MONTHLY NEWSLETTER

MARCH 2024

HIGHLIGHTS

From fundraisers to class and camp registration, there is a lot happening at Laketown this month!

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GYMNAST SPOTLIGHT

We want to give your gymnast a shoutout! If you'd like your gymnast (or gymnasts!) to be included in the next newsletter and given a shoutout on our Facebook + Instagram account, please email a picture and your gymnasts favorite part of class or practice, goals for their gymnastics and a fun fact about them they want to share! Email kelsi.stoffer@laketowngym.org

SPONSORSHIP SPOTLIGHT

As we strive to expand our programs and facilities, we are seeking partners who share our passion for empowering young athletes and promoting healthy lifestyles. Your business could get a shoutout on our Newsletter, which goes to over 8000 local families! Your logo on this page will act as a direct link to your own business website! Email Kelsi for more information!

CLICK HERE TO LEARN MORE!

YOUR LOGO HERE!

SUMMER CAMPS FOR EVERYONE!

Our Summer Camps are NEW and ready to bring the FUN this summer! Choose as many days of the week you'd like, and choose full or half day! These camps are for ALL kids ages 6 to 12 - there will be a little gymnastics, a little parkour and ninja, some crafts and TONS of activities and games!

Visit www.laketowngym.org/summercamps for more information (or click any of the camp pictures below!)

SCAN OR CLICK TO LEARN MORE!

UPCOMING EVENTS

3.1	Summer Camp Registration opens
3.1 - 3.3	Team @ Northern Lights Invite
3.2	Open Gym @ 6:30 (Pre-Registration required!)
3.9	Open Gym @ 6:30 (Pre-Registration required!)
3.10	Daylight Savings Begins
3.15 - 3.17	Team @ State!
3.18	Registration OPENS (current families)
3.23	Open Gym @ 6:30 (Pre-Registration required!)
3.25	Registration OPENS FOR ALL
3.28	Last day of Gerten's Fundraiser
3.30	Last day of Session 3, Open Gym

COMPETITIVE TEAM HIGHLIGHTS

Our Season 2 competitive teams (Gold, Platinum, Diamond, Sapphire + Level 6 - 10) have competed in 4 regular season meets so far - and are CRUSHING IT!

Our Xcel Gold Group has placed in the top 3 at every meet so far, and our Diamond team has placed 1st at two of the four meets, with a 2nd and 4th place at the other meets. One of our Diamond gymnasts is on the Top 100 list for all of America for her 9.525 score on vault this season!

Our Development Level gymnasts are crushing it too - several of them are solo-teams so they don't receive team scores but they've all brought home medals in individual events so far!

Our Season 1 gymnasts are working a "boot camp" right now, getting stronger and ready to begin training for their upcoming season!

We are SO proud of our competitive gymnasts, and can't wait to cheer them on this weekend - and they are off to STATE! GOOD LUCK EVERYONE!

COACH'S CORNER

Gymnastics in not only essential for large motor development, but there are TON of benefits for body awareness, self-confidence, discipline, focus, and social skills!

Not only do we LOVE seeing athletes of all ages and abilities learn new skills, one of our favorite things to watch is the perseverance and their class or team cheering them on when they get close, or even when they get frustrated (which usually happens right before they get the new skill!). Creating a fun and positive atmosphere for that growth is something we focus a lot on.

Thank you to our families who trust us to empower their children!

TRAINING TIPS

Training tips right from our coaches!

BRIDGE KICK-OVER

GYMNASTS IN BEGINNER 3/4 NEED THIS TO MOVE INTO INTERMEDIATE 1!

Ask a parent to be your spot! Your spot should have a hand on your back and use their other hand to help guide your lead leg up and over. Repetition is key! All of your weight should be pushed into your hands as you go through the movement. You can have your feet on mats, cushions or even the couch to start getting the movement down. Keep taking away a mat or cushion, or move to something lower until you can do it off the ground! Make sure to keep your head tucked in!

PULL-OVER

GYMNASTS IN BEGINNER 3/4 NEED THIS TO MOVE INTO INTERMEDIATE 1!

It's all about strength and the right shape! Work on your arm muscles - the stronger you are the easier this will be! You want to be in "hollow" position - a great way to practice this at home is to take a broom stick, piece of PVC, any kind of bar-like item that you can put both hands on, shoulder width apart. Lay flat on your back with both hands on the pole, above your head and lift your feet up and over the pole! This will help strengthen core muscles & correct body shape!

GYMNASTICS NEWS

It's a Summer Olympic year, which means GYMNASTICS!! Last weekend was the Winter Cup, which officially kicked off the Olympic season for Elite gymnasts around the world. They will continue to compete at several more meets (listed below), and will end the selection process at the U.S. Olympic Trials - which will be right here in Minnesota this year! We are excited to watch MN Gymnast Suni Lee from Midwest as she works towards going back to the Olympic Games to defend her All Around Gold Medal! Simone Biles and Gabby Douglas are also aiming for the games. Each month we will discuss scoring, qualifying and so much more so be sure to watch for next months newsletter!

4.18 - 4.20: NCAA Championships
5.17 - 5.18: U.S. Classic
5.30 - 6/2: U.S. Championships
6.27 - 6.30: U.S. Olympic Trials
7.26 - 8.8: Olympic Games

FUNDRAISERS

NO EXPIRATION
ALWAYS AVAILABLE

QDOBA MEXICAN EATS

QDOBA CARDS AVAILABLE AT THE FRONT DESK!

9 COUPONS FOR $10!

Includes:

- BOGO Entree x2
- BOGO 1/2 off
- $25 off catering
- Free Kids Meal
- Free Chips + Queso
- $2 off your meal
- $20 Meal Deal
- Free Drink

Our Competitive Gymnasts are raising money for new equipment in the gym! Help support their efforts by ordering today!

www.gertensfundraising.com

CLICK HERE!

USE STORE CODE 927

USE LAKETOWN GYM AS THE SELLERS NAME!

OPEN UNTIL 10 PM 3/28/2024

QUANTITIES ARE LIMITED! ORDER SOON TO GUARANTEE AVAILABILITY!