

Fit for life

Fit for life

the gymnastics way



Watching TV, playing a game on your Ipad is fun, but nothing can compare to the benefits of joining gymnastics class.

The Gymnastics Club is the safest place to run, bounce, flip and stay fit while having tons of fun doing it.

Gymnastics is an all around activity developing physical and mental toughness.

Gymnastics class and training can teach a multitude of life long lessons, including focus, determination, perseverance, understanding the benefits of staying fit always.

Desert Gymcats has gymnastics classes for kids of all ages, and as young as 6months. The baby class is a 'mommy and me' class.

It is a great way for babies to learn to interact with other kids and explore movement.

Baby gym is a free class.

When your baby is walking they are invited to the mini kittens class.

Photos in this publication kindly taken by coach Brandon Ho. Thanks Brandon!

Health & Safety



gymnastics

Can I practice my gymnastics skills on the Playground bar or at school?

We know you love gymnastics and want to live upside down and bounce on your bed all night or do leg kicks while you are having a conversation with mom in the kitchen.

Remember there is a reason why we have so many mats at the gym and you pay good money to receive instruction from an experienced professional coach.

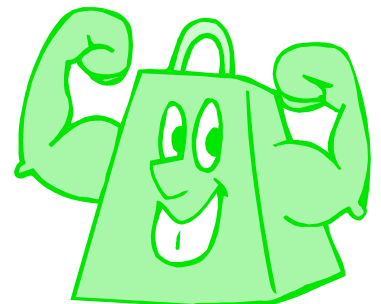
Also, we buy all the expensive, official equipment, that is smooth, strong and flexible, so your body is saved in many different ways.

Safety is our very main priority in the gym and it should be the first thing in your mind everywhere.

Remember these simple rules:

1. **Never** do any gymnastics skills without the supervision of a qualified sports coach;
2. **Never** ask any friends or parents to spot you, as they might not understand the technique and you might develop bad habits;
3. Gymnastics tumbling and bar skills should not be practiced at the playground or at school, instead you can do chin ups, hanging, shapes (save your hands to practice at the gym);
4. Things you can do at home are: practice your splits, your bridge, your releve, your toe point, your arm positions and movement.
5. The gym is the safest place to practice your gymnastics

Ask your coach for a home strength and stretching sheet.



February—March 2012



Classes & Teams



Am I ready to move to the next class? What is the criteria for progression?

Students and parents ask this question all the time.

YOUNG ONES

If you are in the **baby class**, as soon as your baby can walk with assistance you will be asked to move to the **mini kittens** class.

Pre-school class students move according to their age, like for example:

Mini kittens move to **kittens** when they are between 17 months and 2 years old.

Kittens to **Cubs** (you must be at least 3 years old and potty trained)

Cubs to **Supercubs** at age 4 1/2 (Younger by invitation only)

Supercubs to **Felines** or **Tomcats** (By invitation only - Kids that are flexible, strong, learn fast and have natural coordination)

Felines may stay in this class until they are 6 years old.

From Felines, students move straight to **Platinum**, one class before the Level 3 Team, the first competitive level.

6 AND UP

All the girl gymnastics classes and color team students will move to the next class / level when they have mastered certain skills on each event.

The skills are listed on your test sheet. If you have a question about your skill level ask your coach.

Girls' gymnastics classes usually upgrade in the following order:

Developmental Girls → **Pink** → **Red** → **Purple** → **Platinum** → **Competitive Teams**.

Sometimes if our students come more often than once a week they might develop their skills and move through those levels faster.

You can do it! You can do it! You can do it! You can do it!

Boys Gymnastics Program

Desert Gymcats' boys team

Is growinnggggggggg!!!

Congratulations!

Way to go boys!

Hot of the Press

San Diego Meet on January 20 - 22nd 2012

♣ Boys win Team Level 10 Award

♣ 1st Place AAs: Kyle Stokely, Jonah Molnar, Devin Cooley, Ethan Roth and Easton Magliarditi

♣ 2nd Place AAs: Jonah Molnar, Josh Pyne, Cameron Weiskopf

Blackjack, Las Vegas February 3rd through 5th 2012

♣ 1st Place AAs: Jonah Molnar, Roman Rozbitskyy,

♣ 3rd place team level 4 and level 10

AWESOME!

♣ Josh Pyne Vault Champ

♣ Kyle Stokely Pommel Horse Champ



HORIZONTAL BAR

This event is also known as the high bar, and routines consist exclusively of swinging parts without stops. The parts are generally called giant swings, with more specific terms applying to changes in grip, direction and body position.

Watch for the gymnast to execute release moves.

Look for high-flying dismounts with multiple flips and twists and, of course, the gymnast aims to land the dismount with no extra steps.

USA Gymnastics



Desert Gymcats Wins

Desert Gymcats is having a great competitive season. Our Teams are producing great scores and results. **Our coaches are the best!**



Vegas Cup

February 10th to 12th 2012

Girls - Champions!

congratulations!

Level 4s - 1st Place AA: Samantha Soiberg, Paris Cesena, Katelyn Smith and Kalina Abaturov

Level 5s - 1st Place AA: Riayn Pyne, Akeila Wilson and Amy Sliwoski

Level 6s - 1st Place AA: Brianna Brooks

Level 8s - 1st Place AA: Rylie Dewhurst

Level 9s - 1st Place AA: Ashley Feldman, Chambray Cribbs

1st Place Team: Level 4s, 5s, 8s and 9s; 2nd Place Team Level 6

girls' gymnastics

BALANCE BEAM

The beam is only four inches wide and considered the most difficult event by many gymnasts.

The gymnast must use acrobatic, tumbling and dance movements in her routine.

Watch for acrobatic series consisting of two or more elements performed in a row. The overall execution should give the impression that the gymnast is performing on the floor, not on a beam.

Watch for variations in rhythm, changes in level, and the harmonious blend of dance and acrobatic elements.



Rylie Dewhurst—Level 7
at National Judges Cup January 2012

Tips & Tricks

Running. *=Fast*



Running with good technique and speed is very important for vaulting. The faster you run, the more power can be transferred to the actual vault.

Running efficiently requires correct technique.

Here are some tips to practice running for your vault:

1. Run on you toes;
2. Keep feet, legs and knees in line and facing forward;
3. Knees lift in front of your body on the forward motion;
4. Toes lift at the back on the backward motion;
5. Arms should be bent, close to your body, and pumping in opposition to your legs (avoid swinging arms from side to side or straightening your arms as you swing);
6. Push through every stride to achieve optimal speed;
7. Accelerate as you come closer to the vaulting table;
8. Keep your head upright, looking straight forward.



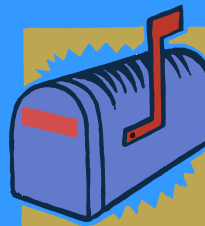
Desert Gymcats

950 S Cimarron Road
Las Vegas Nevada 89145

(702) 798 3547

First Class is always free!

Have an idea or suggestion
for a gymnews topic?



Any other comments
and suggestions?

Email silvana@desertgymcats.com