

Helping Children build a strong foundation for a lifetime of success by developing strength, confidence & character and promoting a healthy, active lifestyle now & into the future.

# WGC News


Warren Gymnastics Center

September October 2015

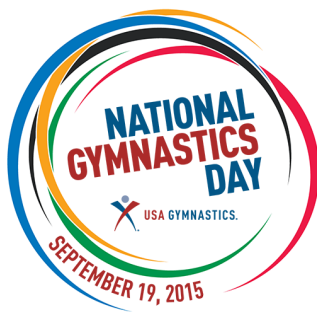
## Welcome to the Fall Session!

### Welcome to WGC

Welcome to Warren Gymnastic Center, where we have been developing strength, confidence, and character in children for 30 years! We are happy to have you with us for our Fall Session.

Please take a moment to read through your information sheet, where you will find many answers to your questions about billing, make-ups, apparel, and more. Also be sure to check out the bi-monthly newsletters, which are another important source of information. In addition, your child will often receive handouts during class which help us communicate with you. Don't forget to check us out online at [warrengymnastics.com](http://warrengymnastics.com) and on  Facebook for updates as well.

We are looking forward to getting to know you and your child and providing a fun, safe, and positive experience. Thank you for choosing Warren Gymnastic Center, and as always, please feel free to contact us if you have any questions. Email is a great way to contact us. Our email address is [warrengymnastics@aol.com](mailto:warrengymnastics@aol.com). Thank you!



### National Gymnastics Day!

September 19, 2015 is NATIONAL GYMNASTICS DAY! We will be joining USA Gymnastics in celebrating our wonderful sport, and WGC's mission. Join us for an Open House at 12:30 and FREE Bring-A-Friend Open Gym 1:00 -- 2:00. Friends must have a signed waiver in order to participate. Extra waivers are available online or from your instructor.

### Important Dates

The Fall Schedule is under way, but it's not too late to enroll — so tell a friend about Warren Gymnastics and share the fun! Here's what's coming up:

- 9/8** Fall Schedule Begins
- 9/19** National Gymnastics Day! FREE Bring A Friend Open Gym
- 10/9** "Bring A Friend" Open Gym
- 10/12-17** Cartwheel-a-thon Week

- 10/24** Cartwheel-a-thon money due
- 10/30** Halloween Spooktacular
- 10/31** Gym open for a.m. classes. Boo!
- 11/20** "Bring A Friend" Open Gym
- 11/26-27** Gym closed. Gobble!
- 12/5** Mini-Meet
- 12/6** 1st Team Home Meet
- 12/22-1/3** No classes (special Team practices TBA)

### Clothing Order

It's time for our annual clothing order! WGC is proud to offer official 'WGC wear' in many styles and sizes. Each item will be embroidered with the WGC logo. Look for your order form to be passed out soon!

### Cartwheel-A-Thon

The Cartwheel-A-Thon is a lot of fun, a great way to support our gym, and it's easy to do! All you have to do is collect pledges and/or donations, and then come to your regular class the week of October 12th-17th and do as many cartwheels as you can in five minutes. The cartwheels will be timed, counted, and recorded. Pledges and

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donations should be placed in the drop box in an envelope marked with your name and 'Cartwheel-a-thon' by Saturday, October 24th (prizes will be distributed after this date). All participants will receive a FREE Open Gym pass! Additional prizes: for those who raise \$30 or more—gymnastics pin; \$60 or more—T-shirt; \$100 or more—leotard or sweatshirt; most money raised—private lesson. The money raised will benefit the kids directly as it is used for new, fun, training equipment. Thank you for your support!



## Team News

What a terrific summer we had gaining strength, flexibility, and learning new skills!

Make sure that we have your correct email address so that you don't miss any important communications. Michelle will email our 2015-16 meet schedule, as well as the competition requirements. Our first meet will be on 12/6, and it will be here before you know it! Xcel gymnasts must schedule beam & floor choreography ASAP.

Please remember: monthly payments are due by the 1st of every month. If paying after the 7th, include a \$5 late fee. The annual meet & registration fees are due now. Orders for leos, bags, warm-ups, and travel meet entries TBA. Please email Michelle at [warrengymnastics@aol.com](mailto:warrengymnastics@aol.com) if you have any questions.

## Dress for Success

Like any sport, gymnastics requires a certain type of apparel. What should a gymnast wear to 'dress for success'? The best clothing for gymnastics is stretchy and form-fitting, such as a leotard for girls or a T-shirt and shorts for boys. This type of clothing allows coaches and gymnasts to see important body positions, doesn't get in the way of spotters, and won't get caught on the equipment. It is also a must for long hair to be secured back out of the face.

What is dangerous or inappropriate for a gymnast to wear?

- Tights — they're too slippery (bare feet are best)
- Jeans
- Anything with buttons, zippers, belts, etc.
- Un-tucked shirts
- Baggy clothing
- Ballet-style leotards with skirts
- Pants that are too long
- Rings, necklaces, or any jewelry (other than small post earrings)
- Messy hair that is not secured back out of the face

## Leotard Sales

You can find the best gym fashions in the "star room" near the entrance. New and gently used leotards are added regularly, or you can place a custom order. Keep in mind that a leotard is the safest and most beneficial type of apparel a gymnast can wear

while she's training.

If you would like to sell a used leo, you may pin an envelope with your full name and the price, then hang it on the used leo rack (\$2 from each leo will go to WGC). Used Team leos should be turned in so we can re-sell to another Team member.

To purchase any leotard, new or used, simply place the tag and payment (cash or check made out to WGC) in an envelope and drop in the drop box. Custom orders can be emailed to Michelle at [warrengymnastics@aol.com](mailto:warrengymnastics@aol.com).

## Halloween Spooktacular

Don't miss this fun Halloween party for kids ages 5-13 on Friday, October 30, 7:00-8:30 pm. There will be: Flashlight Candy Hunt, Halloween Games, Open Gym, Handstand Contest and More! Remember to bring a friend! Please register and pre-pay at the gym. Non-members must also fill out a participation form. Spots are limited so sign up right away! The cost is only \$7 pre-paid or \$12 at the door (if room is available). Hope to see you at this fun event! Dress for some gymnastics fun...and don't forget your flashlight!

