

LAKESHORE GYMNASTICS



Level 5 & 6 girls are having a get together

The level 6 team is planning a get together on October 14th, at the Browns House, 2505 Pennington Place. It will be from 3:30-7:00. Please plan on having TONS of fun. You will be making flip-flops, eating, playing and just having fun. The Level 5 girls are also planning a get together on Saturday,

October 13, right after practice. It will be held at the gym, in the dance room. There will be Pizza and a project! Please RSVP to Kathy (Andi's mom) at REGIS9797@HOTMAIL.COM or call 219 324-0766. See you there

A few good reasons for being a gymnast

- Increases strength and flexibility
- Improves body awareness
- Develops motor skills, balance, coordination and endurance
- Teaches and fosters teamwork
- Helps kids understand the importance of good sportsmanship
- Teaches kids about goal setting
- Helps to develop patience and perseverance
- Following detailed instructions
- Time sharing and taking turns
- Group dynamic skills and leadership
- It is an all-body sport
- It is fun
- Fitness, Fun & Friends

In this Newsletter - October

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**Talent is
wanting
something so
much that you
are willing to
work for it**



9.0 Club is back.. Congratulations girls

The 9.0 club is back, and that means pins for everyone who gets a 9.0 or higher in an event (1 per event). Also, if you were in the same level last year as this year, you can get a new 9.0 pin, as long as it is in a new event that you did not get a pin for last year. So that means you can get up to 4- 9.0 pins for each level that you are in. The team moms are responsible for handing these out.

Here are our 9.0 winners from the first meet! Way to go girls!

Tiffany Murphy – Level 3 – 9.1 (vault)

Katie Szprychel – Level 3 – 9.15 (bars); 9.0 (beam); 9.1 (floor)

Angelica Hickey – Level 3 – 9.0 (floor)

Evelyn Hanson – Level 3 – 9.075 (bars); 9.25 (floor)

Taylor Siewin – Level 4 – 9.0 (vault)

Taylor Rodriguez – Level 4 – 9.0 (vault)

Jerica Paliga – Level 4 – 9.1 (vault); 9.025 (bars)

Sammi Martin – Level 5 – 9.1 (vault)

Kaitlin Loehmer – Level 5 – 9.0 (ba

Ashley Ballestero – Level 5 – 9.450 (bars)

Sarah Turner – Level 6 – 9.050 (vault); 9.0 (floor)

Cara Kroeger – Level 6 – 9.050 (beam)

Ashley Lawson – Level 7 – 9.550 (v); 9.425 (bars); 9.050 (floor)

Debbie Scheibelhut – Level 7-9.0 (bars); beam (9.075); 9.350 (fl)

Raelynn Tannehill – Level 7 – 9.150 (vault); 9.025 (floor)

Emily Kozak – Level 7 – 9.2 (bars); 9.225 (floor)

Elizabeth Kozak – Level 7 – 9.050 (floor)

Emily Tezak – Level 7 – 9.0 (vault)

Alex O'Brien – Level 7 – 9.075 (floor)

Brittany Borzyk – Level 7 – 9.050 (vault)

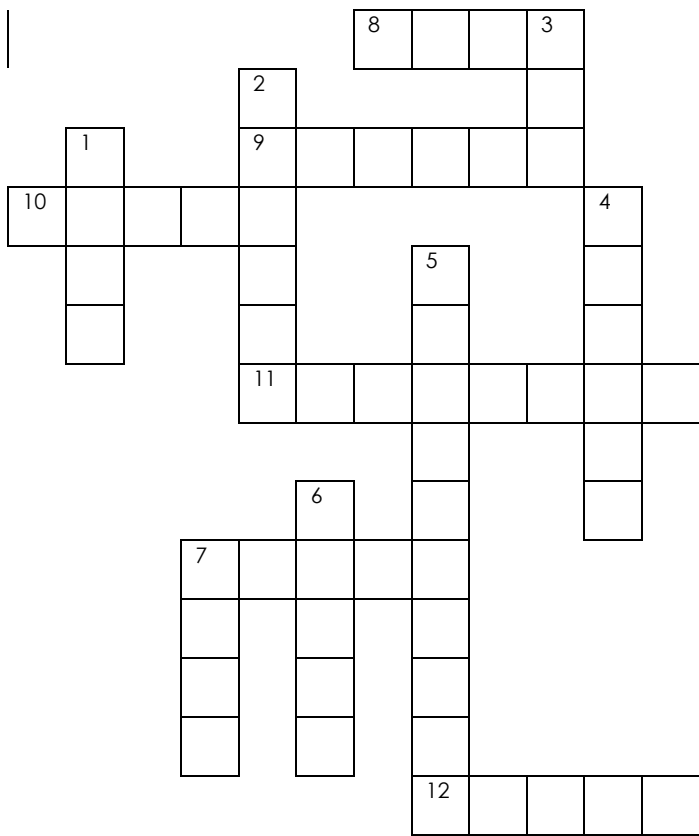
Megan Erminger – Level 8 – 9.025 (floor)

Callie Kuehl – Level 8 - 9.1 (beam)

Kelley Freeman – Level 8 – 9.0 (floor)

Remember that
"TRIUMPH" is
just a little
"umph" added
to "Try"





Be one of the first 3 girls to finish this and turn it into the front desk and win a free hair scrunchie

Why didn't anyone want to sleep with Daddy Dinosaur?

Because he was a "Bronto-snore-us"

What desert did the math teacher make?

PI

Down:

- 1: How to get to a handstand on bars
- 2: The opposite of pointed toes
- 3: Soft landing piece of equipment
- 4: Third place medal color
- 5: The sport we all love
- 6: Handstand circle to handstand on bars
- 7: First place medal color

Across

- 8: We are all part of a
- 9: Straight Somersault position
- 10: Name of the new vaulting apparatus
- 11: How we get off an apparatus
- 7: Leather protectors for bars and rings
- 12: The judge will give you a 9.0 ___ if you do good



Don't forget the Home meet, Nov 10-11-- signups will be at the front desk .. soon