

Geneva Gymnastics



Geneva Gymnastics Monthly Newsletter

Geneva Gymnastics Academy Begins 2011-12 Season

There are a lot of exciting changes for the 2011-12 season! First and foremost is our name change to The Geneva Gymnastics Academy!

This name change will help distinguish the competitive program from the newly formed Geneva Gymnastics Recreational Team. There has been some interest in forming a less-competitive team which requires less of a time commitment and the Geneva Gymnastics Rec Team is the answer! The L3/L4 Rec Team will practice on Mondays and Wednesdays from 5:30 to 7:30 and the L5-and-up Rec Team will practice from 5:30 to 8p on Mondays and Wednesdays. The Rec Team will compete in the Geneva home meet only.

Mandatory Season Kick-Off Meeting

At least one parent and all gymnasts are asked to attend a **mandatory Season Kick Off meeting on Tuesday, 9/20/2011, at 5:30 at GHS.**

All parents are asked to review the new Team Handbook PRIOR to attending the meeting. Please watch for an email from Athletic Supervisor Mike Contreras and Gymnastics Directory Kim Hostman on 9/12 which will contain the Team Handbook. A lot of information is clarified in this new handbook, such as excused v. unexcused absences, how to make up unexcused absences, the standards for the Academy v. the Rec Team, etc.; please review it carefully. **Please sign the Parent/Gymnast Agreement which will also be included and bring that to the 9/20 meeting.**

Please also bring your gymnasts' leotard and warm-up from last year. ALL gymnasts will be measured at the meeting. You'll also be asked to pay all team dues and fees on 9/20.

Fan t-shirts will be available for order at the meeting and some gymnastics items/attire will also be available. **All attending gymnasts will receive a free gift!!**

Fall Session

Here's what's new and exciting about the new practice schedule for the 2011-12 season...

All Levels of the Geneva Gymnastics Academy will practice together on Tuesdays, Thursdays and Saturdays (although start and end times may vary). Coach Emily will be coaching the L4s and L5s along with Coach Kelly, Coach Jessie G. and Ashley P. (jr. coach). Coach Alexis and Coach Kim will be working with the L6 and up team. **Please note the new time for Saturday practice; it is now from 9a until noon.**

We've really seen a great improvement in the girls' dance elements over the past couple of years. To continue with that focus, Coach Ryann will be working on dance with all the gymnasts for a one-hour portion of their practice on Thursdays.

Team Bars Club for Level 3 and up gymnasts is also something to consider for any Team gymnast. It is on Fridays from 6 to 7p. Bars is often the most difficult event for many gymnasts. The Bars Club is individualized for the gymnasts and allows them to work on the skills they are trying to improve such as fly aways, giants and kips. The girls can run drills specific to these skills and will have the opportunity to use the strap bar.

Upcoming Events:

- **September 9** - Contact Coach Kim about Boosters
 - **September 13** - Fall Session begins; be sure to register by 9/10
 - **September 19** - Boosters meeting, 12:30p @ Fargo Starbuck's
 - **September 20** - Mandatory Parent/Gymnast Season Kick-Off Meeting at GHS, 5:30p; bring signed agreement, last years' leo & warm-up
 - Don't forget to sign up **THEE DAYS PRIOR** to the start date of the session! Also, ask about **EZ Pay** at the Park District front desk.
- Academy Session Dates (T/Th/Sa):**
 Session I: 9/13-10/13
 Session II: 10/15-11/10
 Session III: 11/12-12/15
- Rec Team Session Dates (M/W):**
 Session I: 9/12-10/24
 Session II: 10/31-12/14
- **Open Gym:** begins 9/16
Fridays, 7:00-9:00p, \$10

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What's New in the Gym??

There have been some improvements in the gym!

their belongings! No more leaving stuff scattered all over the floor in the hall!

There is also a new low beam, new foam and, most importantly NEW FANS! The new fans really helped with the heat this summer!

There are now cubbies in the gym where gymnasts can place

Open Gym News

Everyone is invited to attend Open Gym and they will also be used to make up unexcused absences.

an unexcused absence. These absences MUST be made up (this will be detailed in the new Team Handbook). They MUST present their ticket in order to use the Open Gym for a make-up.

Open Gym will now be more structured. The cost for Open Gym will be \$10 and it will be coached by Coach Ryann on Friday nights from 7 to 9p. Open Gym begins on **9/16**.

Gymnasts will be given make up tickets to be used for Open Gym when they miss practice due to

Join the Gymnastics Boosters!

Sept Birthdays:

- Sept 8 - Rachel Lawrence
- Sept 4 - Lucie Giesen
- April 13 - Allison Guio

Several parents have expressed interest in being a part of the Geneva Gymnastics Boosters.

We welcome any new members! Anyone with any interest, large or small, should contact

Coach Kim by **Friday, 9/9**, via phone or email at the park district.



Fall Fundraising

We'll be trying a new fundraiser this year. Instead of cookie dough, the gymnasts will be selling candles. We will be using

the proceeds of this fundraiser to purchase a new vault!

fundraiser will be available at the Kick-Off Meeting on 9/20.

More details about this fall



Mike's Minutes



Welcome to the 2011-12 gymnastics season. I look forward to a wonderful year. Our coaches are eager to get back into the

gym. If you ever have any questions regarding the program or the changes that have been made to the program,

please feel free to contact me at 630.262.2212. Good luck this season!

**Mandatory Kick-Off Meeting
Tuesday, 9/20, 5:30p at GHS**

Coach Kim's Corner

Greetings to all! My summer was busy relaxing with my family, baseball games and preparing for Alycia to head off to college. A new adventure for all of us! I hope you all had a relaxing and fun summer as well!

The first week of practice begins this Monday, September 12. I would like to personally welcome all returning team members!

I would also like to introduce and welcome our new team members:

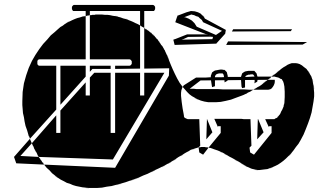
Level 4 - Maggie Ziem, Grace Lyons, Mikaela Hall, Josie Gamble, Lauren Chippas and Lauren Klis

Level 5 - Lucie Giesen

Level 6/7 - Samantha DelGiudice

Congratulations to the gymnasts who moved up to the next level! Level 5 - Katie Bietzel, Erin Brecht, Katelyn Haston; Level 6 - Molly Lambillotte; Level 7 - Paige Beitzel

We are all excited to be back in the gym!



Getting the Word Out

ALL communication will be done via email this season. Please

send Cindy M. any changes/additions you may have re-

garding your email address.

"The will to win is important, but the will to prepare is vital."

- Joe Paterno



Go to www.genevaparks.org and click on the *Sports Spot* to find forms, information and newsletters for Geneva Gymnastics



Sports Spot
ATHLETIC LEAGUE STANDINGS