

Geneva Gymnastics



Geneva Gymnastics Monthly Newsletter

Meets Set for GGA

The meet schedule for the 2011-12 season is ready! Please see page 3 of this newsletter for the complete list of all meets.

Holiday Party Set

Whether you're ready or not, it's time to start thinking about the holidays! The Geneva Gymnastics Holiday party date has been set - Thursday, 12/15, from 6p to 8p in the gym. This year there will be old favorites like the grab bag (\$10, wrapped gift) and a holiday spirit costume contest. We will also have some fun new things like a banana split contest (hint, hint, it involves FLEXIBILITY) and a chance to show your other talents, BESIDES gymnastics.

Pizza and beverages will be provided and each gymnast is asked to bring some type of treat (for 25 kids). Last year almost every treat was sweet, which, of course, was loved by all, but maybe this year we might want to think of some savory or even, GASP, healthy items! There's plenty of time to come up with your selection!

More details will come as we get closer to the party!

WI Dells Vacation Classic Meet, L6+

The L6+ gymnasts will be attending the Wisconsin Dells Vacation Classic at the Chula Vista resort again this year!

We are currently checking into accommodations at the Chula Vista for those interested in spending a night or two at this fun waterpark resort! Most of the families were able to spend the night last year and the girls had a great time!

The cost of this meet is \$70 for L6 and \$80 for Level 7.

All GGA team members are invited to attend the event to support their team mates and enjoy the Chula Vista waterpark.

All L6+ gymnasts must email Coach Kim by **November 3rd** to let her know if you will be attending this meet. If not, there is a meet scheduled for 1/22 at Elmhurst that may be attended instead. Please also cc Cindy Meyers. Hotel information will be distributed as soon as it is received and then all interested parties can book their own room.

Upcoming Events:

- **October 23** - Xtreme Trampoline outing - don't forget to RSVP!!
 - **November 3** - WI Dells Vacation Classic commitment deadline
 - **November 22** - make-up practice, all levels
 - **December 10** - competition meeting, 12 to 12:30 in the gymnastics gym
 - **December 15** - Geneva Gymnastics Holiday Party, 6 to 8p
 - Don't forget to sign up **THEE DAYS PRIOR** to the start date of the session! Or, you can sign up for the automatic payment plan (if you were not emailed these forms, please contact Mike Contreras).
- Academy Session Dates (T/Th/Sa):**
Session III: 11/12-12/15
- Rec Team Session Dates (M/W):**
Session II: 10/31-12/14
- **Open Gym:**
Fridays, 7:00-9:00p, \$10

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October & November Birthdays:

- October 9 - Ashley Shogren
- October 29 - Lauren Chippas
- October 29 - Allyson Romero
- Nov 1 - Caroline Wenokur



GGA Team Spotlight

Level 4, Coach Emily

Josie has connected her round off-back handspring without pausing between skills! **Mikaela** is making great progress on her round off-back handspring. She is getting stronger each week! **Lauren** has been working hard on making her vault more powerful. It is looking fantastic! **Audrey's** front handsprings on floor are becoming very powerful! **Grace** is becoming strong on bars. She almost has all her skill connections! **Allyson** has improved her body position on vault. Her vault is looking amazing! **Dana** got her squat on and jumped to high bar! **Caroline** jumped to high bar this month and has been working hard on glide kips! **Maggie** has been working hard on floor. Her round off-back handspring has improved a lot!

Level 5, Coach Emily

Katie has been working on connecting all her bar skills. Her routine is looking great! **Erin** got her glide kip with straight arms. Her bars are getting very strong! **Lucie** got her back walkover on low beam and is working her way up to the high beam! **Allison** is making great progress on bars. She is working hard on making her kip consistently! **Melissa** has been working so hard on bars and now has all her skills connected! **Hayley** has been working hard on bars and is getting very close to her glide kip! **Kaitlyn** got her kip this month! Great job!!

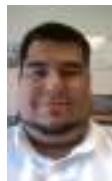
Level 6-and-Up, Coach Alexis

Alicia has been working on dismounts off the beam and

front handspring 1/2 off the vault. She is always very supportive to the team. Great job! **Paige** has been working on cartwheel mounts and has improved on vault with her half on half offs. Great job! **Samantha** is a new member on our team and is working on optional skills. **Sam S.** has recently come back from an injury and has improved significantly on beam with making three routines in a row. Great job! **Molly** has been working L6 routines and also working on cartwheel back tuck dismounts. Great job! All of the girls are continuing to work hard on each event and are also working on optional skills. The girls show great team spirit by incorporating Same Leo and Crazy Hair days! I am very proud of all of them. Great job!

Team Make-Up Practice

The make-up date for the missed practice on 9/29 will be 11/22 from 5:30 to 8:30 for all levels.



Mike's Minutes

It was a pleasure meeting all of you at the parent meeting. I appreciate the feedback about classes and about GGA. From your feedback, we will be moving the Saturday morning recreational classes at GHS so that

the GGA is the only class in the gym on Saturday mornings.

We understand that at times there will be a lot of girls in the gym. I want to remind you that we are one team and that is the reason why we are practicing

together. I can assure you that there is a game plan for every practice to keep the girls busy and on point.

If you ever have any suggestions, please let me know. Thanks again, Mike Contreras.

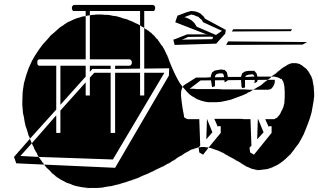
**All Level Make-up Practice
11/22, 5:30 to 8:30**

Coach Kim's Corner

Each year we try to add some new drills, techniques and fun into our gym! This year, we will also be bringing back "Gymnast

of the Month." This will begin in January 2012. If your gymnast is chosen she will receive a questionnaire to be filled out

and returned to her coach with a picture to be displayed in the hall area! Work hard, set goals and have fun!



Rec Team News

REC TEAM - Level 3 & Up

Megan is really working hard on getting her kip. **Michelle** is doing fantastic on her flay away. **Lily** is really perfecting her form on floor. **Lauren** can do two flip flops. **Skyler** is doing great on her beam jumps. **Riley** is working hard on her

floor skills. **Rebecca** is doing a fantastic job on bars. **Kristina** has really improved her round off. **Emilija** almost has all her skills on bars. **Alexa** is doing great on her round off. **Destiny** can do a round off-flip flop down the wedge. **Kaytlyn** is looking great on her beam

skills. **Delainey** is working very hard on her tumbling skills. **Hannah** can do a round off-flip flop. **Isabella** is doing wonderful work on her floor skills. **Jessica** has really improved her handstand on beam. **Ashley** is looking good on her beam back walkover.

"Nobody who ever gave his best regretted it."

- George Halas

Other GGA News

All GGA gymnasts will be receiving a gym journal to help them, and their coaches, track their progress.

All L6+ gymnasts will be focusing hard on core strengthening

conditioning. They will be receiving exercise handouts to do daily at home.

There will be a meeting to explain competition rules and other information on Saturday,

12/10, from 12 to 12:30 in the gymnastics gym. This meeting is mandatory for all gymnasts that are new to gymnastics competition and recommended for all team gymnasts.

Candle Pick-up

Coach Kim will email out details about candle pick-up date and

time when the information becomes available.

Thank you to everyone for your participation!



The 2011-12 Meet Schedule

December 18	Cary (L6+)	March 4	Geneva (L3+)
January 22	Elmhurst (L6+)	March 18	Palmer's (L4+)
	*for those not attending Dells meet	April 13-15	League Championships, TBA
January 27-29	WI Dells Vacation Classic (L6+)	May ? (TBA)	IGI (L3, L4, L5; optional for L6+)
February 5	Sokol @ Elite (L4 & L5)	June 20-24	Nationals, WI Dells (L3,+)
February 26	Gymquest (L4+)		



Coach Directory (please use coaches' cell numbers only when absolutely necessary; call the gym whenever possible)

Level 6	Coach Alexis	630.292.5225 (cell)	Mike C.	630.262.2212 (direct)
Level 4 & 5	Coach Emily F.	630.267.7854 (cell)	Kim H.	630.232.4542 x129 (Park District; new extension)
			Gym	630.463.3986