

Optional Girls Win First Place Team Titles!

The weekend of January 23-24, our highest level Girls Artistic Gymnastics Teams competed in Rohnert Park. Levels 7, 8, and XCel Platinum are all optional gymnasts, meaning that the athlete's routines are created specifically for each individual showcasing her strengths.

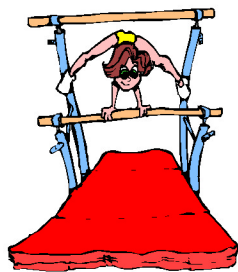
Our XCel Platinum WON! Amelia had an amazing day, finishing with the 2nd highest score of over 350 competitors throughout the entire competition. She took home gold on All-Around (37.6), Bars (9.475), and Vault with a jaw-dropping 9.725, plus a silver medal on Floor (9.525) and bronze on Beam. Alyson grabbed three silver and two bronze medals scoring a 9.0 or above on all four events ending the day with an All-Around of 36.775. Nomi won Bars (9.4) and was awarded two silver medals on Beam (9.0) and All-Around (36.15). Across all the age divisions, the team had their strongest event on Vault with Thea winning 1st (9.45), Natalie 2nd (9.475), and Melissa 3rd (9.35). Alexis swung into 2nd on Bars and tied for 4th on Vault with Katie (9.25). Shelby, Judith and Dorene competed all four events but followed their teammates in having their strongest showing on Vault with a 6th, 7th, and 8th place finish respectively. Sheila and Brette both claimed 5th place -- Sheila on Floor and Brette on Bars. The final team score was more than FIVE points higher than their nearest competitor.

Our Level 8's finished in 2nd place as a team. Kelli had a spectacular meet standing at the stop of the podium with 1st place finishes on three events, All-Around (36.025), Floor (9.425), and Bars (9.1), a 2nd on Vault and 3rd on Beam. Emma tied for 1st on Bars (9.175). Kendra tied for 2nd on Floor (9.225) and stuck 3rd on Beam. Cindy flipped into 3rd on Bars (9.0). Emily stayed consistent on all four events finishing in the top 12. Lucia only competed on Vault but landed in the top 8.

Our Level 7's won the team competition on Floor. Sabrina won All-Around (36.4), and took home three silver medals on Floor (9.375), Vault (9.25), and Bars (9.175). On Floor Roosa won (9.475), Lexy danced into 4th (9.325), and Ananya spun into 6th (9.25).

A truly remarkable start to the season.

*Best of luck in the
coming months!*



February's Safety Issue: Conditioning

Strength and stamina are vital components to athletic training.

At Gold Star we try to incorporate conditioning into every rotation. This month our coaches will work even harder to construct strength stations at every event. Your children may notice that they are sore, but their skills will start to come more easily, and their work-outs will be safer as they become **SUPER-STRONG SUPER-KIDS!!**



We are Open for Classes All of February!

School Holiday Camps President's Day Camps

Monday - Friday : February 15 - 19



We are offering one-day camps for five days over Presidents' Week. These school holiday camps will run concurrently with classes. Half-day Mini-Star Camps and full-day School-Age Camps are filled with gymnastics, cheer and dance, rhythmic gymnastics, games, arts & crafts, music, healthy snacks with FRESH FRUIT, and more gymnastics. Let the kids run around despite the weather. Sign up at the front desk today. Extended Day available until 6:00!

Now Registering for Spring Break & Summer Camps



Gold Star is offering One-Day Camps for both PreSchool and School-Age Students during our Spring Break, April 11-15.

Both One-Day and One-Week Summer Camps will run concurrently with classes, June 6 - August 12.

We will start enrollment for Summer Classes in March.

VALENTINE'S Kids Night Out PARTY

On Sunday, February 14th, Gold Star is hosting a Kid's Night Out Party. Drop your children off at the gym from 4:30 - 7:30 p.m. for supervised play on the equipment, games, prizes, and pizza.

You should have enough time for a romantic dinner. Arrange a carpool, and you and your spouse can even take in a movie - all while your children are having a blast, and coming home ready to sleep soundly. Admission is \$35 - additional siblings enter for \$30. Children must be 3 years or older, no experience necessary. All of the proceeds from this event benefit the GSG Cheer and Hip Hop Teams.



Sunday Make-Up Class on February 28th
Remember You Can Sign Up for Multiple Classes
Talk to the Front Desk to Save Your Spot

Gold Star Thanks Our Parents...

The management staff at Gold Star would like to extend our appreciation to all of those parents who took the time to give us written feedback during the month of January. We are constantly striving to improve, and with your help we can become just that much better. We are always available if you have any questions or concerns, simply contact the front desk during office hours.

