

# Champions Academy

Discover the Champion in You!



## GYMNASTICS

### Newsletter

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#### FEBRUARY '09

M	T	W	T	F	S	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1

\* No class for all Saturday students Saturday, February 21<sup>st</sup> due to our 1<sup>st</sup> annual team meet held here at our gym. Schedule a make-up class with your coach or at the front desk.

#### MARCH '09

M	T	W	T	F	S	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

### What to for

**Bring a Friend Week! February 23-28**  
All currently enrolled students are allowed to bring a friend to their class during this week.

**Kid's Night Out**  
Friday, March 20<sup>th</sup> & May 8<sup>th</sup>

**Spring Break, Camps, & Clinics**  
April 13-18, 2009

**Champions 'R' Us Day! May 16, 2009**  
The coaches have started preparing their kids for the next CRUD set for May 16, 2009. All kids that master the required skills will be invited to demonstrate their skills in front of a panel of judges. All rec. students are invited to the event to perform routines in front of family and friends. Mark your calendars!

#### Training Tips:



Stretch your splits while you're watching TV. 10 minutes in each position every other day will help your flexibility.



## What's New at Champions!

### Outrageous Caramel Apples

There here! The Outrageous Caramel Apples! This is a great Fundraiser. Please help us raise money by selling these great tasting caramel apples to your friends, family, & co-workers. Each apple sells for \$10. Money raised from all Rec. sales will help purchase fun equipment for your kids to use in class.

Please pick up a package at the front desk by Monday, February 16<sup>th</sup>. The deadline to turn in your order is March 18<sup>th</sup> and delivery is scheduled for April 3<sup>rd</sup> just in time for the Easter break. Our goal and desired equipment is posted at the front office.



### Kid's Night Out & Movie Night

**A Special Valentine Kids Night Out: Saturday, February 14<sup>th</sup> from 6-10pm.**

Parents take this opportunity and spend some quality time with your spouse and leave the kids with us while you go to Dinner and a Movie. Late pick-up will be available for an additional fee. Get \$5 off if you register by January 24<sup>th</sup>. Pre-registration is recommended. Kids will enjoy a fun night of gymnastics, games, karaoke, movie, pizza, and much more.

**Dates:** Saturday, February 14<sup>th</sup>, Friday, March 20<sup>th</sup> & May 8<sup>th</sup>

**Fee:** Members \$25, active non-members \$30, general public \$35

(Early bird special: register at least 4 weeks before KNO date and receive \$5 off)



### Skill Testing

Skill testing for all Rec. students will be conducted every 6 weeks until our next Champions 'R' Us Day, May 16<sup>th</sup>. The testing helps their coach determine if they are ready to move up to the next level and what is still needed in order to be ready.

### Coaches Corner

Hi everyone, my name is Jennifer Donn and here is my story: I started gymnastics at 4 years old at Morgan Hill Gymnastics and moved to Airborne Gymnastics where I competed as a level 5, and in 2002 became Northern California's State Champion, winning first place on the state team. I won 2<sup>nd</sup> All-Around in level 6, 3<sup>rd</sup> in level 7, and 2<sup>nd</sup> in level 8. I eventually worked my way up to level 9/10 training 26 hours a week. I unfortunately became extremely sick and was forced to take a break. I currently attend Sobrato High School and I love my Junior year. I'm also taking a trapeze class, a silk/tissue class, and taking guitar lessons. I started working at this AMAZING gym in July, 2008. Our gymnasts are some of the most talented and well-rounded people I have ever met, and I am so proud of them. I am so glad that our gymnasts, as well as their friends & family love gymnastics as much as I do, and I'm extremely happy that we can share our love for the sport!

### Reminder:

**A 30-DAY WRITTEN NOTICE** is required for all drops/cancellations, thirty days prior to your last day. **NO EXCEPTIONS.** There are no pro-ration for absences or missed classes. Upon receipt of the 30-day written notice, tuition will be pro-rated thirty days from receipt of the written notice and payable in full upon receipt of final bill, regardless of attendance. Failure to submit a 30-day written notice will result in additional monthly charges until requirement is fulfilled.

