

November 2011

ULTIMATE GYMNASTICS

**KELSEY
KOPEC**
Senior level 10
3 time National
Qualifier
State & Regional
Champion



**CONGRATULATIONS TO KELSEY "KOKO" KOPEC!
KELSEY HAS CHOSEN TO COMPETE FOR THE
AUBURN UNIVERSITY GYMNASTICS TEAM
STARTING FALL OF 2012!**

Ultimate Gymnastics is proud to announce that our Level 10 gymnast, Kelsey Kopec has chosen to compete for the **AUBURN UNIVERSITY** gymnastics team! Kelsey is a five-time GHSA (Georgia High School Association) state champion for the Alpharetta High School Raiders. In 2010, she won the state all-around championship and in 2011 she repeated as the state all-around champion. She also took first on vault, bars and beam. Kelsey also excels academically. She is a member of the National Honor Society and carries a rigorous college prep course load. She is a member of the AHS Raider Ambassadors, a leadership organization that serves as role models to other students. Upon graduation, Kelsey will earn a service cord for her volunteer hours serving nonprofit organizations within the community. Kelsey plans to study mechanical engineering with a minor in automotive engineering at Auburn University upon graduation.



RHYTHMIC GYMNASTICS

Tuesdays 5:30-7:00

For Girls - 7 years old & up

What is Rhythmic Gymnastics:

Rhythmic gymnastics combines ballet and creative movements to music, while working with ribbons, balls, hoops, ropes and clubs in a choreographed dance-and-tumble routine. It has a lot more dance than artistic (regular) gymnastics. Everything is done on the floor.



What is the difference between regular (artistic) gymnastics & rhythmic gymnastics?

There are two kinds of gymnastics: rhythmic gymnastics and artistic gymnastics. The kind of gymnastics most of us are familiar with is artistic gymnastics. Women's artistic gymnastics includes uneven bars, balance beam, vault and floor exercise. Rhythmic gymnastics includes ball, hoop, ribbon, rope, clubs and sometimes floor exercise.



CONGRATULATIONS TO OUR... STAR STUDENT

Georgie Ward is November's STAR STUDENT of the month.

Georgie began in our program when we were Fantastic Gymnastics back in 2004 when she was 3 years old. She progressed from our preschool gymnastics program to Hot Shotz to our competitive team. Back in June 2010, Georgie broke her arm and had to undergo surgery. Georgie went through a difficult, discouraging recovery. Although spent time doing conditioning and stretching at the gym & while going to physical therapy; the process to straighten her arm did not look good. She was told that "she may not go back to gymnastics". In 2011, Georgie returned to fully training for gymnastics. She was very cautious and often checked her arm to see if it was still in one piece. Georgie is currently on our Level 5 USA team and is competing successfully. At the 2011 Ultimate Classic Competition Georgie won FIRST PLACE all-around! We are all so proud of Georgie for determination, commitment and hard work work.



"I was sitting in the office at the meet and I hear the announcer say, "**FIRST PLACE ALL-AROUND GEORGIE WARD!**" I almost started crying! Wow Georgie, what an accomplishment!"
Miss Caren

"I knew Georgie could do it, she just needed someone to believe in her. I love coaching her!"
Coach Margaret

"Georgie has overcome so many fears and obstacles and continues to progress and make improvements every practice! She started out not even able to do a handstand and look at her now!"
Coach Contessa

Ultimate Holiday Camps

CAMP	DATE	COST
TURKEY CAMP	November 21-23	1 day of camp - \$50 3 days of camp - \$125
WINTER WONDERLAND CAMP	December 19-21	1 day of camp - \$50 3 days of camp - \$125
HOLIDAY CAMP	January 16th	1 day of camp - \$50

Preschool Camp (3-5 year olds)

Gymnasts will play games, have fun and learn more gymnastics

Recreational Students (Ages Kindergarten and Up)

Gymnasts will have a day of training like a gymnast in the Jr. Olympic Program in a fun and motivational atmosphere.

Competitive Team Members (Hot Shotz, Gymstars and Levels 3-6)

Gymnasts will focus on training skills for the next competitive level

Sample Recreational Student Holiday Camp Schedule: (9:30am-2:30pm)

9:30-10:00 - Group Warm up
 10:00-10:30 - Floor
 10:30-11:00 - Tumble Track
 11:00-11:30 - Games
 11:30-12:30 - Sack Lunch and Movie on the Big Screen
 12:30-1:00 - Bingo with special prizes
 1:00-1:30 - Bars
 1:30-2:00 - Beam
 2:00-2:30 - Vault

Sample Competitive Team Holiday Camp Schedule: (9:30am-2:30pm)

9:30-10:00 - Big Group Warm up
 10:00-10:30 - Bars
 10:30-11:00 - Beam
 11:00-11:30 - Vault
 11:30-12:30 - Sack Lunch and Movie on the Big Screen
 12:30-1:00 - Bingo with special prizes
 1:00-1:30 - Games
 1:30-2:00 - Floor
 2:00-2:30 - Tumble Track

Sample Preschool Holiday Camp Schedule: (9:30am-2:30pm)

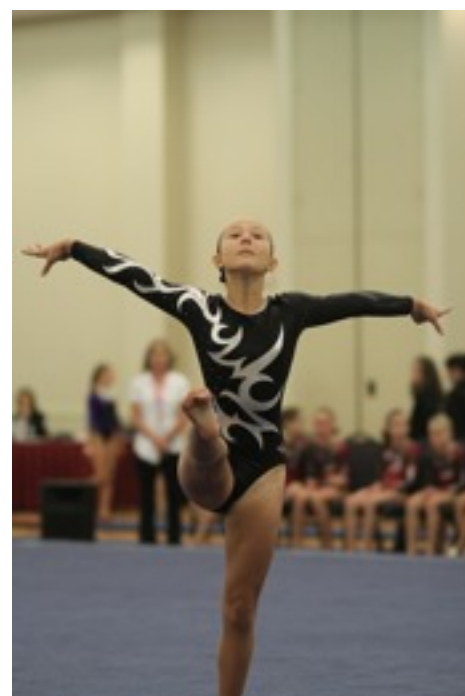
9:30-10:00 - Warm up
 10:00-11:00 - Gymnastics
 11:00-11:30 - Games
 11:30-12:30 - Sack Lunch and Movie on the Big Screen
 12:30-1:00 - Bingo with special prizes
 1:00-1:30 - Gymnastics
 1:30-2:00 - Games
 2:00-2:30 - Gymnastics

Sign up TODAY!

Gym Closings

Nov. 23 - 27:
Thanksgiving

Dec. 18 - Jan. 1:
Winter Break



GREAT GIFT IDEAS

You can order **HOME USE MATS AND BEAMS** for your gymnast! These items look great under your Christmas Tree. All orders must be placed at the front desk, no later than Thursday, December 5th. All mats will be received by December 21st. When placing the order you will need to add 6% sales tax.

Home Use Folding Incline Mat - Red



**FREE SHIPPING ON ALL
ITEMS!!**

- 30" wide x 72" long working surface.
- Inclines from 1" high up to 12" in height.
- Folds in half for versatility and easy storage.
- Firm polyurethane foam core.

** PINK Incline Mat features our attractive "I LOVE GYMNASTICS" logo

9' Folding Practice Beam - PINK



- 2" high x 9' length is lightweight and folds in half for easy handling and storage.
- 4" top working surface tapers to 6" bottom for stability.
- High density crosslink polyethylene foam core.
- Covered with synthetic suede.

** PINK Practice Beam features our attractive "I LOVE GYMNASTICS" logo!



**PLACE YOUR ORDER AT
THE FRONT DESK
TODAY!**

Home Use Folding Mat - 4' x 8' Red

- Our best 1 3/8" thick folding mat.
- 1 3/8" Crosslink foam core.
- 18-oz. heavy-duty vinyl fabric.
- Velcro on each end allows you to join two or more mats together end-to-end.

ULTIMATE BLING HOODIES!

We will be selling Ultimate Bling Hoodies in the Pro-shop beginning November 15th, 2012. We only have a limited supply of these so don't miss out! The full zip hoodies are black and the "bling" is in blue and clear crystals. The cost of these hoodies are \$40.00. We currently have child Small, Medium, Large and Extra Large.



ALL PARKING & WAITING FOR PICK UP MUST BE DONE IN A PARKING SPACE!

Please do not park in the designated handicapped parking slots (even if you are only sitting in the car) unless you display an appropriate authorization. Please do not park on the side of the building (even if you are sitting in the car). This is a fire lane.

OUR REFERRAL PROGRAM

Did you know about our referral program? Each referral you send our way that sign up for a month of gymnastics, you will get a raffle ticket in our FREE TUITION RAFFLE BASKET! If we draw your child's name she will WIN 1 month's free tuition (up to \$65 in value). The more people you refer the more tickets will be placed in the basket.

Drawing will be held the last business day of the month.

JOIN US ON FACEBOOK

Become a Fan of "The Ultimate Gymnastics Experience" for instant updates, photo access, invitations to special events & more. Did you know that we have FREE wireless internet for all Customers? See Pam for the password.



770-623-8212 • 678-206-8212 (Fax) • ultimategymnastics.org • ultgym1@yahoo.com (Email)

Help us give to those in need

Ultimate Gymnastics will be partnering with DFACS to give gifts to children in need. The gift you donate will either be used to provide a christmas gift for a foster child or a child in protective services. The most difficult age group for DFACS to get gifts for are teenagers.

We need gifts for children who are 13 years old or older.

We are asking EVERYONE to please bring an UNWRAPPED gift that costs around \$20 (no more than \$30) before **Saturday, December 17th**. If you don't have time to shop, gift cards are acceptable gifts.