



JANUARY 2009 NEWSLETTER

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Office & Pro-Shop Hours:
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Tue/Thurs 4:00-8:00, and Saturdays 9:00-1:00

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Visit us on line at www.gforcegymnastics.net

January 2009

At G-Force Gymnastics we believe...

- ...that every child is unique and deserves the individual attention necessary to inspire them to reach their full potential.
- ...that we can instill a sense of confidence, self-worth, and success through positive reinforcement.
- ...that proper form and technique helps children progress through a variety of skills in order to keep them engaged and motivated.
- ...that learning in a fun and safe environment are essential to their gymnastics experience.

NEW LAYOUT FOR THE GYM

GFGA was busy over the break reorganizing the gym. The new layout will improve the space of the gym for all our gymnasts. *A big thank you* to the coaches and volunteers that helped make the move possible over the break. It took a lot of hard work and it is greatly appreciated. Thank you!

GRAVITATIONAL INVITATIONAL

GFGA is hosting two meets this year and are looking for volunteers to break down the gym and set up for the meets. Our first meet is the Gravitational Invitational on January 31. Because of the meet, **ALL classes are canceled for Saturday, January 31 and make-ups can be scheduled at the front desk.** We will begin to break down the gym Friday January 30 immediately following the end of classes. Sign up for more information at the front desk. If you are interested in helping with the meet there are many ways. GFGA is also needing donated food for our concession stand set up in the coaches office for the meet. Anything from cookies to chips and dip is greatly appreciated. If you own a business we would love to advertise for you at the meet with banners and ads. Any prize donations would also be greatly appreciated. If you want to help in any way talk to the front desk.

BRING A FRIEND WEEK

Have you ever wanted to bring a friend with you to class to show off your skills or how much fun the sport of gymnastics is? The week of February 9-14 you can do just that. Invite a friend to join you in class for that week only for free. All you need to do is take a release form home (or download it off of our website) and have your friends parents fill it out and bring it the day of your class. The form must be filled out by the parents in order for the friend or friends to participate. If you are bringing more than one friend please let your coach or the front desk know so we can make sure we are staffed correctly. If you have any questions please feel free to ask your coach or the front desk.

Mission Statement

It is the mission of G-Force Gymnastics to help children grow and develop in a positive manner through the art and sport of gymnastics. We will strive to make every child feel a sense of self-worth and importance. We will work to develop the athlete's physical strength in order to reach their full athletic potential and at the same time develop their mind, self-confidence, and discipline in a positive and fun learning environment. Our goal is to instill excellence both in sport and character.

Weather Cancellations

Winter is definitely here and we want to help prevent confusion with class cancellations. Morning classes will be canceled if APS has any delays. Evening classes will be called by 3 pm and will be posted on our website or call in to be sure.

Team News

Our compulsory team girls traveled to Las Cruces in December and had a great meet. Listed below are all the girls who placed in the top 5 all around.

Level 4

Natasha
Mason
Anna
Kaitlynn
Delaney
Madison
Mason

Level 5

Kendal
Martina
Juliana

Level 6

Gabrielle
Haley
Kayla

You are all AWESOME!

Our optional team girls season is now in full swing. Congratulations to Addison for qualifying for the New Mexico state team. Great job Addie we are very proud of you!

Have you ever wanted to attend a meet? All

meet dates and times can be found on the calendar on our website. We encourage anyone from the gym to attend the meets and support our gymnasts.

If a gymnast attends a meet, bring the program and receive 20% off any pro-shop items.

JANUARY BIRTHDAYS



Morgan Armstrong
Sarah Belchak
Brianna Blackstone
Michael Buys
McKenna Campbell
Hailee Chavez
Avery Chupp
Tai Clay
Desireigh Cox
Carol Creese
Bocian Daily
Haley Diaz
Amanda Dietz
Nicholas Duran
Kai Fitak
Mai-Le Fitak
Leah Futey
Bailey Garreston
Brookie Gee
Isabella Goss
Delaney Harris
Aysha Hector
Nicholas Janney
Angela Johnson

Constance Kennedy
Breanna Kwan
Valerie Langwell
Kai Lau
Valerie Lind
Ruth Linderman
Sophia Lopez
Bianca Lopez
Nina Miller
Addison Molendkye
Gianina Monasterio
Avery Quijano
Elizabeth Ramos
Jenna Rivas
Adryana Romero
Westin Slater
Kaylee Smith
Estefanita Stofleth
Liam Thomas
Ashlyn Tucker
Reanna Velasco
Alyssa Walsh
Isabella Wolf

Attendance Now Taken at Front Desk

Before students start their class, a parent or student must check in with the front desk. GFGA's goal is to help prevent late charges and miss communication between the front desk and parents. Please remember to notify to the front desk when you take a month off. Your cooperation is appreciated.

Mark your calendars! JANUARY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
					<u>Gym closed January 1-5</u>	
4	5	6	7	8	9 Flip-flop Clinic	10 PNO
11	12	13	14	15	16	17 PNO
18	19	20	21	22	23 Flip-flop Clinic	24 PNO AGS meet
25	26	27	28	29	30	31 No PNO No classes G-Force meet

For more information on other activities not listed see our website

Coach Stacey is the editor of the newsletter. If you have any news that you would like to see printed, just ask me.