

LAKE SHORE GYMNASTICS

Special Interest Articles:

- 9.0 Club Members
- Meet Merri
- What is Compulsory
- Save the date

The Dictionary is the only place where success comes before work.

Mark Twain



Andi, Alison,, and the Kroeger girls visit WMU vs EMU in gymnastics

9.0 .. MORE GIRLS TO ADD TO THE CLUB!

LEVEL 4 -2nd place

Tiffany Murphy - 9.1 - floor
Katy Szprychel - 9.0 vault

LEVEL 5

Angel Knopick - 9.025 – floor

LEVEL 6

Andi Breitowich - 9.05 – vault

LEVEL 7 – 6th place

Emily Tezak - 9.15 - floor

TIME TO MEET MERRI

We would like to introduce our newest addition to the coaching staff... Merri Haynes. Merri partners up with Leslie and coaches the Level 5 and 6 teams on Tuesdays and Thursdays. Merri has had plenty of coaching experience. She coached all levels (up to 7) here at Lakeshore years ago (1996). Before that, she coached various levels in Southern Illinois. Starting a family took Merri away from coaching for a while, but now she is happy to be back at it. Merri loves

to work with kids and teens and really enjoys gymnastics. Merri is married and has 3 children - a son Kyler, who is 7, and two daughters, Kara (4), and Kyndal (2). She and her husband Dave have been married for 11 years and live in Eagle Ridge in Valpo. Merri's favorite event to coach is beam. When she's not coaching, she works at State Farm Insurance and enjoys being with her family. Merri's favorite dessert is ice cream. Merri is excited to be at Lakeshore and looks forward to making an impact.



LAKESHORE GYMNASTS AT THE JUDGES CUP



It is simply
a matter of
doing what
you do best
and not
worrying
about what
the other
fellow is
going to do

John R. Amos

SAVE THE DATE

SAVE THE DATE! THE SPRING AWARDS BANQUET IS FRIDAY, **APRIL 24TH!!** MARK YOUR CALENDARS NOW FOR THIS SPECIAL ANNUAL EVENT WHICH INCLUDES DINNER, DANCING, AND AWARDS PRESENTATIONS



COMPULSORY 101

So often, we refer to some of our gymnasts as "optionals". Who are they? What does it mean to be an optional? Optional gymnasts are gymnasts who compete at Level 7 or above. Here at Lakeshore, we have 18 optional gymnasts. The Level 7 team consists of 10 gymnasts aged 10-15. The Level 8 team consists of 6 gymnasts aged 12-16, and we have two Level 9's who are 16 years old.

Being an optional gymnast means that your routines consist of required elements that you choose from, combined with other dance moves or skills that you can add. For example, a Level 7 floor routine requires certain tumbling skills (a back layout, a front salto pass, two "B" skills such as 1/2 turn, straddle jump, or switch leap). A Level 7 beam routine consists of a flight skill (such as a back handspring), 2 elements

such as a switch leap, a split jump, or a roundoff, and a connected series (such as two back walkovers). A Level 8 beam routine consists of a series with a flight element and four "B" skills. An optional gymnast can select her own floor music and choose dance steps, beam mounts, dismounts, etc. Being an optional gymnast is exciting and fun, but it also requires a big commitment. The optional gymnasts practice 4x a week, and many of them also attend open gyms and take supplemental dance classes. By the time you are a Level 7, you have decided that gymnastics is your main sport.

The optional gymnasts are coached by Rob, Tina, and Jessi. Megan Erminger (a Level 8) has been helping as well while out with an injury. Maria Bauchuchin, Lauren West, and Jessi Whelan offer

their expertise in developing floor routines. Katrina, the team dance instructor also offers dance advice.

How does a gymnast make it to the optional level? The compulsory levels - Levels 3-6 prepare gymnasts for optionals by giving them a solid foundation. Excelling through these levels and learning proper technique will enable you to be a successful gymnast at the optional level. Conditioning is also key, and helps prevent injuries. Look for some photos of our optional on the last page of this newsletter!

