES

JAN 15 – RICKY DECI INVITATIONAL, KATY, TX

JAN 22 – CHEER POWER WILD WEST NATIONALS

JAN 24 – 30 – BRING A FRIEND WEEK!

FEBRUARY

FEB 1 – 14 – VALENTINE'S COLORING CONTEST

FEB 5 – SPACE CITY INVITE, SPRING, TX

FEB 6 – SUPERBOWL "SUNDAE" CAMP, TIME TBD

FEB 10 – TUITION IS LATE, \$10 LATE FEE APPLIES

FEB 12 – HEART OF TEXAS INVITATIONAL, AUSTIN TX

FEB 12 – CHEER POWER SOUTHERN NATIONALS, SAN ANTONIO

FEB 15 – VALENTINE'S CONTEST WINNERS ANNOUNCED

FEB 26 – SVETLANA INVITATIONAL, HOUSTON TX

MARCH

MAR 5 – CHEER POWER FAB 50'S CHAMPIONSHIP

MAR 10 – TUITION IS LATE, \$10 LATE FEE APPLIES

MAR 12 – ALAMO CLASSIC, SAN ANTONIO TX

MAR 14-16 – SPRING BREAK CAMP 1, 9 AM – 1 PM

MAR 19 – LEVEL 8 STATE, WOODLANDS TX

MAR 26 – LEVEL 9/10 STATE, COPPELL, TX

APRIL

APR 9 – LEVEL 8 REGIONALS, NORMAN OK

APR 10 – TUITION IS LATE, \$10 LATE FEE APPLIES

APR 16 – LEVEL 9/10 REGIONALS, PLANO, TX

APR 23 – EASTER WEEKEND

MAY

MAY 7 – LEVEL 9 WESTERNS, SAN DIEGO, CA

MAY 10 – TUITION IS LATE, \$10 LATE FEE APPLIES

MAY 16 – 21 – LEGACY GYM FEST AND OPEN HOUSE WEEK!

MAY 20/21 – TEAM GYM FEST

**FALL 2010 COMPETITION HIGHLIGHTS
CONGRATULATIONS!**

CHEER POWER CHRISTMAS CHAMPIONSHIPS
Showmanship Award
3rd Place Team

LEVEL 5 STATE CHAMPIONSHIPS
LEVEL 5

Bethany Tippie – BB, AA Champion

LEVEL 5 SOUTH STATE CHAMPIONSHIPS
LEVEL 5

Bethany Tippie – V, UB, AA Champion, State Qualifier

Abby Mentzel – BB, AA Champion, State Qualifier
Olivia Gana – State Qualifier
3rd Place Small Man Team

LEVEL 4 SOUTH STATE CHAMPIONSHIPS
LEVEL 4

Alexa Escobedo – V, FX Champion
Hailey Broussard – V Champion
Hollie Darnell – V Champion

LEVEL 5 DISTRICT CHAMPIONSHIPS
LEVEL 5

Bethany Tippie – V, UB, AA Champion
Abby Mentzel – BB Champion
1st Place Small Man Team

CHEER POWER SCHLITTEBAHN EVALUATION
Gold Rated Team

LEVEL 4/6 DISTRICT CHAMPIONSHIPS
LEVEL 4

Alexa Escobedo – FX Champion
Cortni Cox – UB Champion
Hollie Darnell – V, BB, AA Champion
3rd Place Large Man Team

JUDGES CUP

LEVEL 6

Amber Klesel – BB Champion

LEVEL 5

Abby Mentzel – FX Champion
Bethany Tippie – UB, AA Champion
1st Place Small Man Team

LEVEL 4

Alexia Rodriguez – BB Champion
Hollie Darnell – V, UB, BB, AA Champion
Ashley Hryhorchuk – BB, AA Champion
3rd Place Large Man Team

REFLEX DISTRICT QUALIFIER

LEVEL 5

Olivia Gana – V Champion
Bethany Tippie – V, UB Champion
2nd Place Small Man Team

STARS DISTRICT QUALIFIER

LEVEL 6

Amber Klesel – BB Champion

LEVEL 5

Bethany Tippie – V, UB Champion
3rd Place Small Man Team

LEVEL 4

Alexia Rodriguez – V Champion
Bailey Graves – V Champion

DANA'S DISTRICT QUALIFIER

LEVEL 6

Amber Klesel – BB, FX Champion
LEVEL 4

Brynna Halata – V Champion
Bailey Graves – V, AA Champion
1st Place Small Man Team

BRING-A-FRIEND WEEK

January 24 – January 30

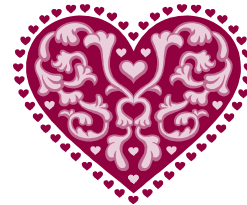
What a great way to share your love of gymnastics with your closest friends! We encourage every student in the preschool and recreational gymnastics and tumbling programs to BRING A FRIEND this week. You and your friend will even receive a \$10 OFF COUPON towards our proshop if your guest signs up!



VALENTINE'S COLORING CONTEST!

February 1 – February 14

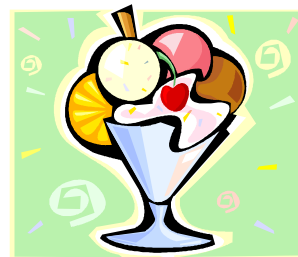
Pick up a coloring sheet in the front office or download off the website to participate. OR, create your own "I LOVE GYMNASTICS" Valentine's Day Card! Entries will be displayed in the front office and winners selected on February 15th. Winners will receive a \$5 coupon towards our pro-shop!



SUPERBOWL "SUNDAE" CAMP

Sunday, February 6, Time TBD

Parents, go enjoy your own Superbowl party and let the kids do some partying of their own! Join us for a fun, one-day gymnastics camp. Students will play games, have contests, receive instruction on all gymnastics equipment, have some open gym time, and of course, ice cream sundaes to celebrate! Cost is \$25/student. Early pickup available if needed. Please sign up in the front office! The registration form will be available on the website.



SPRING BREAK CAMPS

March 14-16, 9:00 am – 1:00 pm

Students will play games, have contests, receive instruction on all events, and have open gym. Come one day or all three! Don't forget to bring a lunch! Cost is \$25/student/day. Please sign up in the front office! The registration form will be available on the website.

FALL 2010 STAFF BRAGS

Legacy Gymnastics proudly keeps an extensive collection of resources available for our staff members to further their training and keep their methods current. The lectures we have access to are put on by the leading experts in the field of gymnastics instruction. Here's what our staff completed just this past fall!

Emily Averitt-Cleveland

Teaching Uneven Bars to School Age Children
Preschool Discipline and Classroom Management
Advanced Vault and Vault Drills
Teaching Balance Beam to School Age Children
Drills for Perfecting Compulsory Tumbling
Compulsory Floor Deductions
USAG Safety Certification and Risk Management

Kristen Hall

USAG Safety Certification and Risk Management
How to Spot Preschool and Beginning Gymnastics
Preschool Discipline and Classroom Management

Jessica Hartenstein

How to Spot Preschool and Beginning Gymnastics
Drills for Vaulting

USAG Safety Certification and Risk Management
Bars, Balance Beam, and Vaulting for Preschoolers

Maddie Clement

USAG Safety Certification and Risk Management
Preschool Discipline and Classroom Management

Rachel Ward

Teaching Balance Beam to School Age Children
USA Gymnastics University: Fundamentals of
Gymnastics Instruction (online course)
Teaching Tumbling to School Age Children
Teaching Uneven Bars to School Age Children
Progressions for TOPS
Ideas for Recreational Vault

USAG Safety Certification and Risk Management

Allison Lair

Back Tumbling
Efficient Conditioning through Circuit Training
Spotting Preschool and Beginning Tumbling

Megan Holbrook

Front Tumbling
Five Skills Every Gymnast Needs on Bars
Body Position Training

LEGACY GYMFEST and OPEN HOUSE MAY 16 – MAY 21, 2011

What is Gymfest?

The Legacy Gymfest is our annual, end of the year recital, which we host to provide our students the opportunity to perform for their family members, demonstrate what they have learned, and receive recognition for the hard work they have put in throughout the school year!

All of our students will be working the on routines throughout the month of April that will be performed at Gymfest. All students will receive recognition and a trophy during the following awards ceremony.

After the performance and awards, we will have an open house in which parents will have the opportunity to talk with the staff and take pictures of the students posing on the equipment.

Who participates in Gymfest?

Students in our preschool classes, beginning through advanced gymnastics classes, our young tumbling students, competitive gymnastics teams, and competitive cheer squad will all be participating in the Gymfest. Look forward to demonstrations at each session by our competitive teams and cheer squad!

How do I register?

All of our students are already registered. The cost is \$15/student.



OUR MISSION

The mission of the Legacy Gymnastics Academy is to provide a truly well-rounded, highly competitive gymnastics program, whereby students will learn not only the proper development of gymnastics skills, but will build the proper character and goals for young athletes. The Academy encourages leadership and excellence in each of our students by promoting perseverance, discipline, pride in individual accomplishment, and self-confidence, values that encourage our students to accept challenges and responsibilities that few young people come to know.