

# LAKESHORE GYMNASTICS



Level 3  
Champs

## POISE ON THE PODIUM

Gymnasts hope to show poise during their beam and floor routines. So what exactly is poise? Poise is defined as "gracious tact in coping or handling... a particular way of carrying oneself". The way a gymnast copes or carries herself often reflects on the gym as a whole. That is often seen in the poise that is shown (or not shown) on the podium during awards. This has been a season filled with accomplishments as well as disappointments for Lakeshore gymnasts. The way we handle those ups and downs reflects our character and maturity. There have been some positive examples set by gymnasts from other teams during meets that are worth emulating. Have you noticed?.... a gymnast from another team shaking hands and congratulating gymnasts who stood next to her while receiving awards....gymnasts wearing their warm-ups and looking uniform while at

the podium – really standing out like a team.....gymnasts saluting with enthusiasm regardless of whether they are happy with their results... these are positive examples. Even if a gymnast is disappointed with her scores or places on events, it is an honor to be able to compete and an honor to be awarded a medal while standing next to other gymnasts who worked out routines. (just ask any teammate who has missed part of the season due to an injury). The way our gym is perceived is a reflection not just of scores.. but of how we handle ourselves on the podium. Let's challenge ourselves to be grateful and courteous while on or near the podium ... to look uniform and pulled together while on the podium... to show sportsman like conduct while on the podium... and to appreciate the opportunity to just be there while on the podium!

## WELCOME TO THE 9.0 CLUB

Congratulations to the following girls for becoming members of the 9.0 club.

### LEVEL 3

Jordan Bush - 9.0 - beam

Lolo Engel-Thomas - 9.05 – vault

Emma Brandy 9.0 beam

Bridget Donnelly 9.0 - beam; 9.225 - floor

Angelica Hickey 9.15 - Floor

Juliana Vindas 9.25 - beam; 9.05-floor

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### **MARCH 2008**

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## MATCH THESE WORDS—WIN 2 SCRUNCHIES

- A: Compulsories
- B: Stradle Jump
- C: Rudi
- D: Optionals
- E: Pirouettes
- F: Hop
- G: Ariel
- H: Amplitude
- I: Yurchenko Vault
- J: Flic- Flac

First 3 girls to turn in the correct answers win 2 scrunchies each

- \_\_\_ Jump with legs straight out to the side
- \_\_\_ Changing direction by twisting in the handstand position.
- \_\_\_ Personally-designed routines which show the gymnast to the best advantage.
- \_\_\_ The height, or degree of execution of a movement. In general, the higher the salto or the more breathtaking the movement, the better the amplitude and the score
- \_\_\_ A stunt in which the gymnast turns completely over in the air without touching the apparatus with his or her hands
- \_\_\_ Predesigned routines which contain specific movements required of all gymnasts.
- \_\_\_ Forward salto with one-and-a-half twists
- \_\_\_ The gymnast takes off from one foot and lands on the same foot.
- \_\_\_ Also known as a flip-flop or back handspring
- \_\_\_ Round-off entry onto the board, a back handspring onto the horse and one of the following off the horse: layout, full twist, one-and-a-half twist or double twist

## LEVEL 6 State Pep Rally Pictures

The Level 6 team has already begun to fire up for their State Meet on April 5<sup>th</sup>. The team held a rally at the Browns' home on Saturday, February 24<sup>th</sup> in a Mother-Daughter rally night. The girls enjoyed competing against their moms in a variety of games and some of the moms even did (or attempted) back walkovers! The seven member team enjoyed dinner and made their poster and banner to hang on the wall in the gym once it's closer to the meet date. The girls had a pow wow to discuss ways to make the most of their practices between now and State. They selected a theme – Sixes Stick It! and are more focused than ever to bring it all to practice and make every practice count. Look for the fire in their eyes in the gym – the Sixes are one determined group. Thanks to Marissa Kroeger who assisted in the games and "artwork". She was a huge help!



## SPOT LIGHT ON LESLIE WEST

There has been a welcome addition to the coaching staff recently, and it's time to learn more about Lakeshore's Leslie West. Leslie will soon turn 23 (in April) and recently graduated from Ball State with a degree in Art Education. She is currently a substitute teacher and of course, a coach here at Lakeshore. Leslie started to do gymnastics when she was four years old (along with dance). Her gymnastics career began at the Valparaiso YMCA and continued at Arra Stars, which then became North Stars. Leslie took a year off of gymnastics when she was 8, only to return by the time she was 9. She began competing at Level 5 (that was the only option then) and was an optional gymnast by the time she was in the 7<sup>th</sup> grade. Most of us know that Leslie was a gymnast at Lakeshore, and we're blessed to have her as coach! She was also on the State High



School teams. Leslie still enjoys dancing as a hobby (Ballroom Dancing) and loves to sing. She sings in her church choir. When asked what she enjoys most about Lakeshore, Leslie said that she loves how we focus on success while doing it in a fun atmosphere. She likes the fact that we are goal driven here at Lakeshore. Leslie looks forward to her future experiences here at Lakeshore and is particularly excited about going to Flipfest this summer. (We won't tell her about the ropes course!)

# Good Luck At State Girls