

# Prairie Gym News

PRairie  
GYMNASTICS CLUB

FLIP — LAUGH — WORKER

1241 N. Raddant Rd. Batavia, IL 60510 630-406-6803 www.prairiegym.com

## Upcoming Events

**Boys National Championships**  
May 9 - 12; Oklahoma City

**GIJO Girls Championships**  
May 18 - 20; Aurora Turners

**Gym Closed**  
Monday, May 28

**Pictures and Awards Week**  
May 29 - June 2

**Summer Classes Begin**  
Monday, June 4



## Summer/Fall Classes

**Summer classes run  
June 4 - August 11  
(No classes on Wednesday, July 4th)**

### Summer Made Easy!

Summer scheduling is now easier than ever. Our new monthly sessions and unlimited make ups will allow your family to enjoy summer vacations without missing out on the fun at Prairie Gymnastics Club! Register now to reserve your spot.

**Fall classes begin August 20th.**

## Did You Know...

...the names of all the continents end with the letter they start with?

...bananas are curved because they grow towards the sun?

...Cookie Monster has a real name? It's Sid. No, seriously.

...the voices of Minnie Mouse and Mickey Mouse got married in real life?

...German chocolate cake is named after a guy named Sam German, not the country?

...the average person spends an average of 6 months of their life waiting for a red light to turn green?

...A single cloud can weigh more than 1 million pounds?



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## Top 10 Health Benefits of Gymnastics

Posted by Health Fitness Revolution

1. **Flexibility** - can be an effective aid to injury reduction and body control.
2. **Disease prevention** - participation in gymnastics maintains a healthy body which is key to preventing numerous health conditions.
3. **Strong and healthy bones** - weight-bearing activities can develop strong, healthy bones.
4. **Increased self-esteem** - studies show children who participate in gymnastics are likely to have better self-esteem and self-efficacy.
5. **Daily exercise needs** - participation in gymnastics helps meet the exercise recommendations set forth by the American Heart Association.
6. **Increased cognitive functioning** - gymnastics improves concentration, mental focus, and problem solving skills.
7. **Increased coordination** - gymnasts are better equipped to avoid hazardous situations by quickly identifying them and naturally correcting body alignment.
8. **Strength development** - gymnastics produces, pound-for-pound, the best athletes in the world.
9. **Discipline** - gymnasts use self control to make corrections and self discipline to stay on task.
10. **Social skills** - gymnasts learn respect, independence, and how to set a good example for younger gymnasts.

## No Classes

Monday, May 28



# May Birthdays

1st Nathan E.  
Graham S.  
2nd Soraya G.  
3rd Ben D.  
4th Charlotte S.  
Madeleine S.  
5th Ellie K.  
6th Clay B.  
Katie N.  
8th Stephen M.  
9th Eddie P.  
Will P.  
10th Lillian J.  
14th Coach Dan  
15th Gabrielle K.  
Emma M.  
17th Danielle E.  
20th Isabella M.  
21st Ainsley A.  
27th Elise S.  
Logan H.  
28th Cameron K.  
Ellie K.  
29th Lucas P.  
Macy R.  
30th Danielle D.



## Team Results

### Xcel State - Girls

#### Gold

Natalie

2nd Beam

#### Platinum

**2nd Place Senior Team**

Elena

2nd Vault, Beam; 1st All Around

Keeley

3rd Vault, Bars

### Sokol Invite GIJO 3 Girls

#### 2nd Place Team

1st All Around

Emma, Wynnie

2nd All Around

Lily H, Kaylie, Julia

3rd All Around

Malory, Colleen

### Elmhurst Invite GIJO Boys

#### Level 4

3rd All Around

Bryan and Declan

### Level 9 Regional Championships

Mia

1st Vault

### Boys Regional Championships

#### Level 10

**1st, 1st, and 3rd Place Teams**

Matt

1st Rings, HB, All Around

David

1st HB; 2nd Floor, All Around

Curran

1st FI, R, V, PB, AA; 2nd HB

### Luau Invite GIJO 3 Girls

2nd All Around

Malory, Kaitlyn

3rd All Around

Kaylie

### GIJO Boys League Championships

#### Level 4

Ben

2nd Rings; 3rd Vault

Lex

1st Vault

Hayden

3rd Rings

Declan

2nd PB; 3rd R, V, HB, All Around

#### Level 5

Evan

2nd PH; 3rd HB

### Xcel Regional Platinum Xcel

Reese

2nd Bars

Keeley

2nd Bars

### Congratulations to our Regional Xcel Qualifiers

Ally, Braelyn, Dani, Elena, Keeley, Mia Z, Natalie, Reese

### and our National Championship Qualifiers

Adam R, Curran, David, Eduardo, Hunter, Matt, Sam, Will

Parents - Bring your cameras the week of May 28th. You'll be invited on the floor the last 10 minutes of class to take pictures of your gymnast!



**Challenge #14** - Bring a food pantry donation; either non-perishable food items or paper products by May 12th.

### Food Drive

