

GOLDEN STATE GYMNASTICS

July 2010 Newsletter



Dear GSG Parents,

Summer Camp

GSG's Fantastically Fun Summer Camp is hosting many happy kids who enjoy spending their summer days jumping, tumbling, playing water games, making crafts and new friends. Don't forget to check out our latest photos and videos on our website. Camp continues until August 13th. It's not too late to join the fun!

Upcoming Events

Golden State Gymnastics will be celebrating National Gymnastics Day on September 18th, 2010, with fun gymnastics activities. The goal is to help kids get introduced to the sport of gymnastics. The event is FREE and open to the public with activities for children of all ages, including games, gymnastics, and fun!

GSG is sending some its staff members to the USA Gymnastics National Congress & Trade Show on August 11th- 14th, 2010, in Hartford, CT. Training and clinic opportunities at Congress keep us on top of the latest news and trends in gymnastics training and helps us provide the best service for our students.

June Birthdays

We would like to congratulate our GSG kids on their July birthdays! You all are improving by leaps and bounds and we are so happy to have you in our gym! Keep in mind that nobody throws a birthday party like GSG! Let us make your child's celebration a spectacular one!

GSG congratulates:



Birthday Kid	Age
Natasha George	11
Sophia Panzarella	9
Nina Higo-Rodriquez	9
Kya Cabunoc	9
Elina Zargaryan	9
Rafaela Reyna	9
Ella Perkins	6
Emeline Singband	6
Emery Secor	7
Emily Leatherman	4
Coen Sosa	8
Kaylee Chiang	7
Gavin Jay	7
Emma Nasfell	7

Birthday Kid	Age
Emma Hall	4
Erin O'Halloran	6
Delilah Murray	4
Nairi Keshishian	3
Alexa Klohn	7
Anahit Assadourian	6
Angel Griffin	7
Adora Jackson	5
Hannah Tauro	5
Ashley McGullam	13
Dedreck Harris	4
Courtney Koenig	11
Brendan Benner	8

Program News

Preschool

Our younger gymnasts have been working hard and having fun this summer! We have been practicing our safety falls on bars, straddle rolls on the mats, and arabesques on the beam. Golden State hopes that you have been enjoying this summer and staying cool. – Heather Olson, Preschool Director

Recreational

The recreational girls are improving week in and out. One of the things that keep on improving for all the girls is their splits. Every other month, the coaches will test their class on splits. This is a way to keep track of how the class is improving as a whole as well as how each individual gymnast is progressing. The best way to have amazing splits is by practicing them at home. Keep up the good work, girls! – Jane Sarkisyan, Recreational Director

The beginning, intermediate and advanced boys are donkey-kicking their way to some great vaults. Tiny Tigers are feeling the burn from all their tough conditioning this month and showing their muscles where to grow. Keep up the great work, boys! – Ryan Carr, Boys Coach

Competitive

Firecrackers: The girls are looking stronger and stronger as they continue to work hard on their conditioning and body shapes. Their form has improved tremendously, as well, thanks to Coach Val!

Hotshots: All of our Hotshots are preparing for their Try-outs and/or official Team transitions! Coach Whitney will miss working with them in Hotshots but looks forward to watching them take what they've learned and progress EVEN further!

USAIGC: Last month, we shared with you the amazing news that Cheyenne Brown was awarded the National Title on Floor Exercise in the Silver Division. We now have more names to add to the list: Gigi Margarino captured the Floor Exercise title for the Bronze level and Grace Kuhlman won the National All-Around, Vault, Beam, and Floor titles in the Copper Division!! In addition, Valeria Reyna is the runner up on Floor in the Bronze Division, Gia Pastorelli is the runner up on Bars in the Copper Division and 4th All-Around, Crystal Gonzalez came in 3rd place on Floor and 5th All-Around in the Bronze Division. Just incredible!! Moving forward, the entire gym is excited for the 2010 USAIGC tryouts happening this weekend. Congratulations to all of the gymnasts who qualified for try-outs!

USAG: The gymnasts had a very successful Skills meet and are preparing for their 2nd Basics testing. Hard work is paying off as they continue to improve. Juliet Bollesen, Ashley Tran, Elizabeth Switzer, and Destiny Whitlock will accompany coaches Whitney and Colette to San Diego for the 2010 Region 1 Training Camp (athletes from CA, NM, AZ, UT, and NV) on August 7th. We look forward to them returning with newly instilled motivation and progress! – Nicole Langevin, Competitive Director

Keep jumping!

Gymnastically yours,

The GSG Staff

