

LAKESHORE GYMNASTICS



The girls at the Haunted Halloween Meet!

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JEWELRY FUND RAISER

Host a girls night out playing dress up with a great line of sterling silver jewelry-Silpada Designs. Host a show and receive TONS OF FREE jewelry and a 10% donation back to your child's account. It will be an open-house style party, no presentation, no

pressure. Call Stephanie Choucalas at 926-5283 if you are interested. If you are not familiar with Silpada, go on-line to mysilpada.com/stephanie.choucalas

WELCOME TO THE 9.0 CLUB

Congratulations to the following girls for becoming members of the 9.0 club. Don't forget to get your pins from the team moms!



LEVEL 3

Jordan Bush - 9.075 - vault
Madelyn Matthys - 9.15 - vault
Piper Downing - 9.375 - vault
Brittney Troup - 9.0 - vault
Emma Brandy - 9.125 - vault
Tiffany Murphy - 9.3- vault
Katie Szprychel - 9.025 - vault
Angelica Hickey - 9.275 - vault

LEVEL 4:

Alisha Dziarski -9.0 - vault
Melanie Sakelaris - 9.15 - vault
Rachel Kaiser - 9.175 - beam
Allison Westbrook - 9.025 - vault

LEVEL 5:

Marissa Kroeger - 9.2 - Beam

LEVEL 7:

Katie Urycki - 9.0 - Vault
Alex O'Brien - 9.0 -Vault
Emily Kozak - 9.05 -Vault

LEVEL 8:

Megan Erminger - 9.0- Vault

PREP OPS:

Demi Santana - 9.0 - Floor
Ashley Ballestero - 9.05 - Floor



MATCH THESE WORDS—WIN 2 SCRUNCHIES

A: Aerial
B: Arch Position
C: Dismount
D: Giant
E: Kip
F: Layout position
G: Pike Position
H: Round-off
I: Tuck
J: "Stick" landing

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

- ___ Slang term used for when a gymnast executes a landing with correct technique and no movement of the feet.
- ___ The body is curved backwards.
- ___ Body bent forward more than 90 degrees at the hips while the legs are kept straight.
- ___ A swing in which the body is fully extended and moving through a 360 degree rotation around the bar.
- ___ A stunt in which the gymnast turns completely over in the air without touching the apparatus with his or her hands.
- ___ Movement from a position below the equipment to a position above, usually on the uneven bars, parallel bars or high bar.
- ___ A stretched body position, straight or slightly arched.
- ___ A dynamic turning movement, with a push-off on one leg, while swinging the legs upward in a fast cartwheel motion into a 90 degree turn. The lead-off to a number of skills.
- ___ A position in which the knees and hips are bent and drawn into the chest; the body is folded at the waist.
- ___ To leave an apparatus at the end of a routine; usually done with a difficult twist or salto.

DON'T FORGET YOUR SECRET PAL

Girls, don't forget that you have a secret pal .. Maybe send them a good luck card for a meet, or a little "have a great day" card!

CARE PACKAGE FOR ADAM

In case you did not know, Barb's son is in Iraq and Lakeshore would love to show him our gratitude. If you would like to send a little card, letter of thanks and well wishes, or bring in a "goodie" to mail him (not chocolate), we will have a box behind the front desk that you can place your items in. Maybe bring in some Christmas decorations also, they would love them.

HOME MEET – GOOD LUCK GIRLS

This weekend is our home meet. We hope you all have a safe and "eventful" meet. Don't forget to make sure you are at your designated spot and time for helping out. This is our biggest meet yet!

