



Chalk Talk

SUMMER ~ 2008

Upcoming Events:

- July 7th - Fall Registration Begins
- July 11th - Flippin' Friday (Sign Up Now!)
- August 18th - 1st Day of Fall Session #1
- August 11th-15th - Ms. Pam's Leos Sale at the Gym
- September 1st - Closed for Labor Day
- September 26th - Flippin' Friday Event
- October 9th - Last Day of Session #1
- October 20th - 1st Day of Session #2
- November 11th - Closed for Veteran's Day

E-News

Are you ready for an exciting new year here at M.T.B. Gymnastics?! This fall we'll be introducing new classes, clinics, events, and programs... It's going to be a blast! (Fall Registration begins July 7th.) In addition to new classes, programs, & events, we've generated new Registration Forms with class descriptions & more, creating a more efficient & less confusing enrollment process. We're offering (2) 8-week sessions in the Fall and (2) 8-week sessions in the Spring, eliminating frequent Registration Cycles while still offering flexibility and more mobility for our Students. (Check our website (www.mountainbrookgymnastics.com) frequently for updates.)

-Miss "E"

elizabeth@mountainbrookgymnastics.com

To Contact M.B.G.F. Board Members, E-Mail: Jeff Wise (jwises@aol.com), Chantal McManus (chantalmcmanus@yahoo.com), Lane DeWine (lanedewine@charter.net)

WHY Take GYMNASTICS?

With so many options demanding your child's time, why should you choose to enroll them in Gymnastics Classes? Here are our "Top 5" reasons we think your child should be "here" rather than "there"...

- 1) DEVELOP COORDINATION, FLEXIBILITY, STRENGTH, & POWER
- 2) LEARN TO LISTEN, FOLLOW DIRECTIONS, & MAKE CORRECTIONS
- 3) INTERACT WITH PEER GROUPS & MAKE NEW FRIENDS
- 4) DEVELOP SKILLS THAT ENHANCE PERFORMANCE IN OTHER SPORTS
- 5) IT'S FUN, FUN, FUN!

FLIP~Notes:

We're in the swing of things and gearing up for another competitive season! All of our gymnasts who attended "Flip-Fest" and "Alabama" Gymnastics Camps had a great time...we're glad to have you all back.

Our Teams are working hard to learn their new routines. Please make sure that your daughters arrive early to practice so that our Coaches can begin on time...warm-up and stretching at the beginning of practice are important aspects of our sport and are necessary for the safety of your daughters.

The Fall Compulsory Competition schedule will be posted by June 20th-be checking our website for more information.

Thanks again for your continued support!

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

HEY! Don't forget to take advantage of our **FAMILY REFERRAL PROGRAM!** (You get a \$20 credit for each new family that joins our gym because of your referral!)

Gym Closing Policy
M.B.G.F. will follow the Mountain Brook School System's Calendar for all holiday closings, breaks, severe weather closings, etc. UNLESS otherwise noted. Make-Up classes are not offered.

Flip-tots

- ✓ "Flip-tots" is our Pre-School Program for children 2-4 yrs.
- ✓ Progress Reports will be sent home at the end of every session!

-COACH FLIP



Cheer our USA Gymnasts on at the Beijing Olympics August 8th - 24th as they go for the Gold!

Administrative Announcements:

Team Parents, please remember that your monthly tuition is due by the 1st of every month. Prompt payment is greatly appreciated! Thank you!
-Leapin' Leila

Flip-tastics

- ✓ "Flip-tastics" is our Recreational Class Program!
- ✓ Check your child's progress! (Skill Posters are located 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!
- ✓ Progress Reports will be sent home at the end of every session so that you'll always know how your child is doing.
- ✓ 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 (we cannot automatically move your child up).

Let us host your Birthday Party, Field Trip, Lock-In, or other event... We'll have a Flip-tastic time!

Flippin' Friday

JOIN US FOR FLIPPIN' FRIDAY ON JULY 11TH FROM 6:30-10:30 PM. WE'LL HAVE PIZZA, CHIPS, DRINKS, & A TREAT FOR DINNER FOLLOWED BY GAMES, OBSTACLE COURSES, TUMBLTAK, LOOSE-FOAM-PIT PLAY, A MOVIE, AND MORE!
SIGN UP NOW...
(\$25 / \$20 EACH ADDL. SIBLING)

Introducing **Flip-Flops**...our Cheerleading, Tumbling, & Strength-Training Program!
(New classes include: Back Handspring Basics, Beyond Back Handsprings, and Cheers & Stunts.)