

LAKESHORE GYMNASTICS



Welcome back, hope you all had a great holiday

Hope you all had a great break. It sure was nice to have off a few days just to play. A great BIG THANK YOU to all who helped with the Christmas Party, it was once again a smashing success. Thanks for all the articles and pictures for the newsletter this month, I hope you all enjoy it. Good luck girls in 2008,

Hope it is an incredible rest of a season for all. Let's give it our best and just HAVE FUN!

More 9.0's .. way to go Lakeshore

Level 3

Katelynn Davis - 9.0 beam
Lolo Engel-Thomas- 9.0 floor
Piper Downing -9.15 Floor
Brittney Troup - 9.025 Floor
Emma Brandy - 9.05 Bars; 9.05 Floor
Tiffany Murphy -9.2 Bars; 9.1 Beam; 9.015 Floor
Angelica Hickey - 9.125 Beam

Level 4

Emma Garzella - 9.025 Floor
Taylor Siewen - 9.025 Bars; 9.05 Floor
Rachel Kaiser - 9.075 Vault
Allison Van Etten - 9.05 Floor
Allison Westbrook - 9.1 Floor

Level 5

Sammi Martin -9.125 Bars; 9.1 Beam
Andi Breitowich - 9.05 Floor

Level 6

Cara Kroeger - 9.025 Floor
Sammi Martin - 9.4 Vault

Level 7

Emily Tezak - 9.075 Floor; 9.025 Beam

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“If everything was perfect then we would have nothing to strive for; you climb out of bed to jump over a hurdle”

GYMNASTS-HOW TO FEEL MORE ENERGETIC

Fatigue is a common complaint regardless of age, here are some things that you can do to boost your energy level:

Get more sleep. Most middle-aged adults need at least 7 hours of sleep each night.

Exercise. Change up your workout a bit. Maybe start running, take a different dance class, a kick boxing class, or whatever hits your fancy!

Drink more water. A quick rule of thumb to determine how many ounces of water you require in a day is to take your body weight (in pounds) and divide by 2 and add 8 ounces for 30 minutes of aerobic activity you do.

Pare down your commitments. Doing less is not always easy, but over scheduling is a primary cause of fatigue. Look over the activities of your day or week and often you can find some that may not be necessary or enjoyable.

Take a B-complex vitamin supplement. The B vitamins provide energy and help maintain healthy muscle and nerve cells.

Have Fun. Laughter is essential to good health. But merriment is a foreign concept for some people. Finding delight in life is energizing. Find things that give you an emotional lift and enjoy them.

Try licorice. This herb improves immune health, so it's a great tonic for people with fatigue.

Lose weight. Even a small weight gain is enough to make some people tired. Imagine carrying a 10 pound weight with you all day long. You will have more energy if you drop unnecessary body weight.

Declutter. Living in a mess - and feeling guilty about it, is tiring. Clutter also distracts the mind, making it more difficult to concentrate



*“If you change
your mind, you
can change
your life”*



JANA'S MEET – JANUARY 19th & 20th

Here is the schedule for the meet January 19 & 20. Please arrive 30 minutes early and remember that they are 1 hour AHEAD!!!

SATURDAY: January 19th

Session 1 - Level 3

8:00 AM Bars Sets / Open Stretch 9:30 Compete

Session 2 -Level 4 (Ages 6-7, 9, 10)

11:45 Bar Sets / Open Stretch 12:38 Compete

Session 3 - Level 4 (Ages 8 & 11)

4:00 Bar Sets / Open Stretch 4:52 Compete

SUNDAY - JANUARY 20

Session 4 - Level 4 (Age 12+) & Level 5

8:00 AM Bar Sets / Open Stretch 9:47 Compete

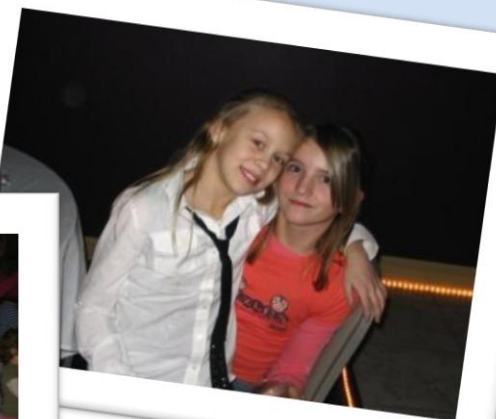
Session 5 - Level 6 & 7

12:15 Bar Sets / Open Stretch 1:11 Compete

Session 6 - Level 8, 9 & Prep-Op

4:15 Bar Sets / Open Stretch 5:12 Compete

*" A mountain
with a rough
face is easier to
climb than one
that is smooth"*



CAITLYN CLOSE UP!

There are changes aound in our Dance program, and everyone is getting to know Lyn Knight, our new dance director. Before we focus in on Lyn (next newsletter), we'll take a close look at our own Caitlyn Hasek who has been teaching at Lakeshore for the past six years. Caitlyn is enthused about the new Lakeshore Dance Center and about working with Lyn. Here is a brief biography of Caitlyn....

Caitlyn is 21 years old and lives in Valparaiso with her parents, two brothers (aged 19 and 16) and her fifteen year old sister. She's been teaching since she was 15 years old and began taking dance classes when she was four. She enjoys all kinds of dance – ballet, jazz, hip-hop, lyrical and tap – but ballet is her favorite to do. Jazz is her favorite to teach because she can use new music that's upbeat and the kids love it. The most rewarding part of teaching for her is being a part of the kids' lives and teaching them skills they can use for a long time. When asked

what is the most challenging aspect of teaching dance classes, she mentioned that teens can sometimes be on their own planet.

When Caitlyn was just six years old, she was chosen to dance with the Empire State Ballet Theater, a traveling ballet company that goes around the world. Caitlyn was one of eight dancers chosen from a group of 200 students. Her role was a "baby doll at a party".

When she's not dancing, Caitlyn is a student at Purdue North Central. She is at the end of her sophomore year as an Education major and hopes to teach second grade when she graduates. She enjoys other hobbies outside of dance that include photography, scrapbooking, drawing, and painting. Caitlyn also works at the Chesterton Art Gallery as a ballet model for artists.

Caitlyn's favorite food is mashed potatoes. Her favorite musician is Ciara and her favorite place is the beach. She has a boyfriend named Sean who she met at Camp Lawrence when they were just kids. They've been dating since high school. That's the scoop on Caitlyn – stay tuned for "Looking at Lyn" in our next newsletter.



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Level 3's – what a crazy fun bunch of Kids

The Level 3's had their Christmas Party on December 21 right after Practice. As you can see, Pizza and cupcakes were on the menu! The girls exchanged ornaments and had a great time bonding. Thanks to all who helped. The names of the girls in the tree picture are: (from L to R) Katie S., Bridgette D., Emma B., Jordan B., Madalyn M., Angelica H. (in back w/ glasses), Kaitlyn D., Lolo E., Kaylinn W., Jamie S., Brittany, Tiffany M., Piper and Julianna with of course, Coach Angie and Coach Carol in the back.



Level 4 – Christmas Party Pictures

