



Newsletter

Session 2 Registration

We are happy to see so many returning faces in the gym and excited to welcome all the new families to this great sport!! Registration for classes continues throughout the session as long as space permits. So tell your friends and family and get that referral credit of \$10 off when they enroll! ****Added classes for Session 2** include Preschool & Girls Gymnastics on Fridays as well as daytime Special Needs Preschool Classes on Tuesdays & Thursdays. We have also added a Beginning to Intermediate Girls Gymnastics Class that meets 2 days per week. This class is recommended for those interested in entering our Team Program.

Great Christmas Gifts New leos are arriving all the time. We've had to hang up some new racks to accommodate them. Be sure to

stop and look, you're sure to find something in your gymnasts size whether it's new or from our mom to mom resale racks. The cute printed shorts are quite a hit!

Or how about some gymnastics equipment for your little gymnast to use at home. See our Resilite posters for items available. Order forms can be picked up in the office.

We also are carrying some new Extreme water bottles and have some cute bracelets and luggage tags available.

Drop-In & Parents Night Out

With the holidays coming, kids will be getting excited and need to burn off some extra steam. Why don't you let them come in for a drop in clinic on Monday or Wednesday, or don't forget about the first and third Saturdays and the Parent's night out! For \$10/ child you can get in a couple of hours of shopping and maybe even a quiet dinner.

Coming Soon...Extreme Wear Catalog

Our office staff is working on getting out a full catalog with several items to choose from including t-shirts, sweatshirts, sweat-pants and more all sporting the Extreme Gymnastics logo. Watch for it to come out in the beginning of November, just in time to add to your holiday shopping list.



Holiday Classes

This session will be stretching through the holiday season, therefore some of our classes will need to schedule make-ups if they land on one of the many holidays. There will be no class on Thursday November 26th, Thanksgiving. Make ups for these classes will be Friday Nov. 27th. Classes on December 24, 25 or 26th will also be cancelled. The make up for these will be Dec. 21-23. Finally, no classes will be held on December 31 or January 1st. These make ups will be Dec. 28 & 29th. Please be on the lookout for flyers closer to these days for reminders and times.



SAVE THE DATE...

OUR ANNUAL SPRING RECITAL/
EXHIBITION,

'IT'S A CIRCUS IN HERE'

WILL TAKE PLACE ON

SUNDAY MAY 23, 2010.

Entries accepted beginning
January 11, 2010

Session 2

Inside this issue:

Session 2 Registration	1
Pro Shop Gift Ideas	1
Holiday Classes	1
Team Showcase	2
Gymnastics A to Z	2
Trampoline Safety	2

Keep our Kids Healthy

In an effort to keep our children healthy please do not bring your child to class if he/she is sick. Please watch for these symptoms as well as others when determining whether to bring them to class, coughing, running nose and fever. When your child has been without fever for 24 hours without the use of fever reducer it is okay for them to return to classes. Thank you for your help in reducing the spread of germs and keeping our kids healthy. If your child is sick or can not attend their regularly scheduled class, please take a moment to call the office to arrange for a make-up class. For coaching purposes, we can not accommodate walk in make ups. Thanks for your help in keeping our

Team EXTREME showcase

Our competitive and developmental team members have been preparing routines and perfecting skills for the upcoming meet season. Our developmental program will be hosting in-house meets this year starting in December. Come on out and see what a gymnastic meet looks like and support our youngest athletes.

If you really want to get in the swing of a gymnastics season, keep your eyes out for information about where Team Extreme will be competing this year. They begin this season in early January and will be competing girls in Levels 4-8!

Also, you may occasionally see flyers in the gym about fundraisers for the booster club of these hard working young ladies. You are always welcome to attend and support our team members, stop and ask in the office for information.

Trampoline Safety

SAFETY FIRST. No one is allowed to do anything that will get themselves or anyone else hurt.

No student is permitted on the trampoline or in the pit without a gymnastics instructor present.

Never go under the trampoline when someone else is jumping.

Bounce using bare feet or special gym shoes (beam shoes) because socks can lead to slips.

No horseplay. Recklessness and horseplay is not allowed.

Only one person on the tramp at a time.

No double bouncing. It is especially dangerous for larger people to double bounce smaller people.

Never land head first on the trampoline first as it may cause serious injuries

Keep balls and other toys off the trampolines.

Make sure you have no objects in your pockets while in the gym.

Avoid bouncing too high. Stay low until you can control your bounce and repeatedly land in the center of the trampoline. Control is more important than height. Keep your bounce under control.

Consistently land all your bounces and skills in the center of the trampoline.

Stop your bounce by flexing your knees as

your feet come in contact with the trampoline bed. Learn this skill before attempting others.

Stop your bounce whenever you get out of the center. Perform the stop bounce after every skill or sequence of skills, or whenever you get out of the center of the trampoline.

Learn fundamental bounces and body positions thoroughly before trying more advanced skills.

Certain landings are more difficult and dangerous, i.e., knee drops and front drops, than others. Exercise extra care when learning and using these drops and skills landing in these positions.

No bouncing or jumping off tramp onto the floor or mat.

Follow proper skill progression. Master basics before progressing to more difficult skills.

No one is to attempt somersaults, back handsprings or other difficult skills without specific instructor permission.

No one on the trampolines without warming up.

Keep teeth together and tongue in mouth to avoid biting injuries.

The area below the bouncing surface of the tramp must be kept clear at all times.

Tell your gymnasts about the risks of not using the trampoline properly.

...from the Gymnastics Zone

Gymnastics A to Z

Flyaway: A back salto dismount from either the uneven bars or high bar. Can be done in tuck pike or layout.

Mount: This term is used both to identify the first skill with which the gymnast starts a gymnastics routine and also means to get up onto a gymnastics apparatus.

Grips: Grips are the leather straps that gymnasts wear to help keep a better grip on the uneven bars, high bar, parallel bars or rings. The purpose of grips is to help maintain a firm grip on the equipment and to help minimize the occurrence of rips. Uneven bar grips have 2 finger holes and a medium size dowel that is smaller than on grips for rings, but larger than the dowel for high bar. High bar grips are typically 3 finger with a small dowel. Ring grips are 2 finger, long and have a large dowel. Parallel bar grips exist, but are rarely used.

Extreme Birthday Parties & Field Trips

Our busy season for Birthday Parties & Field Trips has begun. If you are interested in booking please do so before availability is limited. Birthday Parties are 1 hour minutes of gymnastics fun & games and 45 minutes in our birthday party room & opening of presents. Extreme provides all paper products and a water bottle for each participant. You may invite up to 20 children for the low cost of \$175. See our office for available times and more information. Field Trips are one hour of fun & games for only \$5/per child (minimum participants may apply) Please see our office for more information.

35075 Forton Court
Clinton Township, MI 48035

Phone: 586-791-9097

Fax: 586-791-9164

E-mail: info@extremegymnasticsusa.com
Website: www.extremegymnasticsusa.com