

# Geneva Gymnastics



Geneva Gymnastics Monthly Newsletter

## Details for L6+ Cary Meet

The Level 6+ gymnasts have their first meet coming up on **December 18th!** All gymnasts will be in Session 1 which begins with check-in and stretch at **8:30a**. March in begins at 9a and awards will begin around 11:30a.

## GGA Booster Leo Sale!

The Geneva Gymnastics Academy Boosters are hosting their first fundraiser - a leo sale for the week of 12/5 through 12/10. Just in time for holiday gift giving. What gymnast doesn't want a new leo under the tree? We will be conveniently and strategically selling leos at both GHS and GCC during gymnastics practice times so that all GGA, Rec and pre-team gymnasts can take advantage.

A huge thank you to everyone who has offered to work a shift! The funds we raise will directly benefit the GGA parents and gymnasts, so it was nice to see that almost everyone responded to our call for volunteers - it is the only way we will be able continue to raise funds for GGA Boosters, so thank you!

We are always looking for fundraising ideas, so if you have any ideas, please contact one of the GGA Booster Board members: Cindy Beitzel, Cindy Meyers, Laura Wenokur, Amy Romero. We are trying to stick to fundraisers that DO NOT require the gymnasts to sell items "door-to-door" - we realize that many of you have had your quota of these types of fundraisers!

### Sale schedule:

Monday, 12/5	3:30 to 5p	GCC
	5:30 to 6p	GHS
Tuesday, 12/6	3:30 to 5p	GCC
	5:30 to 6:30p	GHS
Wednesday, 12/7	3:30 to 5p	GCC
Thursday, 12/8	9a to 10a	GCC
	3 to 4p	GCC
Friday, 12/9	5 to 7p	GHS
Saturday, 12/10	10:30a to 12	GHS

Please stop in and support the sale!

### Upcoming Events:

- **December 10** - competition meeting, 12 to 12:30 in the gymnastics gym
  - **December 10** - practice time change: 9 to 12 has been changed to 12:15 to 3:15
  - **December 15** - Mike's Parent Roundtable, 5:30 to 6:30p @ GHS
  - **December 15** - Geneva Gymnastics Holiday Party, 6 to 8p; please bring a side to share
  - **December 16** - No class; make-up is 12/??
  - **December 18** - L6+ Cary Meet, check-in 8:30a
  - Don't forget to sign up **THEE DAYS PRIOR** to the start date of the session! Or, you can sign up for the automatic payment plan (if you were not emailed these forms, please contact Mike Contreras).
- Academy Session Dates (T/Th/Sa):**  
Session III: 11/12-12/15
- Rec Team Session Dates (M/W):**  
Session II: 10/31-12/14
- **Open Gym:**  
Fridays, 7:00-9:00p, \$10

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## GGA Team Spotlight

### Level 4, Coach Emily

**Lauren K.** has been working hard on her round off back handspring. It is getting stronger each week! **Josie** got her front hip circle! Her bars connections are looking wonderful. **Audrey** is getting very close to her glide kip. Her bars skills are getting stronger each month! **Allyson** got her shoot thru on bars! Her form is looking great. **Caroline** has been working extremely hard on the beam. She has been consistently making her dismount and hitting vertical on handstands. **Maggie** has her entire bars routine connected. Her form on bars is looking fantastic! **Dana** has been making great progress on her front handspring on floor. Her tumbling is becoming very powerful. **Megan** has been working hard on glide kips. She is getting closer each week! **Mikaela** has been very focused on form and presentation as we learn routines. Her gracefulness really makes her routines shine! **Lauren C.** has improved her

round off back handspring. Her form is looking great on floor!

### Level 5, Coach Emily

**Kaitlyn** is working hard on her vault. Her vault has gotten stronger and more powerful this month. **Haley** has been really focused on form. Her tumbling is looking great! **Erin** has been working hard on vault. She is getting more consistent and making huge process each month! **Lucie** has been working hard on tap swings. They get higher and higher each practice! **Katie** is becoming a strong tumbler. She has begun working on back tucks!

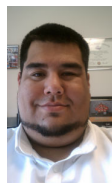
### Level 6-and-Up, Coach Alexis

The L6-and-up girls have been working on their routines and getting ready for our competition season. **Paige** has achieved her high bar free-hip to hand stand and recently achieved her back walkover-back walkover on high beam

while working on perfecting her L7 beam and floor routines. **Samantha** has been perfecting her L7 floor routine and recently obtained the flip-flop on high beam. **Alicia** is perfecting the L6 skills, working on her bar routines and has her flip flop on the high beam without a spot. **Betsie** has improved on her vault and connecting her bar routine. **Molly** has been working on free-hip to above bar height, perfecting her L6 skills and is always enthusiastic on learning new L7 skills. **Maddie** has been working hard on her back walkover and recently started working on back walkover-back walkover. **Sam S.** has improved on free-hip on bars and is perfecting her L6 skills. The girls are getting very excited about our first meet and are ready to start off a great season. Please make sure they are working on their good leg splits at home so we can all have them down by the first meet. Great job, girls!

## October & November Birthdays:

- October 9 - Ashley Shogren
- October 29 - Lauren Chippas
- October 29 - Allyson Romero
- Nov 1 - Caroline Wenokur



## Mike's Minutes

Parents' Roundtable Discussion - I want to get your feedback about the GGA program. What do you like, what do you dislike? Please join me **at GHS on**

**Thursday, 12/15, from 5:30p to 6:30p.** Have a great idea for the program? This is the time to bring it up. This will be an open discussion about

different topics to make the program better. See you on the 15th!

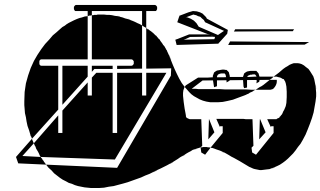
# Holiday Party - 12/15, 6p

## Coach Kim's Corner

As we head into the holiday season, I would like to wish all gymnasts and their families a

healthy and happy holiday and new year!

Gymnastics attire and leotards will be for sale for the next two weeks. Happy Shopping!



## Rec Team News

### REC TEAM - Level 3 & Up

**Lily** has improved her round off back handspring on floor. **Kristina** has her round off back handspring on floor. **Emilija's** L4 routines look good and she is starting to learn L5 skills. **Alexa** has improved her bar skills for

her L4 routine. **Kaytlyn** has a gorgeous back walkover on the floor. **Skylee** has been improving her beam technique at each practice. **Hannah** has her round off two back handsprings on the floor. **Aubrey** has a great L4 vault. **Isabella** has a

nice cast shoot thru on the bars. **Grace** has been improving her vault technique and run. **Jessica** has a nice glide swing and is working on her under swing dismount on bars.

**"Nobody who ever gave his best regretted it."**

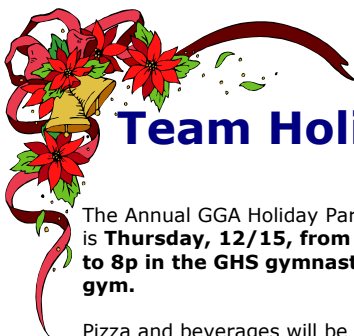
**- George Halas**

## Team Make-Up Practice

Practice is canceled for 12/6 due to a GHS gymnastics meet. The make-up for this class is ??????. **L4 will practice from 5:30 to 7:30 and L5+ will practice from 5:30 to 8:30.**

There will be a time change for practice **on Saturday, 12/10**. Instead of the normal practice time from 9 to 12, practice will be from **12:15 until 3:15**.

If you have any questions or concerns, please contact Coach Kim or Mike Contreras (630.262.2212).



## Team Holiday Party

The Annual GGA Holiday Party is **Thursday, 12/15, from 6p to 8p in the GHS gymnastics gym.**

Pizza and beverages will be provided. All gymnasts, please bring a side to share. Last year, 99% brought sweet treats and it was just too much! In order to avoid the waste (and the sugar OD), we'd like to ask the L4 and L5 gymnasts to bring a non-sweet treat, if possible. That is, obviously, a lot of sides - and, since we're sharing, it does not necessarily need to be

enough to feed 25 people. L6+ parents, please bring sweets - since EVERYONE wants to be sure to get one of these treats, we would ask that, if you're bringing sweets, you bring enough for all 25 to have a sample!

Please 'dress for success' and wear your most festive and fun holiday apparel - there will be contests for categories like 'most holiday spirit', 'most red & green', etc.!

Please bring a wrapped grab

bag gift worth \$10 for our fun gift exchange!

We'll be continuing our new tradition which we started last year, of letting the gymnasts showcase one of their other talents besides gymnastics! Please have them come prepared to do something fun for their team mates - play an instrument, do a dance, sing a song, tell some jokes. We had some really creative performances last year. The girls are welcome to do things in small groups or individually.

