



Chalk Talk

Upcoming Events:

Oct. 31st – No Team Practice
 Nov. 20th – Last Day of Session #2
 Nov. 21st – 23rd – Closed for Thanksgiving
 Nov. 26th – Session #3 Begins
 Nov. 30th – Dec. 2nd – Compulsory State Meet
 Dec. 3rd – **Registration Begins!** (Sessions #5 & #6)
 Dec. 7th – 9th – Home Meet (Optional Judges Cup)
 Dec. 14th – Jingle Bell Jam (Flippin' Friday)
 Dec. 20th – Last Day of Session #3
 Dec. 21st – 1/2 Day Winter Camp (Tentative)
 Dec. 21st – Jan. 8th – No Recreational Classes

E-News:

Hi guys! I just wanted to thank you for your continued support & encouragement during this time of transition. After settling into a new routine, our students are learning and improving on new skills daily! (Conference times may be set up with appropriate instructors to discuss any concerns you may have regarding your child's progress.) If you have any questions, comments, suggestions, or new ideas, please feel free to e-mail me at Elizabeth@mountainbrookgymnastics.com.

-Miss "E"

Flip~Notes:

The "Flip~Notes" section of our newsletters will deal with competitive team updates, highlights, etc...

So far this season, we have entered 17 teams in competitions in Birmingham, Clanton, Mountain Brook, Tuscaloosa, Mobile, & Attalla. Of those 17 teams, we have finished in 1st place 13 times and 2nd place the other 4!!!

Our team girls work extremely hard and their hard work is paying off!

We are hosting a very exciting competition, the "Optional Judges Cup", the weekend of December 7th. At the conclusion of the meet, the top 6 girls in Level 7 will represent the state of Alabama in the National Judges Cup held in San Diego, California, the first weekend in January.

For the first time ever, we will be offering "open tryouts" for our competitive teams. We are in the process of securing a weekend to hold tryouts on and as soon as we get things settled, we'll pass further information along to you.

If you have any questions about our competitive program, open tryouts, or anything else "team related", you can e-mail me at Phillip@mountainbrookgymnastics.com.

-Coach Flip

HEY! Don't forget to take advantage of our new **FAMILY Referral PROGRAM!**

(You'll get a \$20 credit for each new family that joins our gym because of your referral!)

Jingle Bell Jam

(Flippin' Friday)

DECEMBER 14TH

6:30 – 10:30 PM

Ages 3+

\$25 1st Child

\$20 Each Addl. Sibling

RSVP NOW!

Introducing Dance!

Beginning with Session #4...

(Limited spots available!)



For ages 3+

Register now open!

Need a break before the holidays?
Have some shopping left to do?
Let us keep the kids for you!

{ Sign up NOW }

Winter Holiday 1/2 Day Camp

December 21st / 9:00 – 12:00

Flip-tastics:

- ✓ "Flip-tastics" is our Recreational Class Program!
- ✓ Check your child's progress! (Skill Posters are now up behind the bleachers... come on in to see how your child is doing!)
- ✓ Did you know that your child is actually enrolled in 2 levels?! That's right, if your child is enrolled in Rec. 1/2, they begin working on Level 1 skills. Once they "check off" the required skills on each apparatus and complete Strength, & Flexibility requirements, they will automatically "move up" to Level 2— even if we're in the middle of a session!
- ✓ When students check off an entire "Skill Set" (i.e. all skills required for every 2 Recreational Levels) certificates will be sent home letting you know that it's time to update your registration.

Flip-tots:

- ✓ "Flip-tots" is our Pre-School Program for children 2-5 yrs.
- ✓ To keep you informed, Progress Reports will be sent home at the end of every session!

Did you know that we host birthday parties, lock-ins, field trips, and other special events?