

February 2012

ULTIMATE GYMNASTICS

Come Hang Out With Us!

SIGN UP TODAY!



ULTIMATE GYMNASTICS SLEEPOVER

FRIDAY, FEBRUARY 17

\$50

8pm to 8am

WHAT TO BRING TO THE SLEEPOVER:

- Leotard
- PJ's & A change of comfy clothes
- Sleeping Bag & Pillow
- A DS, Small Board Game or Book to enjoy during quiet time

Don't Miss out on the games, prizes, open gym, dance party, late night movie, pizza & more!

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After our dance party we will be having a dance performance contest! During this time those who want to participate can create and perform a dance routine to music! Your performance can be done alone or with a group of friends!

We will be giving a HUGE Trophy to the best dance!



If your child has any music requests she should email them to

ultgym1@yahoo.com

YOUR CHILD'S GYMNASTICS TALENT COULD FINALLY BE DISCOVERED!

2012 Team & Pre-Team Tryouts

We will be having tryouts for the Jr. Olympic Developmental Pre-team and the Recreational Competition Team on **SATURDAY, FEBRUARY 4th, 2012**. On this day, we have a 1 1/2 hour class/evaluation where we will look at each child's strengths and weaknesses. This evaluation will include where the team program director recommends that your child should be placed for the summer and fall sessions of 2012. **SIGN UP TODAY!!** This tryout/evaluation is open to everyone!

5-8 Year Olds (10:00-11:30)

3 1/2-4 Year Olds (12:00-1:30)

DURING THE TRYOUT

We will be evaluating your child on her strength, flexibility, body awareness, work ethic, ability to make and apply corrections, overall form, and mental toughness.

Details listed on page 5 of this newsletter

BEFORE THE TRYOUT

Sign up at the front desk.

Pay the cost of **\$20**. Pre-registration before Feb 3

AFTER THE EVALUATION

You will receive your child's evaluation & recommended class level in the mail in 3-5 business days. Your child will either be asked to ...

1. Join the Jr. Olympic Pre-team
2. Join the Recreational Competition Team
3. Remain in the recreational class program

Come Join us for our Back Handspring Clinic:
4:00-5:00 (\$15 per clinic)

Monday	2/13	2/20	2/27
Friday	2/3	2/17	2/24

Come join us to either better your back handspring or try to learn a back handspring. Our competitive team coaches will be spotting and doing various drills to help your gymnasts with this skill. This Clinic is \$15 per day. \$25 if you sign up for 2. All non-gym members must have a completed registration form in order to participate. This form can be printed here. PAGE 1 and PAGE 2 must be signed and completed by the legal parent or guardian of the child attending. This clinic is for competitive team, preteam and recreational students, ages Kindergarten and up!

Space is limited so **Sign Up TODAY!!**

CONGRATULATIONS TO OUR... STAR STUDENT

Jillian Hynds is February's STAR STUDENT of the month. Jillian is one of our young and talented students. Jillian is only 4 years old and is already on our preteam!



Her coaches are amazed by her beautiful straight leg cartwheel, pretty splits and effortless pullover! Jillian's talent and natural gift for the sport of gymnastics was recognized in Miss Caren's Flip-Floppers class in 2009 when she was 2 years old. We are proud to make Jillian the STAR STUDENT OF THE MONTH!

All star students will receive a **FREE T-Shirt & Water Bottle**

CONGRATULATIONS TO OUR... FREE TUITION WINNER

Congratulations to Savannah Hardy! She is December's winner of our **FREE** tuition raffle! Remember, for each referral you send our way which 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.



**SIGN UP
TODAY!**



A professional
photographer
will be here
the day of the
Ultimate
Spring Fling to
take pictures
of our
wonderful
gymnasts!

2012 ULTIMATE SPRING FLING

The 2012 Spring Fling is on Saturday, May 5th.

The Ultimate Spring Fling is the end of the year fun meet for ALL our recreational students. This is the time for our students to show off what they have learned throughout the year to their family and friends and best of all they can get up on the awards stand to receive a **TROPHY!**

The cost of participation Spring Fling is \$30. This includes a Spring Fling T-Shirt & Trophy. You also have the opportunity to purchase the **2011-2012 Ultimate Spring Fling Leotard!** It is beautiful and super shiny! We liked the leotard we used last year so much that we are going to use it again this year. There are some 2011-2012 Spring Fling leotards available in the pro-shop. Additional sizes can be ordered at the front desk from February 1st - March 30th.

The cost of the leotards with matching hair scrunchie is \$48.15 (includes tax). Although you are not required to purchase the leotard, it is highly recommended. In years past, the majority of the gymnasts who participated wore this leotard that was created specifically for this occasion. Although this leotard is specially made for the 2011 & 2012 Spring Fling, your child can wear this leotard - **ANYTIME!**

Sign-up for the Spring Fling is from February 1st - May 1st.

For Our Preschoolers...

Our preschoolers will be divided into small groups and will rotate to stations with their instructor. They will show off many of the skills and activities that they have worked on this year.

**Preschool Performance Time -
10:00am-11:00am**

(Flip Floppers, Tiki Tykes & Jammin Juniors)

For Our School Age Students.

All girls in Kindergirls, Beginner, Advanced Beginner, Intermediate, Advanced, Gym Stars, Extended Hot Shutz, Advanced Hot Shutz, Level 3 1/2's, Rising Stars and Superstars will be learning short routines during their class time in April and May. They will perform their routines in a fun — Olympic-style format on vault, uneven bars, balance beam and floor exercise (to music). Our Mighty Men will be performing on Tumble Track, Vault, Bars, and Floor. Our Tumbling Students will be performing on Tumble Track, Mini Tramp, and Floor. However, all of this will be done in a non-competitive setting. You may choose from the two times listed, but space is limited so do so early!

Session 1 - 12:00-2:00

Session 2 - 2:30-4:30

Last Minute Sign up Fee

The cost for anyone who signs up for the Spring Fling after May 1st is \$40. The additional cost allows us to have your t-shirt and trophy rush delivered.

2012 SUMMER CLASS SCHEDULE

During the summer we hold 2 sessions. We have a 3 week session in June and a 3 week session in July. The classes in each session are held twice a week for a total of 6 classes per session.

Session 1: June 4th - June 21st

Session 2: July 9th - July 26th

<u>Preschool Class Schedule</u>	Monday and Wednesday (3 WEEKS)	OR	Tuesday and Thursday (3 WEEKS)	Cost per session
Tiki Tykes/Jammin Jrs - Ages 3-5 (must be 3 as of 9/1/12)	1:15-2:00 4:15-5:00 & 5:00-5:45	OR	2:00-2:45	\$90
Rising Stars - 1 hour Invitation only, Ages 4-6	9:00-10:00		N/A	\$105
Super Stars -1 hour Invitation only, Ages 5-7	10:00-11:00		N/A	\$105

<u>School Age Class Schedule</u>	Monday and Wednesday (3 WEEKS)	OR	Tuesday and Thursday (3 WEEKS)	Cost per session
Kindergirls -1 hour 5 years old by September 1 st	1:15-2:15 5:00-6:00	OR	2:00-3:00 4:00-5:00	\$97.50
Beginner - 1 hour Ages 6-10	2:30-3:30 5:00-6:00		2:00-3:00 5:00-6:00	\$97.50
Advanced Beginner - 1 hour Ages 6-10	2:30-3:30		4:00-5:00 5:00-6:00	\$97.50
Intermediate/Advanced	5:00-6:30		1:30-3:00	\$120
Mighty Men				
Tumbling			3:00-4:00	\$97.50
Rhythmic				
GYMSTARS (INVITATION ONLY TEAM)	4:30-6:30			\$300 Price includes the \$150 mandatory Gym Star camp

2012 SUMMER CAMP INFO

We are offering 5 camps this summer! All camps are Monday-Thursday from 9am-1pm. Our camps are for boys and girls, ages 3* to 10 years old.

- Camp 1: June 11th-14th
- Camp 2: June 25th-28th
- Camp 3: July 9th-12th
- Camp4: July 16th-19th
- Camp5: July 30th-2nd - *new date*

*3 year olds must be able to use bathroom independently

**Camp hours are from
9am-1pm (\$125)**

All campers should bring a sack lunch and beach towel to camp. On Thursday we will provide lunch with a **PIZZA PARTY!!**



2012 Tryout Details - NEW PRACTICE TIMES

IF YOUR CHILD IS RECOMMENDED TO REMAIN IN THE RECREATIONAL PROGRAM:

You will receive a copy of the evaluation sheet made by the team program director (Contessa). This sheet will provide your child with the skills or abilities she has or does not have to join the team/pre-team. Both you and your child's recreational instructor will receive a copy of the evaluation. This will help your child's instructor to better develop the skills or abilities that she may be lacking. Also our team program director will keep a copy of your child's evaluation on file. This will allow your child to attend future "invitation only" evaluations and tryouts.

IF YOUR CHILD IS INVITED TO THE RECREATIONAL COMPETITION TEAM:

The recreational competition team (AKA "Gym Stars" is NOT a pre-team. It does not prepare you for the Jr. Olympic Competitive Team. It DOES allow your child to compete in 5-7 laid back fun meets. She will receive a cubby, competition leotard and warm up suit. This team is part of our recreational program and the focus is having fun and learning how to compete. Your child will learn a routine on all 4 events and will get to enjoy the competition part of gymnastics without the pressure of being highly competitive.

Recreational Competition Team Facts –

- Your child is required to attend at least one session this summer to maintain her skills, **\$150/session + \$150 summer camp**
- Summer Session 1 (May 31-June 16) or Summer Session 2 (July 11-28) Mondays AND Wednesdays **(4:30-6:30)**
- Everyone on this team is required to attend the 2012 Compulsory Camp (June 21-23). This camp includes gymnastics training with Jr. Olympic Team Coaches, Waterslide, and much more.

- This recreational team meets in the fall, twice a week for 2 hours minutes (\$150/month).

- This recreational team only requires a 1 year commitment

IF YOUR CHILD IS INVITED TO THE JR. OLYMPIC PRE-TEAM:

We have 3 levels of pre-team. If your child is invited to join one of these teams we will work to develop her into a gymnast who competes in the Jr. Olympic Program. Preparing your child to be a successful competitive gymnast takes 2-3 years of training from our coaches and 2-3 years of commitment from our gymnast and her family. Our goal for these gymnasts is to give her the skills and tools to compete successfully at local competitions and possibly compete at the college level. It takes a gymnast with a great deal of flexibility, strength, body awareness, work ethic, mental toughness, discipline and body awareness to be able to excel in the Jr. Olympic Program. Once your child is in this program we will continue to monitor her progress. If we see that this is not the place for her mentally, physically, and emotionally she will be placed back into a recreational class until she is ready. Please read the details below to know what is required at each level...

Rising Stars: This is the first level of pre-team and is for our very young and talented gymnasts (Ages 4-6).

- Your child is required to attend at least one session this summer to maintain her skills, **\$105/session + \$50 summer camp**
- Summer Session 1 (June 4 - June 21) or Summer Session 2 (July 9 –26) – Mondays AND Wednesdays **(9:00-10:00)**
- This level of pre-team meets once a week for 1 hour in the fall (Thursdays 3:30-4:30).
- Everyone on this team is required to attend the 2012 Compulsory Camp (June 22). This camp includes gymnastics training with Jr. Olympic

Team Coaches, Waterslide, & much more.

Super Stars: This is our 2nd level of pre-team and is for our young talented gymnasts (Ages 5-7).

- Your child is required to attend at least one session this summer to maintain her skills **\$105/session + \$50 summer camp**
- Summer Session 1 (June 4 - June 21) or Summer Session 2 (July 9 –26) – Mondays AND Wednesdays **(10:00-11:00)**

- This level of pre-team meets once a week for 1 hour in the fall (Tuesdays 4:00-5:00).
- Everyone on this team is required to attend the 2012 Compulsory Camp (June 22). This camp includes gymnastics training with Jr. Olympic Team Coaches, Waterslide, and much more.

Hot Shotz: This is our highest level of pre-team. Our goal for gymnasts at this level is to prepare them for the Jr. Olympic Competitive Team beginning summer of 2013.

- Your child is required to attend Hot Shotz for the entire summer (May 31st - July 21st), with the exception of 2 weeks vacation - Monday AND Wednesday **(2:45-4:00)** - \$410/entire summer (including camp).
- Everyone on this pre-team is required to attend the 2012 Compulsory Camp (June 21-23). This camp includes gymnastics training with Jr. Olympic Team Coaches, Waterslide, and much more.
- This level of pre-team practices 2 days a week in the fall. Mondays AND Wednesday (4:00-5:15)

Ultimate Gymnastics has a HIGHLY COMPETITIVE Jr. Olympic Team Program. We are known across the state for winning state championships, good sportsmanship, and producing successful gymnasts.

2012

Updated

on
1/27/12

Compulsory
Team &
Pre-team
Summer
Schedule

Hot Shotz

\$410 / summer
(includes camp fee)

M/W - 2:45-4:00

Level 4 USA

\$640 / summer
(includes camp fee)

M/W (10:45-2:15) OR
(12:45-4:15)

Tuesdays (9:30-1:00)

Gym Stars

\$300 / session
(includes camp fee)

M/W (4:30-6:30)

TOPs

\$100/ summer

THURSDAYS
12:45-2:45

Level 5 USA

\$650 / summer
(includes camp fee)

M/W (8:30-12:00)

Tues (12:45-4:15)

THUR (9:00-12:30)

Rising Stars

\$155 / session

M/W (9:00-10:00)

Super Stars

\$155 / session

M/W (10:00-11:00)

Level 3 AAU

\$560 / summer
(includes camp fee)

M/W (2:00-5:00)

Level 6 USA

\$680 / summer
(includes camp fee)

M/W (3:45-7:15)

T/TH (10:00-2:00)

Gym Closings

Apr. 1-7
Spring Break

May 28
Memorial Day

July 1-8
4th of July Break

TEAM SUMMER REMINDERS:

* There is no practice on Monday, May 28th or Monday August 6th.

* The gym will be closed of July 1st – July 7th

* **Compulsory Camp is June 21st - 23rd (10:00am-4:00pm)**

- Cost **\$150** for Hot Shotz & Gym Stars & **\$50** for Rising & Super Stars

- The 3 day camp is MANDATORY for all Hot Shotz & Gym Stars and is included in your summer tuition

- Rising Stars & Super Stars only attend camp on Friday, June 22nd and is included in your summer tuition

- This camp is not mandatory for Level 3-6 gymnasts but is highly recommended.

* **Team Fall Schedule Begins August 7th**

* **LEVEL 3-10 ANNUAL TEAM CAMP is MONDAY, JULY 23RD – THURSDAY, JULY 26TH - NEW DATES!**

- Cost **\$200** for Level 3-6 and **\$180** for Level 7-10

- This camp is MANDATORY for all gymnasts in level 3-10 and is included in your summer tuition

- Level 3-6 Gymnasts will have a mock meet on Thursday, August 2nd @ 9:00am.

May 29: First Day of Summer Schedule for Level 3-10 & P-TOPs

June 4: First Day of Summer Practice Schedule for Hot Shotz, Gym Stars, Rising Stars,
Super Stars & All Recreational Classes