

GOLDEN STATE GYMNASTICS

April 2010 Newsletter



Dear GSG Parents,

In our April newsletter, you will find the most recent information about our programs, upcoming and past events, details on how you can help us win a needed grant, important announcements, and more.

- The 2010 USAIGC California State Meet will be hosted by Golden State Gymnastics on Sunday, May 2nd. Please come cheer on your very own GSG IGC team members. We have athletes competing in each session beginning at 8:00 a.m. Spectator fees are \$10 for adults and \$5 for kids, per session. Rebecca's mom leotards will be here, as well. This is a great opportunity to stock up on summer sleeveless and work out leo's! All proceeds from this event benefit the USAIGC Team and Golden State Gymnastics. Hope to see you there! This information is available also on our upcoming events page.
- Sign up now for the Back Handspring Clinic on Saturday, May 8th between 2:00-4:30pm. You can sign up at the front desk for \$25. Don't miss this opportunity to learn new drills and techniques for your back handspring!
- Tickets for Flip Fest are now on sale! More information here <http://www.goldenstategym.com/upcomingevents.htm>
- The discount deadline for GSG's Fantastically Fun Summer Camp runs out on May 1st! Make sure you don't miss it! More information here <http://www.goldenstategym.com/upcomingevents.htm>
- Your 5 minutes can help us to win a \$2,500 grant! Every person who completes the online Responsible Coaching or Responsible Sport Parenting course and the 10-question review quiz earns one point. The twenty (20) organizations around the country that get the most points will earn a \$2,500 grant. Since we'll only be competing against organizations of similar size (three separate divisions), we have a great chance to win! Of course, the more people we get to take the course and quiz, the better our chance of winning the Community Grant. Let's all work together – for

the kids and for the \$2,500 grant. For detailed steps, please follow the instructions at the bottom of this email.

- Join us for Gymnastics Dodger Day 2010! This exciting event will be held on Sunday, June 13th, directly preceding the Dodgers/Angels game. Participating GSG kids will perform on the field with GSG coaches and will have a chance to win a question and answer session with Nastia Liukin. Be on the lookout for more information during the week of April 26th here <http://www.goldenstategym.com/upcomingevents.htm>
- Our students' safety is our highest priority. We have some new young drivers in our program, and since some of them are leaving late in the evenings and parking down the street, we have decided to provide a dedicated parking space for them. Please do not park in spaces marked with student names.
- We would like to remind parents to check our Lost and Found container more frequently. It gets full very quickly and we can't store it for longer than two weeks. Clothes that aren't picked up within in two weeks will be donated to the Planet Aid organization. It's a non-profit organization which collects used clothing and resells them to raise funds for development projects such as school, health programs in Africa, Asia and Central America. For more info visit www.planetaid.org
- We are constantly updating our website. We recently acquired the ability to write testimonials. Click here <http://www.goldenstategym.com/apps/testimonials>. We also added the ability to upload your favorite gymnastics pictures. Click here <http://www.goldenstategym.com/apps/photos>.
- Woodward West is organizing another world famous summer gymnastics camp. First time campers can stop by our GSG front office to get a discount card for \$100 off one week of camp. Our very own Coach Nicole will be at Woodward during session #3 (June 20th – June 26th, 2010). Please make sure to put "Golden State Gymnastics" on the registration form. This camp is for any girl or boy who has reached 7 years of age. No previous experience is required, only interest! If you like to have fun, Woodward West is for you! More information is available at <http://www.campwoodward.com>.
- We would like to thank all kids who spent Parents Night Out with us last week.
We hope you had a great time and made some new friends!
- Also be sure to follow us on Facebook and Twitter for latest news!

Program News

Preschool

In April, most of the preschoolers were able to accomplish their backwards rolls. Way to go! May will be another exciting month because we will be learning our handstands - a gymnastics FUNdamental.

Recreational

Did you know that every month, the recreational coaches get together and discuss the goals for and achievements of all of their students? They also discuss new skills and techniques so that GSG classes can continue to offer high quality gymnastics. In order to keep the classes constantly improving, the staff sets new goals for the program for the following month.

GSG would like to take this moment to congratulate the following athletes in receiving the "Budding Blossoms" awards for the month of April.

Bianka Zamaryan: Student of the Month Award

Vianne Bueno: Most Improved Gymnast in a Recreational Class

Phoenix Reivers: Most Dedicated Gymnast in a Recreational Class

Mia Stone-Molloy: Best Attitude During a Recreational Class

Mona Gerami: Best Behaved Gymnast in a Recreational Class

The Advanced, Intermediate and Beginner Boys have spent most of the month upside-down practicing their handstands, spider-mans and donkey-kicks! The Tiny Tigers have been clawing their way to the top of the p-bars and pommel-horse this month. Keep stretching and keep practicing those flip fest routines! Go Golden Boys!

Competitive

USAIGC: Our USAIGC team just returned from a very successful Invitational in Inland Empire (see Team Board in lobby for results). Now it's time for State Championships where they will have an opportunity to qualify for the USAIGC National Championships in Florida at the end of June.

USAG: Juliette Bollesen is preparing to compete in her very first competition along with level 4 teammate, Avery Valentino, and level 5's Kansas Klocki and Ashley Tran in San Diego.

Firecrackers: The group is finishing up trials and is in the process of learning their new warm up routines and Flip Fest Routine.

Hotshots: Hotshots are learning their FlipFest routine and continuing to develop their strength and flexibility.

Lastly, we would like to congratulate all our super GSG moms for the upcoming Mothers Day! Please don't forget to visit Responsible Sports to support us. The detailed instructions below.

Keep jumping!

Gymnastically yours,

The GSG Staff

Steps to help us win the \$2,500 grant from Responsible Sports:

- 1.) Visit **ResponsibleSports.com/grant**
- 2.) Scroll down and in the box for **Participants**, click on **Get Started**
- 3.) In the box **Step 1: Complete Course & Quiz** click on Parents/ Coaches, in your case **Parents button |**
- 4.) You are now on the Responsible Sport Parenting Quiz page so scroll down and click on **Take the quiz.**
- 5.) Complete this short 10-question quiz by selecting the correct responses. It's a necessity to have all answers correct.
- 6.) After you've completed the program, fill out your email and other information. Then you'll be able to view, download and print your certificate. And, during open grant periods, you'll be able to credit Golden State Gymnastics in the race for the \$2,500. Fill out your information and click **Continue.**
- 7.) Please go to your email and verify it. It might take up to 5 minutes so make sure you check the spam. Click on the link **Verify Me Now!**
- 8.) Please complete just a few more questions and it will take you to your Responsible Sports Fan Page. Click on **Continue** button.
- 9.) You should be on your My Fan Page with a sign saying Your Quiz is: UNCREDITED. Click on button **Credit organization.**
- 10.) Fill out the organization name (Golden State Gymnastics), city (Burbank), state (CA) and click on the **GO!** Button
- 11.) Scroll down and click on the button **Select** next to our organization.

Thank you very much! We really appreciate your support. You can also get The Extra Point for us by signing up for the newsletter sent every other week throughout the grant period.

Please do not reply to this email. You are welcome to contact us on goldenstategym@hotmail.com

