

PRAIRIE GYM NEWS



1241 N. Raddant Rd. Batavia, IL 60510

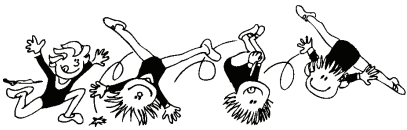
630-406-6803

www.prairiegym.com

Fall Registration

The fall session runs
August 24-November 2, 2009

Registration begins July 27th
The schedule is attached



Upcoming Events

Summer 2 Session
July 20-August 22

Fall Registration
Begins July 27th

Farmer's Market Booth
Saturday, August 8

Fall Session
August 24-November 2, 2009

National Gymnastics Day
Saturday, Sept. 12

Preschool Playtime
Begins in October
Wednesdays 10:15-11:30am
Fridays 1:15-2:30pm

No Classes

July 12 - 19
September 7

July/Aug 2009

Vol 1, No 12

Suburban doctors, parents weigh in on the trampoline debate

Reprinted from The Daily Herald; July 4, 2009

Pediatricians constantly warn of the dangers of backyard trampolines. The American Academy of Pediatrics condemns their use. The U.S. Consumer Products Safety Commission reports more than 100,000 injuries each year on trampolines, almost all involving children. And lawyers note that trampoline owners can be liable for accidents and injuries.

Despite this, trampoline sales remain strong and they continue to be popular items in suburban backyards. Tens of thousands of suburban kids jump on them every summer without needing an ice pack or a legal waiver. It's an Olympic sport.

So, are trampolines that dangerous? Are the warnings an overreaction? Do the benefits of a trampoline outweigh the risks? Or are parents taking a gamble by ignoring the warnings?

Like many people, suburban doctors have mixed feelings about trampolines. In this childhood obesity epidemic, they recognize trampolines as providing physical activity that kids love and need. New designs and safety devices, such as nets, help prevent falls. Serious injuries, while possible, are rare.

Yet, many local doctors still discourage their use because they routinely see children with painful bruises, sprains and fractures caused by falling off, landing in a bad position, or colliding with other kids on trampolines.

The legal liability issue also comes up in the love-hate trampoline debate, with insurance agents and lawyers likening it to having a swimming pool in your back yard. Supervision and safety issues will become critical if someone gets hurt.

What do you think???



Did you know...

...team members Sean Hible and Alex Varga were awarded Academic All American by USAG (the governing body for gymnastics in the US)?



Staff News

Roger and Jenni Miller (PGC office manager) and their six children welcomed Timothy Alexander into the world on July 6th, Congratulations!!!



July/Aug Birthdays

July	1st	Laure Musgrave
	3rd	Samantha Edwards
	4th	Ava Howard
	6th	Brooke Miara
	8th	Curran Phillips
	9th	Cooper Hawkins
	11th	Serena Kinkade
	16th	Keenan Oshiro
	19th	Jennifer Babich
	20th	Bridget Grimm
	21st	Jeffrey Zofkie
	22nd	Gianna Quaranta
	24th	Helena Ebeling
	25th	Everett Williams
	28th	Danny Heller
		Leo Oshiro
	29th	Nathan Wright
	31st	Faith Niekamp
August	1st	Ava Garcia
	3rd	Juliann Grubisic
		Sarah Kroger
	6th	Abbie Cooperman
		Luke Cooperman
	9th	Kristi Zabka
	11th	Emily Remillard
	13th	Trevor Higgins
		Julian Pin
	16th	Matthew Ideler
	19th	Caitlin Callahan
		Nikolas Ebeling
	20th	Mandie Stangl
	21st	Maddie Runge
	22nd	Keegan Hawkins
	24th	Julia Guppy
		Keaton Krohse
	29th	Andrew King
	31st	Christian Dalisay

Story Winners!

Congratulations to Annie Hanlin and Emily Kroger. They are both winners of a summer session of gymnastics for their "word of the week" stories.

Camp by Emily Kroger

At camp there's a **variety** of things to do! One thing is swimming. I was **fortuitous** to get my sister as my bunkmate. The first night the cabin was quiet and **dormant**. For a fire drill we had to be **adjacent** to one another. When we sang a song the leader asked us to **mimic** her. One night I had a **conundrum** on what to eat! Our cabin had lots of **amity** among the girls. Our cabin leader, named Buzz, was both **dynamic** and **intrepid**. For example, she found a bug that no one knew what kind it was and held it on her finger. Even though I was scared I **persevered** through the week and...it was so fun!!!

City Life by Annie Hanlin

Hi there, I'm Elizabeth...I live in the city...There are a **variety** of different shops in the city. But my favorite shop is the book store. It has so many books to choose from. Sometimes when I see a play or recital I will try to **mimic** the parts I remember from it. I have **amity** with my friends Alice and Rachel. Instead of us being the **dynamic** duo we are the **dynamic** trio. Sometimes something **fortuitous** happens, like on the day my favorite author's new book got published I had enough money to buy it plus extra. I had 2 months worth of good reading. My dog Wally is almost always **adjacent** to me, and when he's not, he's **dormant**. One day I had a huge **conundrum**. My bike gears got all jammed on my way home from school. So I took an old safety pin and used it to put my gear back into place. With me when it comes to sports I'm **intrepid**. I've gone on 5 roller coasters in 3 years time. My mom always said to succeed you have to **persevere** that's what she told me today when I told her about the kickball game coming up at school. So I decided to practice every day after school. On the day of the game I scored the winning goal.