



Gymnastics Unlimited News

January 2012

Happy Birthday!



Coach Moore - 01/21

Coach Hall - 01/29

Coach Buxton - 01/31

Important Dates:

Jan. 13th and 27th –

KIDS NIGHT OUT!

Team News

The Optional Team just traveled to Memphis, TN and competed in the Blues and BBQ Invitational. The girls all did well and are now preparing for the Crown Invitational in Atlanta, GA. Here are some of their accomplishments from this weekend:

Level 7

-Noelani DeHarte won 4th Place All-Around

-Avery Holbrook won 3rd Place Vault with a score of 9.425

-Elizabeth Kosturko won 5th Place Vault with a score of 9.15

Level 8

-Rachel Jackson won 5th Place All-Around

Level 9

-Cree Bowman won 2nd Place Balance Beam with a score of 8.85 and won 3rd Place All-Around

Congratulations girls and good luck on the rest of your season!!

From the Desk of The Big Cheese:

Dear Gym Parents,

Happy New Year from all the staff at Gymnastics Unlimited. We are looking forward to another great year here at the gym, thanks to you.

As we begin this new year I need to ask for your help. On Monday, January 2nd a male individual thought it would be amusing to put super glue on the men's toilet here at the gym. It is also a daily struggle to keep the girls restroom in order. Please supervise all small children in the restrooms. Also, do not allow your children to run/play in the bathrooms and lobby. This is for everyone's safety and gym preservation.

Thank you for your help and remember we are here to give your children the best experience possible.

Tumble on friends!

-Coach James



Healthy Kids

Cold and flu season is upon us! Here are a few tips to keep your children healthy:

- Wash your hands and make sure your kids wash their hands often.
- Elbow cough: Teach children to cough into their elbow where germs are less likely to spread through touch
- Eat right and exercise regularly! You must take care of your body in order for it to take care of you!
- If your child is sick, keep them at home or arrange for them to stay with a grandparent, babysitter, etc. Making them to go to school or be around other children will spread germs and hinder the process of getting better.