

PRAIRIE GYM NEWS



1241 N. Raddant Rd. Batavia, IL 60510

630-406-6803

www.prairiegym.com

Meet the Staff

Welcome

Welcome to our third year at Prairie Gym Club. We are excited to see so many new and returning students.

A special welcome to new and transfer team members **Max Washington, Gavin Coyle, Nathan Smogur, Sam Stinsa, Anna and Sara Hopfensberger** as well as new staff members **Laura, Jamie, Ryann, and Sean** (see bios in next article).

Just a few reminders:

Make-ups - we offer one make-up per session, which must be done within that session. Call the office to schedule a make-up.

Wounds and warts - please cover any open wounds or warts with bandages that will stay on during a workout. We have extra gym tape if you need some.

Recycling - please help us stay clean and green. Let us know if you see something that needs attention; put away toys, feel free to replace empty t.p. rolls, and don't forget, we are big into recycling. Plastic, cardboard, paper, and even those Saturday morning coffee cups (just empty the liquid first, please).

Thanks, and let us know if there's anything we can do for you!

Upcoming Events

Fall Session

August 30-November 6, 2010

Preschool Playtime

Begins October 1st

Wednesdays 10:00-11:15am

Fridays 1:30-2:45pm

Winter 1 (Nov. 8-January 22)

We're Closed

September 6

Kevin Chope - Owner, head boys coach, has been coaching for over 25 years, USAG Safety and CPR Certified, USAG Pro member.

Jamie Cvikota - Preschool and girls instructor, graduating from Columbia College (Media Management) in December, recently completed a Gymnastics Educational Workshop in Oak Lawn.

Cheryl Dalisay - Preschool instructor, mother of 4, runs her own business (Stellar Strategic Services, Inc.), former gymnast and dancer, USAG Safety and CPR Certified.

Liz Gebauer - Girls team coach, graduating from Aurora University with a K-12 teaching degree next spring, former Level 9 gymnast in Illinois, former head coach at Maximum in Sugar Grove, USAG Safety and CPR Certified, USAG Pro member.

Devin Halliday - Boys team coach, former head coach at Oakland Gymnastics in MI, currently a Chemical Engineer in Naperville, USAG Safety and CPR Certified, USAG Pro member.

Cyndi Hanlin - our "Saturday" secretary, mother of 5, has worked for 20 years in Chicago with an advertising agency. A great supporter of gymnastics, family and fun.

Sean Hible - Assistant boys team coach, currently competing Level 10, First Aid and CPR Certified, USAG Athlete member.

Suzie Kinsman - Owner, gym manager, has been coaching over 30 years, former Elite gymnast, USAG Safety and CPR Certified, USAG Pro member.

Ryann Marszalek - Girls instructor, MSU graduate in Theatre, current member of Sinergia Dance Company, instructor at Geneva Park District and Batavia Academy of Dance, former manager and head coach at Gym-Quest, First Aid, CPR, and USAG Safety Certified.

Jenni Miller - our "weekday" secretary (for 2 years), mother of 7; also a strong supporter of gymnastics, family and fun

Laura Vincent - Girls and boys instructor, currently attending Aurora University, former Level 9 gymnast in Oregon, USAG Safety, CPR and First Aid Certified, USAG Pro member, and compulsory judge.

Fall Clean Up



Thanks to all who helped us on August 21st when we cleaned, painted, scrubbed and vacuumed the gym, including removing all 8064 foam blocks from the pit, vacuuming the bottom, and throwing the blocks back in.

Participants were:

Keenan Oshiro, Laith Yousif, the Coopys, the Jonkes, the Rentzs, Sean Hible, the Bastians, the Zofkies, the Szots, the Michaels, Audrey Channon, Emily Ericksen, Kayla Kammes, Eva Ottonson, the Theekes, Lauren Wegner, the Bowens (Rapinchucks), Cheryl Dalisay, Kevin and Suzie.

The gym is clean and a good time was had by all since we finished off with a pizza party, and a bike ride to the Batavia Creamery.



Theme Weeks

Yo ho ho and a ...

Pirate Week is September 20-25. We'll be playing Pirate Games, climbing the cargo net, and walking the plank; aaarrggghhh!



Fire Safety Week for Gym Kids 1 and 2 is October 4-9 Our lesson plans will include tips on fire safety, and some fireman's gear to try on.



Halloween Week is October 25-30

We will do bat hangs and spider crawls and all kinds of creepy things. We would love to see your costume, but for safety reasons, please don't wear it to gymnastics. Bring us a picture instead!



What is Your Child Drinking?

Have you read the labels of the "sports drinks" that children often drink?

Vitamin Water - 2nd and 3rd ingredients are fructose and cane sugar. 13 grams of sugar per 8 oz serving.

Gatorade - 2nd ingredient is sucrose glucose-fructose syrup (sugar). 14 grams of sugar per 8 oz serving.

PowerAde - 2nd ingredient is high fructose corn syrup maltodextrin (sugar). 14-22 grams of sugar per 8 oz serving; **not per bottle!**

Our recommendation?

Drink water!

Raffle Winners

Saturday, August 14th, Prairie Gym Club celebrated its 2nd anniversary with a family fitness challenge, a raffle, a cake walk, face painting, team demonstrations, and anniversary cake.

Proceeds from the raffle went to the Batavia Food Pantry.

Raffle winners were:

Sarah Michael	PGC T-shirt
Barb Anderson	Leotard
Ethan Jonke	PGC drinking glasses
Barb Anderson	Solmate Socks
Kira Marlow	Free session

Congratulations, and thanks to all who helped us celebrate.

September Birthdays



2nd
5th

Emily Dorencz
Julia Tortorici
Coach Suzie
Alexis Ausland

7th
9th
11th

Ashton Royce
Hannah Wangler
Sarah Michael
Alexis Wasmund
Paige Bain

12th

Ben Bastian
Katie Miller

14th

Delaney Behling
Gavin Coyle
Tara Graham

16th
18th
20th

Jessica Montee
Jonathon Kramer
Sydni Diebold
Kate Wecker

21st
26th
27th

Lauren Wegner
Coach Kevin
Skylar Eastham
Cameron Green