



NEWSLETTER

For the children...

May 2012

SPRING Parent Show

This year's "Parent Show Week" will be May 21-26th.

You will be receiving a note with your child's show day and time so that you can mark your calendar. We only do this twice a year and it is a great chance for your child to perform and for you to see the progress your child has made.



The Summer Games Flame will be lit at the end of the show to kick off our summer event.

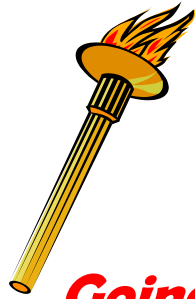
Get Your Special Leotard

We will have a special leotard and T-Shirt available as our official "Summer Games" uniform. They will be very patriotic in color and style.

Dare to Dream

Our in-house competitive program is called "Comp" and is designed for all gymnasts age 6 and up. Comp is a 12 week session. When you sign up, your child will have a second class where the routines are taught. The session ends with a real meet on Aug 18, 2012.

This meet is called "Dare to Dream" and is going to be extra special because the Olympics will just be concluding and your little gymnast will be itching to get up on the awards stand and get their own gold medal. Next session starts May 28th. Sign up in the office.



The flame will soon be lit! While all of America's athletes will be going for the gold, all of the gymnasts at TRICKS will be ...

Going For The Goal!

We'll be lighting the flame at the "Parent May Shows." This is a thrilling event that only happens once every four years at TRICKS. Once the "Summer Games" flame has been lit, we can officially begin.

The week after the flame lighting, all of the school-age gymnasts will sit down at the goal setting station and, one-on-one, set 3 goals for the summer with their coach.

We feel that it is very important for the children to set their own goals. Your child's coach will know what will be achievable yet challenging. We want the children to really feel like they earned their medals. You'll hear the "goal bell" being rung throughout the games! Each time someone achieves a goal, they get to ring the bell!

Special *red, white and blue* leotards and a TRICKS Summer Games T-shirt will be available all summer long to help promote spirit and for the presentation and awards day in August.

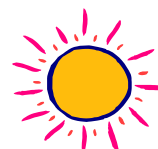
TumbleBunnies are not developmentally ready for long-range goal setting, so we will be talking about how great it feels to learn, and do something new. When ages 0-5 learn a new trick, they get to ring the bell!

**We officially start setting goals
May 29, Tuesday-June 4, Monday**

A summer like this will last a lifetime!

Summer Camps

We have six weeks of super fun themes! Camps are for kids age 3+. There is a discount for signing up by May 26th. Look for the fliers and sign up in the office.



It is almost that special time of year again when little dancers will be dressed up and performing in front of a large, but very friendly, audience. Our director has already logged many hours ordering costumes and awards, etc.. It is a lot of work, but the memories made for the children make it all worthwhile.

**Folsom—June 26 & 27
Sacramento—June 30
Granite Bay— June 29 & 30**

F.Y.I. Our dance program begins at age 18 months

Summertime

During the summer months we know that many of you will be on vacations, at the lake or just busy doing family things. We all want to relax and enjoy the summer. If you miss a class or two in June or July, you can make them up in August and even in September! We really want to keep you here this summer, especially since it's a goal medal summer. Just give us a call and we will help you out! Always.

Where in the World?

Remember to take your TRICKS t-shirt on vacation! You could win a prize! All pictures need to be submitted through our website at tricksgym.com

Mother's Day Quotes:

"In the sheltered simplicity of the first days after a child is born, one sees again the magical closed circle, the miraculous sense of two people existing only for each other."

-Anne Morrow Lindbergh

"Making a decision to have a child—it's momentous. It is to decide forever to have your heart go walking around outside your body."

-Elizabeth Stone

"All that I am or ever hope to be, I owe to my angel Mother."

-Abraham Lincoln

The week before Mother's Day we want to acknowledge you for all the "unsung" things you do as "Moms." See's Candies might not be the perfect way to show our appreciation, but it's not bad. Our staff always enjoys your surprise as you notice a tray of chocolates being offered to you by a person wearing a white apron and a big smile.

We just want to say, "Way to go, Mom! You're an awesome nurse, teacher, role model, bottom wiper, bath giver, story teller, hugger, kisser, cleaner, cook, laundry doer, comforter, taxi driver, and best friend!" You're doing a great job!



Check us out on the web. Pay your tuition online!

tricksgym.com



Urban Gym

We've been working feverishly with another gym club owner to launch this super fun way to move in a gym!

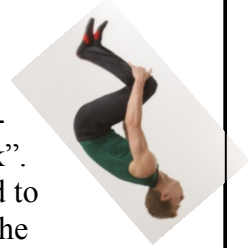
It's a bit like regular gymnastics, but more free style and moving over obstacles to get from point A to point B.

We are super excited to officially offer this brand new program! Out in the world it might be known as Parkour, but that is moving outdoors and we are moving indoors with no intention of kids taking it to the streets. We've been testing it out with the coaches that have been in on the development and the kids can't get enough! They sweat and move and love every minute of it. Boys and girls will be welcome to this new and exciting addition to **TRICKS!**

Gymnastics—Brains Under Construction

Flip on the Focus

Any time a child participates in activities that require moving large muscles and the compression of joints, this is referred to as "heavy work". Heavy work is a term used in the therapy world to describe the types of activities that help focus the brain. Vaulting, hanging, flipping, climbing, and leaping are examples of phenomenal heavy work opportunities for children. Focusing with ease leads to learning with ease!



Hang Ten for Handwriting

Observing children swinging on uneven bars seems as far away as one can get from observing a child trying to write a paragraph, but actually, the two require remarkably similar skills. For a child to have good handwriting skills, he/she must have strong muscles that work together for a common cause. Mighty abs, back muscles, shoulder muscles, forearms, wrists, and fingers are essential for good writing skills. When children have poor upper body strength and weak core muscles, they have trouble sitting upright at a desk, holding a pencil, and writing legibly. Bar work strengthens all muscle groups responsible for writing with ease.



Roll Into Reading

Brain connections are made through the activation of an important system that lies deep within the inner ear. This system is called the vestibular system (ves-tib-u-lar) and is the Olympic gold winner when it comes to brain development. Working in tandem with the brain, the vestibular system integrates auditory, visual, and tactile input. Specific types of movement common to gymnastics help the vestibular system develop properly. These include the back and forth movement of swinging, the rotational movement, as in twisting, and the up and over movement used for rolling.



Magnificent Moves for Math

Math is a spatial sport! The more children move in different ways, the more connections are made in the brain that improve spatial awareness. For children to be able to understand mathematical equations and geometric principles, they need good spatial skills. All gymnastics moves improve body awareness and wire the brain for math success.

