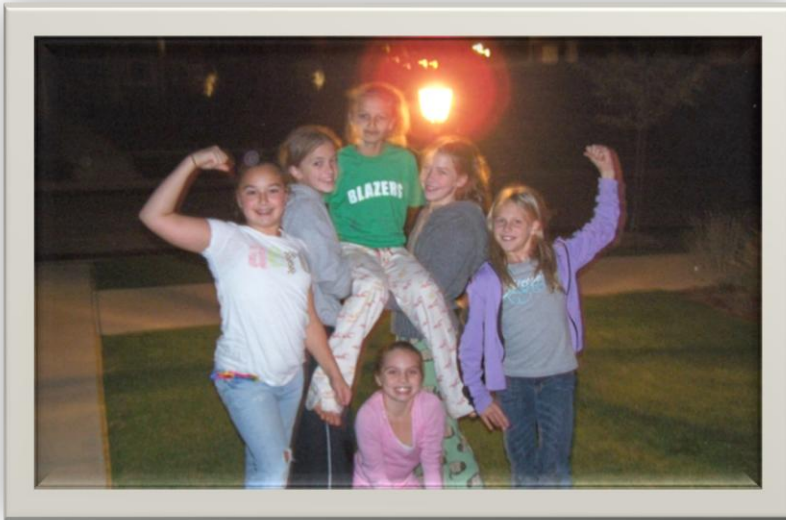


# LAKESHORE GYMNASTICS



## LEVEL 6 – STATE MEET PARTY

The Level 6 team will enjoy a unique kind of team rally as they look forward to the remainder of the season and State. A Mother/Daughter fun night will be held at the Browns' home on Saturday, February 23rd following practice. The team will focus on bonding and teamwork activities

that include their moms - the question is.. can your mom compete? Look for photos from this event in our next newsletter!

## COURTSEY ...WHAT'S THAT?

Most of us (hopefully) have been told that we should be courteous toward others, but what does it really mean? How does it apply to our gym? If you look up "courtesy" in the dictionary it means "marked by respect for and consideration for others". How can we respect and be considerate to our teammates in the gym? It can look like this.... By not interrupting a coach or teacher who is conducting a private lesson – realize that the student is paying for the coaches time....by not interrupting a coach who is watching a gymnast work through a routine – that gymnast deserves the chance to be coached as much as you do – and you can ask your question or make your comment when that person's turn is over.... By taking turns on equipment during rotations and not jumping in

ahead of someone (unless they leave the rotation)....by not running to be first for warmups during a meet.... By allowing other teammates (who perhaps have not had the chance) to grab the team trophy when it is awarded at a meet .... By simply thinking of others before yourself. If you look up teamwork in the dictionary it says that teamwork is the concept of people working together cooperatively.. and it also states that respecting others is a key part. Imagine what could be accomplished in our gym if everyone tried to be a little more courteous. Let's all try to be champions of courtesy!

## *In this Newsletter – February 2008*

- *Level 6 Party*
- *Courtesy*
- *9.0 Club Members*
- *FLIP FEST*
- *Dates to Remember*

***It is hard to  
fail. but it  
is worse  
never to  
have tried  
to succeed***

## 9.0 CLUB MEMBERS – AREN'T WE AWESOME?

### Level 3:

Emma Brandy - 9.15 (vault)  
Bridget Donnelly - 9.35 (vault)  
Angelica Hickey 9.05 (bars)  
Juliana Vindas- 9.1 (vault); 9.0 (beam)  
Katelynn Davis - 9.0 (vault)

### Level 4

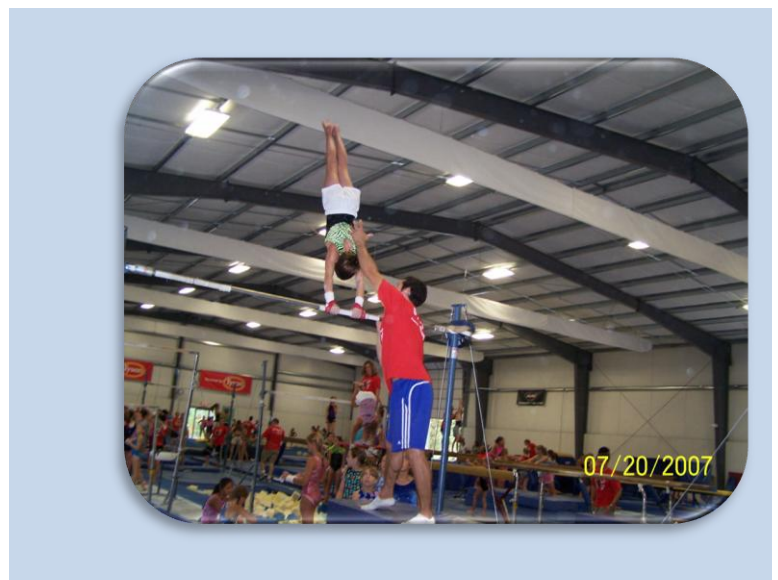
Emma Garzella beam (9.3)



*The greatest mistake you can make in life is to continually be afraid you will make one*

## 10+ REASONS TO GO TO FLIP FEST

- You get top notch coaching
- If you work hard, you're destined to pick up new skills
- It's fun – every minute (even while you sleep!)
- You meet Olympians – and they coach you too!
- You get to sleep in bunk beds!
- The camp is in a beautiful setting – cabins, trees, a gorgeous lake
- It's fun to jump in the foam pit
- Warming up for each session are actually entertaining!
- The ropes course is out of this world!
- Being pulled behind a jet ski is a blast!
- There is something unique and fun to do every day – the free time is awesome!
- The ride down is a blast!
- There is never a dull moment - your teammates become like sisters!





*How do athletes stay cool during a game?*

*They stand near their FANS!*

*If an athlete gets Athlete's foot, what does an astronaut get?*

*MISSLE TOE!*

## MARK YOUR CALENDARS—IT'S AN OLYMPIC YEAR

This is an Olympic year, so there are some exciting Women's Gymnastics scheduled on television in the months ahead - set your recorders!

**February 9th** - Tylenol Skating and Gymnastics Spectacular (9 gymnasts featured) - 1:30 NBC Central Time

**March 1st** - Saturday - Tyson's Cup on NBC - 12 pm Central time

**April 13th** - Sunday - Pacific Alliance Championship - NBC 3:30 Central Time

**June 7th** - Visa Championships - NBC 3:00 pm

**June 21st** - Olympic Trials - NBC 7-9pm central time

**June 22cd** - Olympic Trials - NBC - 6-8pm central time

