

January 2012

GYM CHATTER

**HAPPY
NEW YEAR**

Attention Level 5, 6,
Optionals & Rec. 4
Practice Monday, January 2
4:30pm to 7:30pm

Flip n Twist's KIDS WITH CHARACTER!

Each month, the coaches will be selecting gymnasts that have shown "character" during the previous month. We will be looking for team members who show the traits of good character: kindness, cooperation, good attitude, taking turns, working hard, following directions, encouraging to others etc.

Congratulations! January Kids with Character!

Josie Andres	Sarah Shaffer
Madison Martens	Holly Short
Samantha McWhorter	Nicole Wildner
Rachel Schriever	Peyton Whited

**WELCOME
TO OUR
TEAM FAMILY!!**
Josie Andres, Lv. 4
Chloe Thomasson, Lv. 4

REMINDER!

PLEASE MAKE
SURE YOU HAVE MADE
YOUR CONTRIBUTIONS TO YOUR
CHILD'S TEAM ACCOUNT FOR THE
FINAL MEET ENTRY FEES.
*TUITION MUST ALSO BE
CURRENT TO COMPETE!

Happy Birthday!

Morgan Hatfield	1/13
Sophia Curtis	1/20
Zoe Blevins	1/26
Courtney Schneider	1/29
Rachel Cooley	1/31

Quote of the month

To be a "gymnast", you must
have the strength to hold on
and the courage to let go!

JANUARY

PURPLE Leo Day!

To show *team spirit* in the gym, please
have your daughter wear **ANY PURPLE
LEO** to practice. Please make sure your
daughter takes part.

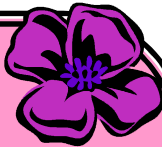
Rec. 4 = Monday, January 16

Lv. 3, Lv. 4, Opt. = Tuesday, January 17

Lv. 5, Lv.6, POD. = Wednesday, January 18

POC = Thursday, January 19

The 7th annual
**GIRL POWER
 INVITATIONAL**



will be here before we know it. Each family should be trying to get large and small sponsors. Remember, the money from the sponsors will go toward meet expenses. What is not used for meet expenses will be applied to coaches fees for the 2012-2013 season. Wouldn't it be nice not to have to pay for coaches fees next year. If so, get out there and get those sponsors. You can also sell ads for the program to help with coaches fees. If you need ad forms contact Heather Cephuch (Lauren, Lv. 3) or Melena Siebert (Trinity, Lv. 6). Girl Power will only be a success if everyone helps! We are still looking for food donations for the concessions, judges, coaches, and gymnasts tables. Don't forget about donations for the door prizes and raffle baskets. Let's all help Girl Power continue to be the "best meet around"

Level 4

Woo Hoo, First Place team to Kick off their season! The girls Did a great job and made their Coaches very proud. Like our Other teams, along with the team win we had many girls on the podium and all-around champions. Stay focused on your skills and routines and we see a bright future for the level 4 team!!

Thank you!
We raised \$900.00
For Cancer Free Kids!

Reserve the dates:
**Team Camp
 & Clinic Week**
July 9 to 14, 2012

**DON'T FORGET ABOUT
 YOUR COMPETITION FEES!**

Due January 1st		Due February 1st	
Level 6	\$67.00	Level 4	\$65.00
Level 9	\$84.00	Level 5	\$63.50
Rec. 4	\$48.00	Level 7	\$70.00
PO	\$74.00	Level 8	\$70.00

Way to go, Level 3!

Congrats to the Level 3 team who rocked the house at their first meet. They competed like they were pros. The team took **FIRST PLACE** and we had many event and all-around champions. There were also lots of team members on the podium. We are so proud of you girls. Keep working hard so you can continue to rock it this

Level 5

Thank you Level 5 for the gift cards. The coaches appreciate_ your kindness. Great job at your first meet. Lets keep the tide rolling at the Indy and Toledo meets.

Optionals L7, L8 & L9!

The season has started off with a bang for the optional team. The Level 9 team took second place at their first meet and there were many individual placements on the podium for Level 7, 8 and 9. Congrats to a great start girls! Continue to work hard and prepare for the rest of our season.

Prep Opt. Team!

Congrats to our Most Improved Prep Op Gymnast, Kellie Bartle! Kellie showed great improvement from meet 1 to meet 2. She showed gains on bars and floor! Way to go Kellie! ☺ The team had a good time at the Christmas Party and rocked the Pictionary "Guess the Christmas Carole" game! Now the team is preparing for their meet in Toledo. We are really working hard on beam so we don't have ANY falls at this next meet!

Rec 4 News!

The team is working hard to prepare for our next meet, The Wolfpack Invitational in Columbus, Ohio the weekend of January 21 & 22. There have been lots of improvement on floor and we are looking forward to competing again!

Feel confident in yourself

Love each other and yourself

Individuals making up a team

Purple Power!

Level 6!

The girls started their season with a win at the GTCO Cartwheels and Pinwheels Invitational. Congrats to our all-around and event champions as well as all those who placed in the all-around and on individual events. The girls continue to work hard on current routines and optional level skills. The coaches are looking forward to a great year with the Level 6 team!

IMPORTANT JANUARY DATES!

National Judges Cup, Indianapolis, Ind.

<u>team</u>	<u>day</u>	<u>report time</u>	<u>gym</u>
Level 8/9	Saturday, Jan. 7	10:45am	Gym A
Level 6	Saturday, Jan. 7	12:50pm	Gym B
Level 7	Sunday, Jan. 8	7:45am	Gym A
Level 3	Sunday, Jan. 8	7:30am	Gym B
Level 4	Sunday, Jan. 8	10:15am	Gym B
Level 5	Sunday, Jan. 8	3:00pm	Gym A

Battle of the Champions, Toledo, Oh

<u>team</u>	<u>day</u>	<u>report time</u>
Level 7/8/PO Platinum	Friday, Jan. 13	11:15am
Level 6	Saturday, Jan. 14	7:30am
Level 3	Saturday, Jan. 14	10:45am
Level 4	Saturday, Jan. 14	2:15pm
Level 9	Saturday, Jan. 14	6:00pm
PO Bronze, Silver, Gold	Sunday, Jan. 15	7:30am
Level 5	Sunday, Jan. 15	3:45pm