



JULY 2008 NEWSLETTER

4487 Irving Blvd.
Albuquerque, NM 87114
(505) 898-7334

2345 Southern Blvd.
Rio Rancho, NM 87124
(505) 892-7827

Office & Pro-Shop Hours:
Mon/Wed/Fri 10:00-12:00 & 4:00-8:00,
Tue/Thurs 4:00-8:00, and Saturdays 9:00-1:00

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Visit us on line at www.gforcegymnastics.net

July 2008

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.



SUMMER OLYMPICS



Our first Summer Olympics took place June 27 and was a great success. Congratulations to Alyssa Walsh, Zoe Smith, Ariana Haberneski, Maya Haberneski, Jianna McGregor, Emily Profeta, and Elizabeth Hedenberg for their wonderful performances! Check out pictures of the girls on our website.

The next dates for the Olympics are *July 18 and August 1*. G-force Olympics are for our Recreational Program. Both G-1 and G-2 boys and girls can participate and perform fun routines developed with the help of coaches that highlight their individual skills and personality. Children are encouraged to participate but it is voluntary. There is no cost to participate, but parents and friends will pat a \$2 cover charge. All children will receive awards for their performances. It will be a great way to show off all the cool skills they have learned over the summer. Gymnastics should show up at 5:45 to warm up and practice routines. Show time starts at 6 pm.

NEW CHANGES AT THE GYMS

GFGA was busy over the break cleaning, painting, and organizing. We added to our preschool garden and the Rio Rancho location was transformed to match our garden. We hope to encourage more children to enjoy the sport of gymnastics at a young age and we are not done yet! Continue to watch our garden grow with your little ones!

Congratulations to our Tae Kwon Do athletes

Taking a step toward being a G-Force Black Belt, these martial artists advanced in June:

Sam Cohen...Yellow Stripe
Brandon Weatherspoon...Yellow Belt
Mike Weber...Yellow Belt
Paul Weber...Yellow Belt

Austin Helman...Yellow Belt (Double Promotion)
Caleb Belchak...Green Belt
Jacob Belchak...Green Belt
Congratulations!

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.

8/08/08

World Olympics start. Tune in and watch the USA Gymnastics teams compete.



2008 SUMMER CAMP DATES

July 14-18 and July 28-Aug 1

9am-3pm

Camps are for anyone 6 and up looking to do gymnastics, play games, crafts, and have fun over the summer. Children can attend one or all of the camps offered. Bring a sack lunch and snacks are provided. The cost is \$150.00 a week or \$35.00 a day. **Sign your child or children up TODAY at the front desk.**

Celebrate your birthday at GFGA!

Ever wish you could bring your friends to check out your gym? Well you can!

We host some awesome parties at awesome prices! They can be held on either Saturday or Sunday afternoons. Give us a call to schedule yours today!

MAKE-UP CLASSES

GFGA offers make-up classes only if the absence is called in to the front desk to reserve a space-no later than the day of absence.

Please note our ONLY make up times:

Friday 4:15,
Saturday 12:00

Flip-flop Clinics are held from 6:30-8:00 and cost \$10 each for boys and girls over 6. Children will go through drills learning how to do a back handspring.

JULY BIRTHDAYS



COACH Kurt	Isabella Montoya
COACH Larry	Savannah Paul
COACH Stacey	Kathleen Perry
Mateo Avila	Joshua Profeta
Tony Cooper	Marissa Quintana
Malakah Crespin	Demi Reed
Emane Curl	Madison Russell
Joshua Dietz	Cody Rutske
Vitoria Elwell	Diego Sanchez
Madison Farmer	Soren Saunders
Alicia Garcia	Justin Segura
Autumn Hefner	Zoe Smith
Neleah Hibben	Carley Walters
Elizabeth Jeszke	Judea Wiggins
Kylie Anne Jones	
Trejan LaCour	
Samantha Lam- brecht	
Cooper Lane	
Andi Lucero	
Nate Mancini	
Melissa Masciantoni	
Kat McTernan	

Mark Your Calendars! JULY 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		GYM CLOSED JUNE 30-JULY 5				
6	7	8	9	10	11 Flip-flop Clinic	12 PNO
13	14	15	16	17	18 OLYMPICS 6 PM LARRYS BDAY	19 PNO
20	21	22	23	24	25 Flip-flop Clinic STACEYS BDAY	26 PNO
27	28	29	30	31		
		SUMMER CAMP JULY 29-August 1				

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.