

PRAIRIE GYM NEWS



1241 N. Raddant Rd., Batavia, IL 60510

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Don't forget to sign up for summer gymnastics

Summer classes are offered in two 5 week sessions with **unlimited make-ups** (within the session).

Summer camps for children entering 1st grade and above are: **Tues/Thurs 9-12noon**

July 20 and 22

July 27 and 29

August 10 and 12

\$30 one day / \$50 2 days or 2 children

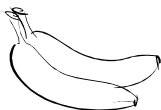
Did you know...

...Kevin had four former gymnasts competing at NCAA Championships this year?

...the ears of a cricket are located on the front legs, just below the knee?

...Campbell Laurvick had so much fun with our Strider bike lesson plan that she decided she could ride her two-wheeler without the training wheels? Congratulations Campbell!

...reindeer like to eat bananas?



May

**Closed Monday
May 31**

May 2010

Vol 2, No 9

Loyalty Day Parade

Thanks to all who participated...the Theekes, the Dalisays, the Zofkies, Lauren and Lindsey Wegner, Ben and Maddie Smith, Ethan Jonke, Julian Pin, Eva Ottoson, Isabel Mach, Brooke Miara, Kendall Tollas, Alexis Wasmund, Julia Tortorici, Kristi and Amy Zabka, Audrey Channon, and Emily Ericksen. We handed out lots of flyers and twizzlers (thanks parents), tumbled in front of the reviewing stand (thanks kids), and a good time was had by all.

Special thanks to Grace Stella for carrying our PGC banner through most of the parade.



Upcoming Events

Boys National Championships

May 6-9

Knoxville, TN

GIJO Invite

May 16

St. Charles

GIJO State Championships

June 6

Downers Grove

Windy City Challenge Awards Week

June 7 - 12

Summer Session 1

June 14 - July 17

Camera Week is May 17-22.

Parents will be invited onto the gym floor the last 10 minutes of class to take photos and videos of their gymnasts. Don't forget to bring your equipment.



Fitness

Zumba continues through May 26th (no class May 19th) on Wednesdays, 1-2pm. Child care is available for \$1 per child.



Summer **Zumba** is Thursdays 7-8am and begins June 17th. We will continue to offer child care.

Yoga classes continue throughout the summer (no class May 31 or July 5)

Hatha Yoga: Monday 6-7pm

Thursday 7-8pm

Family Yoga*: Saturday 11-12noon

**Tentative—depending on interest*

May Birthdays

- 2nd Grace Sartain
- 4th Ava Thomas
- 5th Tilly Karner
- 7th Paxon Rio
- 8th Stephen Michael
- 9th Lexi O'Grady
- 11th Kailey Krajewski
- 12th Anna Tortorici
- 13th Jack Loria
- 14th Harley Karner
- 16th Cade Hawkins
- 17th Nicole Kull
- Natalie Spellman
- 18th Claire Johnson
- 20th Camille Drancik
- 22nd Brianna Vestal
- 24th Ashley Kramer
- Ben Szot
- 25th Benjamin Smith
- Lindsey Wegner
- 31st Claire Stack



Meet Results

Congratulations to Christian Dalisay and Ben Szot. They qualified to Level 9 National Championships, and will be traveling to Knoxville, TN this month for the competition.

Congratulations to Matt Szot, Region 5, Level 6 Parallel Bar Champion.

And lastly, a huge round of applause to the GIJO group who ALL stayed on beam at their last meet and won themselves a pizza party. Way to go, GIJOs!!!

'W' Sitting

'W-sitting' (see illustration), when used frequently by children can have adverse effects on their gross motor development as well as their posture and hip development.

In a w-sitting position, the hips are placed at the extreme limits of internal rotation. Children who w-sit may develop a tendency to walk and stand with feet turned inwards;



this is usually accompanied by tight hamstrings and lower back muscles. These shortened muscles are at risk

to form contractures and a permanent shortening of the muscle.

Additionally, w-sitting can compromise balance development. A child who frequently w-sits does not need to use her trunk muscles for stability. W-sitting allows a child to balance herself in a straight-aligned position, therefore the trunk muscles are not challenged so trunk control and balance are slower to develop.

Because trunk rotation does not occur during w-sitting, midline orientation is compromised. The w-position discourages the child from crossing over midline, which involves shifting the weight of the upper torso onto the opposite arm and using trunk muscles to rotate in order to retrieve a toy. Midline crossing, bilateral hand use and hand dominance are important developmental milestones that pave the way for more advanced motor skills.

If you see your child w-sitting, encourage him or her to change position to either a "long sitting" position (pike sit) or a side sit (be sure to alternate sides so that your child will develop trunk control and balance in both directions).

W-sitting can have long term effects if left uncorrected. The position can become a habit for children, so it is important to teach them alternative sitting strategies to allow the muscles and joints of the trunk and legs to develop naturally. Whenever possible, discourage this unnatural position.

Adapted from articles by Donna Greco, MPT and Margaret Stroh, Physiotherapist

Block Guess Winner

Guesses ranged from "20 or more" to 10,508. The most popular guess was 5000 and the winner was Grace Beattie with a guess of 8000.

