

**Special Interest
Articles:**

- Upcoming Meets
- Meet Sarah Turner
- The Perfect Handstand
- 9.0 club



With a little more practice

UPCOMING MEETS... Mark those calendars

1/24/09	Indiana Judges cup	Levels 4+
2/14/09	DMG	All Levels
2/21/08	Circle of Stars	Levels 5+

Get your best routines going, encourage your team members and have fun.. GO LAKESHORE

I NEED YOU!!!! STILL

When I hear
somebody sigh
that Life is hard,
I am always
tempted to ask,
Compared to
what?

**Sydney J.
Harris**

Notice anything missing?
I have received only a
hand full of gymnasts
profiles. Please, take a
few minutes to fill one out
(located at the front desk)

and find a really cute
picture of yourself.
Everyone is waiting to
hear about you.!

Real difficulties
can be
overcome; it is
only the
imaginary ones
that are
unconquerable

AND NOW .. WE PRESENT.. SARAH TURNER

Sarah

Turner age 14. I am in the 8th grade and I go to Chesterton Middle School. My Birthday is July 18th, Just 1 day after my moms! I am at level 7 and my favorite event is beam. My favorite subject is Intec because I have lots of friends in there. My least favorite subject is Social studies. I have 2 brothers, and 1 sister. My brothers are Alec – 17 and Trevor 12. My adorable sister is Julia and she is 5. You have probably seen her around sometimes! Some of my favorite movies are: The

Titanic, and Step it up 2. My favorite junk food is ice cream, and I like Fish food the best. (I know it sounds gross, but it is amazing!) I love the color orange or purple, and magenta too. I honestly don't have a favorite song but I mainly listen to hip-hop and rap. Outside of the gym I mainly hang out with my friends. I have 1 dog and she is a black lab named Isabel or Izzy! I don't have a hero but I really look up to my family friend Elle, or in other words, Julia's babysitter. My favorite store is either Hollister or Abercrombie.

When I get older I either want an Audi TT or an Escalade for my car. When I grow up I want to be a nurse or go into Physical therapy. I love taking Vacations! Mexico and the Cayman Islands were probably my favorites. I love summer because I love to swim go to the beach and go to camps. I love gymnastics!



9.0 Club .. We are so proud of you girls

9.0 results for Sharps

Level 4 Taylor Rodriguez – 9.075 (bars)

Taylor Siewin – 9.1 (bars)

Level 5: Rachel Campbell – 9.025 (bars)

Alycia Braniger – 9.175 (beam)

Level 6: Andrea Michaels – 9.275 (vault)

Level 7: Emily Tezak – 9.2 (Vault)

Cara Kroeger – 9.0 (Beam)

State Invitational

Level 3: Lauren Bannister – 9.0 (Vault)

Jordan Bush – 9.1 (Vault), 9.35 (Beam)

Morgan Dabagia – 9.2 (Vault); 9.25 (Beam)

Alexis Orlich – 9.6 (Bars); 9.4 (Beam)

Erin Turner – 9.25 (Vault); 9.45 (Beam)

Paige Donnelly – 9.1 (Vault)

Jaime Stento – 9.2 (Vault);

Kaylinn Woolever – 9.0 (Beam)

Level 4 – Brittney Troup – 9.10 (Bars)

Katy Szprychel – 9.275 (Beam); 9.0 (Floor)

Bridget Donnelly – 9.075 (Beam)

Julianna Vindas - 9.0 (Vault)

Rachel Kaiser - 9.25 (Beam)

Level 5 – Rachel Campbell – 9.05 (Beam)

Angel Knopick – 9.1 (Bars); 9.175 (Floor)

Jerica Paliga – 9.125 (Floor)

Alycia Braniger – 9.1 (Floor)

Level 7 – Alex O'Brien – 9.375 (Beam)

Sarah Turner 9.05 (Floor)

PERFECT THAT HANDSTAND

#1: Start with a wall, preferably a padded one. Make sure you have plenty of open space all around you, and a padded surface underneath you.

#2: Stand about four to five feet away, facing the wall. Lift your arms straight up over your head. Lunge forward and place both hands in front of you on the floor, shoulder-width apart, about a foot away from the wall. Keep your fingers spread out slightly and facing forward.

#3: Once you get into a handstand, check your form and positioning. Try to be as straight as possible:

- Keep your legs straight and together, with your toes pointed towards the ceiling.
- Tighten your stomach and back so you aren't arching your back or bending in the hips.
- Peek at your hands, but don't stick your head out.
- Push down through your palms so your shoulders and arms are fully extended, elbows always locked out.
- Once you can kick up to a straight handstand, practice holding it for a few seconds longer each time. This will help you strengthen the muscles you'll need to hold it without a wall, and improve your balance as well.

#4: When you feel ready, attempt your handstand without using the wall. You may want to have a spotter to help you balance. The spotter should hold your legs once you kick up. In your first attempts, you might be a little nervous that you will kick too hard and go right over the top. A spotter should be able to prevent this from happening, but you will want to learn some good ways to come out of your handstand when you don't have a spotter:

- **Roll out:** Bend your arms, tuck your head under (chin to your chest), and do a forward roll out of your handstand.
- **Pirouette:** Twist your shoulders and walk one hand around. Your body will make a quarter turn, and you will be able to step down without going over the top. Though this method seems more complicated, most gymnasts prefer it once they learn it.
- When you are successfully doing a handstand on your own, have someone take a look at your body position. Is your body straight like a pencil? The tighter you are, the easier it will be for you to hold a handstand.
- While they're looking, ask them to take a picture of you -- after all, you're doing a handstand!

