

PRAIRIE GYM NEWS



1241 N. Raddant Rd. Batavia, IL 60510

630-406-6803

www.prairiegym.com

Spring Registration

Spring Session runs **March 30 — June 6**

Priority: March 9 - 14

Current students staying in the same class.

Change: March 16 - 21

Current students who need to change their class time, level, or day; and their siblings.

New Students: may sign up beginning March 23.

Checks or cash only...payment plans are available; talk to Suzie.

You can also sign up for our
**Spring Break Specials...Flip Flop Shops and
Fitness Fun & Games**
(games, races, challenges, strength, flexibility)
See page 4 for the schedule.

Did you know...

...Patrice Paul (Level 5 team mom) recently had a children's book published? *Cullen Arma, The Bully, And The Shaman's Coat*

...we post Gym Stars on the bulletin board for achievements in the gym? You can take them home to keep :-)

...Sophia Anastasia (7 years old) made it to the top of the cargo net?

...we offer free trial classes; tell your friends!

...Daylight Savings begins March 8th?



No Classes

Monday, May 25th

March

2009

Vol 1, No 8

Gymnastics & Bone Growth

“The high-impact tumbling of gymnastics may boost young girls' muscle mass and bone density...Researchers found that young girls who participated in artistic gymnastics had greater muscle mass and bone density than their peers whose activities were limited to gym class...Like muscle, bones respond to exercise by becoming stronger, particularly higher-impact activities like jumping and sprinting.”

“For girls, building bone density from an early age may reduce their risk of the bone-thinning disease osteoporosis later in life... the artistic gymnasts had the greatest muscle mass and tended to have higher bone density, particularly in the arms.”

SOURCE: International Journal of Sports Medicine, May 2007

March is Muscle Month



Challenge Month
and Awards Week
coming soon.

Upcoming Events

Joe G. Invite (Team Boys)

March 6-8

Downers Grove

Arena Invite (Team Girls)

March 13-15

Joliet

State Championships (Team Boys & Girls)

March 20-22

Mundelein HS (Boys)

NIU, DeKalb (Girls)

Spring Session

March 30 - June 6

Loyalty Parade

May 3

Batavia

Team News

Girls February Competition Results:

Itasca Invite – At Level 5: **Kerry Abello** was 1st on Floor, 2nd on Beam, and 4th AA; **Nora Theeke** was 3rd on Vault and 5th AA; and **Lauren Wegner** placed 2nd on Vault.

At Level 7 **Emily Ericksen** placed 1st on Floor, 2nd on Beam, 3rd on Vault and Bars, and 2nd AA, while **Audrey Channon** placed 2nd on Vault, Bars, and Floor, and 3rd AA.

Salto Invite – Level 7 **Audrey and Emily** tied for 2nd on Vault, and **Emily** placed 9th in the All Around.



Boys February Competition Results:

Team Awards:

Level 4 Boys	Valentine Classic	3rd
	Iowa Boys Invite	5th
	Salto Invite	3rd
Level 5 Boys	Valentine Classic	2nd
	Iowa Boys Invite	1st
	Salto Invite	2nd
Level 6 Boys	Valentine Classic	2nd
	Iowa Boys Invite	1st
	Salto Invite	2nd

Individual Results:

Valentine Classic – At Level 5 **Kyle Paul** was 3rd in the AA and Vault, and 1st on Floor. **Matt Szot** won the AA and placed 1st on Floor, Pommels, Rings, and High Bar. **Curran Phillips** was 4th AA, 2nd on Rings and P Bars, and 3rd on Floor and High Bar.

At Level 6 **Christian Dalisay** was 1st AA, Floor and High Bar, 2nd Rings, and 3rd Pommels and Vault. **Ben Szot** was 2nd AA, 1st on Rings and 3rd on P Bars. **Patrick Howard** and **Leo Oshiro** went 1, 2 on Pommels.

At Level 8 **Luke Zarakas** and **Danny Heller** also went 1, 2 on Pommels. In addition **Luke** placed 1st on Floor, Vault, P Bars, High Bar and in the AA.

Level 10s **Sean Hible** and **Alex Varga** placed 1st and 2nd on Vault. **Sean** also placed 1st on Floor, and 2nd on Pommels and in the AA. Rounding out the Level 10 team, **Kyle Sikorski** placed 6th in the AA.

Iowa Boys Invite - Level 5 **Matt S** tied for 1st AA and placed 1st on Floor, Rings and High Bar. **Curran** was

Story Winner

Congratulations to Annie Hanlin (Level 1), the winner of our 2nd **Word of the Week** story contest. Below is her story with words of the week in bold.

Hello, I'm Anna, I live on a farm and do a lot of things like riding a horse but I'm a **tyro**. It's true that my horse Sally is **agile**. Sometimes it's **chaos** on the farm. Like the day that I let Henry my 7 year old brother ride while I walked beside him, but he got carried away and slapped Sally on the back pretending to be a cowboy...she ran with Henry on her back, I whistled and she trotted back. And one day I woke up so **tenacious** to learn to teach Sally to jump a hurdle and she did it, I was waiting with an apple on the other side of the tree. Sometimes it was too **serene** and one day all I did was read a book and eat apples. Another day me and Henry went on a hike and saw quite a **lateral** tree. The next day I tried to teach Henry to ride Sally the right way but he didn't **comprehend** anything I said. On the fourth day, Henry ran up to me and said he wanted to be an **equilibrist**, so I took a piece of log and put it on the ground. Henry stepped on it and tried to balance...he started to **extend** his arms...Finally he got the hang of it and dad said he was quite good.

Then the next day I learned that I needed to be **ambidextrous**. So I got up on Sally and rode her with my right hand and my left hand. THE END



3rd AA with a 2nd on Rings, and 3rd on Floor and High Bar. **Kyle Paul** was 3rd on Pommels.

At Level 6 **Christian** was 1st AA, and 1st on Floor, Rings, P Bars, and High Bar. **Ben** was 2nd AA as well as Rings and High Bar. **Patrick** placed 4th in the AA, 2nd on Pommels, and 3rd on P Bars. **Keenan Oshiro** was 6th AA, 1st on Vault, and 2nd on Floor. **Luke** (Level 8) placed 1st on Pommels, 2nd on Vault, P Bars and in the AA, and 3rd on Floor.

Salto Invite - **Matt S.** was 1st AA, Floor, Pommels, 2nd on Rings and 3rd on P Bars; **Curran** was 2nd AA, 1st on P Bars and High Bar, 2nd on Pommels and 3rd on Rings; **Kyle Paul** was 4th on Vault.

Christian placed 1st places in the AA, on Floor and High Bar, and 2nd on Vault; **Keenan** placed 2nd AA and Floor, 1st on P Bars, and 3rd on Rings and High Bar; **Ben** was 3rd AA, Vault and P Bars, and 2nd on Rings. **Patrick** was 6th AA and 4th on Pommels.

Level 8 **Luke Zarakas** placed 1st AA, Floor, Pommels, and P Bars.

Level 10s **Kyle Sikorski** and **Sean Hible** were 5th and 7th AA respectively.

The Benefits of Participating in a (our) Gymnastics Program

Reprinted from September 2008 Gym News

All children can benefit from participation in gymnastics. These benefits are related not only to learning gymnastics skills, but more importantly, to developmental areas that will help your child become a better student and young adult. Children, regardless of ability, should stay in gymnastics for 3-5 years, if not longer, to get the full benefit of what gymnastics has to offer. Below is a small sampling of what gymnastics activities can provide.

Self Confidence - Through the challenge of learning gymnastics skills, children gain confidence with each progression they master. Doing skills on the beams and bars helps them gain confidence in their own abilities. This improved self confidence will transfer to other areas of their lives including school.

Coordination - Gymnastics helps develop coordination, body awareness and kinesthetic awareness.

A Sport for All - All children can find success in the sport of gymnastics, whether they are a “natural” or not. Because we can control their progress by offering individual challenges and goals, every child can succeed at different aspects of the sport.

Hard Work Ethic - Gymnastics is a tough sport. The best thing about it is that kids have to earn the skill, we can't just give it to them. This hard work teaches them that the more they work, the more they learn. What a great life lesson.

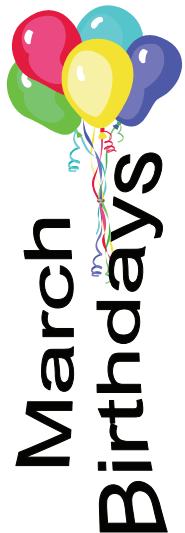
Flexibility / Strength - Gymnastics builds flexibility and strength better than any other sport. In turn, the strength and flexibility they gain in the gym will help limit injuries in other sports.

Social Skills - Gymnastics gives kids a chance to learn about social skills like listening, following directions, taking turns, being quiet, respecting others, and cheering on their class mates.

Fitness - In this world where obesity has become a major health problem, fitness is CRITICAL to the current and future health of our children. Our classes are full of activities that will help your children be more fit and keep them healthy.

Overcoming Fears - Some parts of gymnastics are very challenging. We think this is good training for all kids. They need to be challenged. To face a challenge, maybe with a little fear, and then accomplish the challenge is a wonderful part of gymnastics, and it happens all the time.

One of our joys as your children's teachers is to see their faces light up when they do something they never thought possible. It makes all the hard work (theirs, yours, and ours) worth every second!



- | | |
|------|--------------------|
| 2nd | Darby Laurvick |
| 3rd | Lily Wright |
| | Allison Gotfryd |
| 5th | Emily Ericksen |
| 6th | Danny Miller |
| 7th | Dayna Perry |
| 12th | Lane Hanlin |
| 15th | Samuel Cooperman |
| 17th | Mia LeFevre |
| 19th | Kiera Oshiro |
| 24th | Thomas Foley |
| 29th | Carlin King |
| 30th | Kristi Hendrickson |
| 31st | Keegan Maris |



Stay tuned...summer schedules will be available soon.

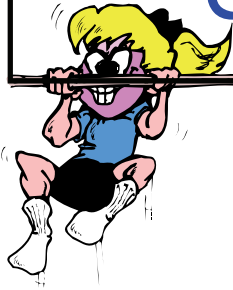
We are offering regular classes, special summer camps, and unlimited make-up times for those who might be going away on vacation.

The summer session begins June 8th. Schedules will be posted on-line at prairiegym.com and handed out to all current students in March.

No classes July 13 - 18, 2009.



PRAIRIE
GYMNASTICS CLUB



1241 N. Raddant, Batavia
630-406-6803

SPRING BREAK SPECIALS

First grade and up

Flip Flop Shops: Tues, March 31 9:30-10:30am
Thurs, April 2 2-3pm

**Fitness Fun:
& Games** Mon, March 30 9:30-10:30am
Wed, April 1 2-3pm
Thurs, April 2 10:30-11:30am

Cost: 1 class / \$15
2 classes (or 2 kids) / \$25
3+ classes / \$10 each



FLIP — LAUGH — WONDER