

January 2012

ULTIMATE

GYMNASTICS



Ultimate Gymnastics thanks you for joining us in 2012

First, we would like to thank you for giving the opportunity to expand your child's horizons through the sport of gymnastics. Our focus is to provide an fun, safe, and progressive gymnastics environment where each gymnast can have fun and reach their fullest potential in an encouraging and positive environment. Gymnastics is a catalyst to improve the physical abilities of strength, flexibility, balance, spatial awareness, and overall coordination. Due to the dynamic nature of the sport, involvement in gymnastics, especially at an early age, can facilitate later successes in other athletic venues. In addition to promoting a healthy lifestyle, gymnastics has many non-physical benefits that are not as outwardly apparent as toned muscles. The self-confidence and discipline gained through the sport fosters a lifestyle of endless possibilities. Thank you for allowing us to teach your child lessons that will last a lifetime!

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A Special Thanks:

Thank you to all of our parents and gymnasts who have donated their time and/or money to make the Ultimate Classic & Jack Frost Invitational a success. We will continue to use the profits of these competitions to benefit your child directly with new equipment and continuous education for our coaching staff. We are sincerely thankful for all you do! Also thank you to everyone who donated gifts to DFACS. You have blessed many children's lives.



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 Shotz, Advanced Hot Shotz, 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.

Ultimate Gymnastics SUMMER CAMPS 2012

We also offer summer classes.
Details will be available online
February first on our website.

Don't miss out on our fun gymnastics camps! At the end of each camp EVERY camper receives a **FIRST PLACE MEDAL!**



Maniac Mondays

Music, Markers, Mayhem & More Gymnastics
We will decorate a HUGE banner, dance to silly music and do more gymnastics than you can imagine



Every Thursday we will have a **PIZZA PARTY!** Pizza, drinks and FUN will be provided!

Treasure Hunt Tuesdays

Treasure Hunts, Treats & Trampoline
Ahoy Matey! We will go on a scavenger hunt, find gold & have fun on the trampoline

Wet & Wild Wednesdays

Water Slide, Wild Games & Wheel Barrow
Bring your towels & sunscreen we are getting wet!

Thrilling Thursdays

Team Activities, Three-Cheese Pizza & Tripods
We will be having a Pizza & Popsicle Party

CAMP DATES:

Week 1	June 11 th - 14 th
Week 2	June 25 th - 28 th
Week 3	July 9 th - 12 th
Week 4	July 16 th - 19 th
Week 5	July 23 rd - 26 th

EACH DAY INCLUDES:

- 2 hours of gymnastics
- 30 minutes of indoor games
- Parachute, Obstacle Course, Pit Games
- 1-2 hour of outside activity
- Inflatable Water slide, Mini Pools, Sidewalk Chalk or Arts & Craft Time

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

Our camps are open to boys & girls age 3 to 10. Children will be divided into small groups for the gymnastics activities based on age.

Campers should bring a beach towel each day

SNACKS AND LUNCHES

Your child is to bring a sack lunch Monday-Wednesday. On Thursday, we will have a pizza party.



Ultimate Sleepover

SIGN UP TODAY

Be sure to sign up and fill out your permission slip at the front desk before we are full

\$50 for 1st child

\$45 for 2nd Child

\$40 for Midnight Pick up

For girls age 5 and up



PIZZA & DRINKS INCLUDED

Open Gym, Games, Prizes, DJ Dance Party, Group Dance Contest, Late Night Movies

DATE: Friday, February 17

WHERE: 3775 Peachtree Crest Drive
Duluth, GA 30097

TIME: 8:00pm-8:00am



Come Join us for our Back Handspring Clinic:

4:00-5:00 (\$15 per clinic)

Monday	1/9	1/16	1/23	1/30	2/6
Friday	1/13	1/20	1/27	2/3	x

Come join us to learn or improve 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!

CONGRATULATIONS TO OUR...

STAR STUDENT

Carter Field is January's STAR STUDENT of the month. Carter has been in our program since 2003. Carter is in our Mighty Men Program where his strength and coordination has improved! Carter is always smiling and kind and courteous to others. Thank you Carter for your long time commitment to our program.
YOU ROCK!

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

STAR/EVALUATION WEEKS

Our next star week will be the week of Jan 30 - Feb 11.
Be sure to bring your star belt!

TUMBLING CLASS

We are opening a new tumbling class on Mondays 5:00-6:00. In this class your child will spend an hour working on beginner level tumbling skills such as cartwheels, round offs, back walkovers, handstands and back handsprings.

MLK DAY Holiday Camp

Don't miss out on our Holiday Camp! January 16th (\$50)
See our front desk for details

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.



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)

BEFORE THE TRYOUT

Sign up at the front desk.

Pay the cost of **\$20**. Pre-registration begin January 9th - 27th

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 6 of this newsletter

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

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 4-5).

- 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 5-6).

- 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 **(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.

Congratulations to our 1st place winners at the Jack Frost Invitational

Level 10 First Place Finishes

Kelly Aycock - Vault, Bars, Beam, Floor & All-Around
Kelsey Kopec - Vault, Bars, Beam, Floor & All-Around
Katie Stuart - Bars, Beam & All-Around

Level 9 First Place Finishes

Hali Carlton - Bars, Floor & All-Around
Kayla Williams - Vault & Beam
Deja Merritt - All-Around
Taylor Pastor - Floor
Camryn Bryant - Vault
Courtney Cohen - Vault
Alex Anderson - Vault

Level 8 First Place Finishes

Rheagan Lamphier - Floor
Michele Mix - All-Around
Taylor Lamphier - Bars
Alicia Brogden - Floor

Level 7 First Place Finishes

Mackenzie Lett - Vault, Beam & All-Around
Ambria D'Alonzo - Vault, Bars & Floor
Brittany Keane-Murphy - Vault & All-Around
Alyssa Pulmano - Bars

Prep-Opt Platinum First Place Finishes

Meghan Kelly - Bars & Floor



2012

Skeleton
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 3:15-5:15

Level 5 USA

\$650 / summer
(includes camp fee)

M/W (9:00-12:30)

Tues (12:45-4:15)

Thur (8:30-12:00) OR (11:15-2:45)

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,T,W (3:45-7:30)

Thur (8:30-12:00) OR (11:15-2:45)

Gym Closings

Apr. 1-7
Spring Break

May 28
Memorial Day

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 30th – Thursday, August 2nd**

- 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