

GOLDEN STATE GYMNASTICS

March 2010 Newsletter



Dear GSG Parents,

We recently made a commitment to keep members of Golden State Gym better informed about gymnastics with a monthly newsletter! Each month we'll include brief, useful updates on the news in each program—preschool, recreational and competitive. In combination with our the GSG website, the newsletter's goal is to bring you a complete look at what we are doing to help your child. You'll learn not only about our programs, but also stay informed of upcoming events, announcements, and discounts. Take a look at the details of the events and news below and let your kids know! We want to encourage your kids in the sport we all love.

- Saturday April 17th Spring Fling Parents Night Out from 6pm-10pm. Click [here](#) for more information.
- Don't forget that Fantastically Fun Summer Camp 2010 is right around the corner. Sign up before May 1st to receive \$30 off! Click [here](#) and visit our website for more details.
- Flip Festival 2010 is coming June 12th sign ups for event are open. Click [here](#) for more information.
- GSG has been awarded a \$2,500.00 grant from the Burbank Healthcare Foundation which will be used to paint the interior of the gym. We are looking forward to showing off our new fresh look by June 1st.

Lately, we have been working hard to improve our website. Check it often to see all the new and exciting pages. You can also follow us on Twitter and become a GSG fan on Facebook!

Program News

Preschool

Preschool gymnasts are “spring-ing” into action with some cool skills for April. Backwards rolls, stretch jumps, skin the cats and tip toe walks are just of a few of the exciting skills we will be covering in upcoming classes. Don’t forget to ask your child after class what fun things they did that day; it’s a great conversation starter!

Recreational

The recreational gymnasts are on the road of personal success as they continue to work on perfecting their new Balance Beam and Floor Exercise routines. Along with the routines, they are working on new skills like back handsprings, front tucks, and even jumping from the low bar to the high bar. As every child progresses at his or her own pace, our coaches are here to help and challenge each student individually.

The beginning, intermediate and advanced boys have been working hard on their positions, jumps and routines in anticipation of Golden State’s annual Flip Festival. The boys have made great strides this month in the sequence of their material and endurance of their exercises. Our “Tiny Tigers” have made their introductions with each of the six men’s events and are presently perfecting their punch fronts and back handsprings. All the coaches are so proud of the boys’ hard work and cannot wait to watch it all pay off on June 12th!

Competitive

GSG’s bi-coastal teams! On the weekend of March 5-7, USAIGC competed in New York City at the Manhattan Classic. We took home the "Spirit Award" as well as Gold Medal performances by Gigi Margarino, Cheyenne Brown, & Melanie Bartemian. That same weekend, USAG competed at the Malibu Coast Challenge where the level 4’s dominated the Team Competition and Amber Perkins and Elina Zargaryan took home individual Gold.

USAIGC: We are preparing our gymnasts for the State and Regional competitions where they will have the opportunity to qualify for the USAIGC National Championships in Florida at the end of June. The State meet will be hosted by GSG on Sunday, May 2nd. This is a great opportunity to bring your kids to watch their GSG teammates!

USAG: Sarah Higuera, Tina Mirzakhanian, Elizabeth Switzer, and Destiny Whitlock are preparing for the State Championship Competitions while three new gymnasts (Annabelle Maliwanag, Ella Perkins, and Gretchen Calder) joined our level 4 team.

HOTSHOTS: We are preparing gymnasts for the Flip Fest which is sure to be another hit routine full of cool dance moves, strength displays, and acrobatic feats put together by Coach Whitney.

FIRECRACKERS: The end of March marks Firecracker tryouts.

Keep jumping!

Gymnastically yours,

GSG Staff



