

GSG Cheer & Hip Hop Take Home FIRST, FIRST, FIRST and More FIRSTS Trophies And Titles Abound

On December 5, 2015, all of our eight Gold Star Cheer teams and five Gold Star Hip Hop teams competed for JAMZ at the Cow Palace and came home with 10 first place trophies, plus a division Championship and the award for Most Innovative Choreography. The next day, December 6th, Gold Star competed at the NorCal Classic in Stockton, and was awarded three bids to the Summit Nationals in Florida and the title of Grand Champion.

All five Hip Hop teams: Mini, Youth, Junior All-Girl, Junior Co-Ed and Senior Hip Hop won FIRST place on both

days. Mini's were awarded the coveted honor "Most Innovative Choreography" on Saturday, wowing the judges with their popping and locking routine. (Which is never seen in this age division for all star). Senior Hip Hop received the highest score on Sunday and were named "Grand Champions". Mini and Junior All-Girl both received at-large bids to the Dance Summit Nationals in Florida.

The Cheer teams impressed the judges winning first place trophies on both days for Tiny's, Mini's, Youth Level 4, and first place trophies on one day for Youth Level 2, Junior Level 1, and Senior Level 4.2, with Youth Level 1 seeing a 3rd place finish at JAMZ and Senior Level 2 performing against tough competition and landing in an impressive 4th place on both days. At JAMZ, Youth Level 4 earned the top score in their grouping and were named "Division Champions", and Youth Level 2 were awarded a Wild Card Bid to the Cheer Summit Nationals in Florida.

Congratulations to all of the competitors and coaches A.J., Alex, Alycia, Ashley, Caleb, Carolyn, Cassidy, Coy, Devon, JoJo, Kayla, Kim, Ryan, Talya, and our outstanding head coach, C.C.

Please come cheer on Gold Star at the McEnry Convention Center in San Jose on January 23rd & 24th. These competitions are open to the public.

Martin Luther King's Day Camp

Monday, January 18, 2016

We are offering one-day camps on Martin Luther King's Day. Half-Day Mini-Star Camps and a Full-Day School-Age Camp are filled with gymnastics, cheerleading stunts, rhythmic gymnastics, games, arts & crafts, music, healthy snacks with FRESH FRUIT, and more. Let the kids run around despite the weather. Have them stay until 6:00 for an added fee. Sign up at the front desk.



This Month's Safety Issue: Parent Feedback



Safety is our number one issue, and we are constantly working towards maintaining a safe and healthy environment. As parents and guardians of Gold Star students & athletes, there are surely things you have seen that you have liked and things that we can improve upon. This month we are asking for your feedback. If you have a compliment or words of advice for our staff, please write down your comments (the front desk has official feedback forms, but we will accept comments on any manner of napkin, post-it, or scrap paper - even email). Please include the employee's name (desk staff, coach, or manager), your name, and your child's name. Hand the paper over to anyone at the desk, and your comments will be given directly to Pam, the owner, who will relay them appropriately - she often calls to discuss concerns so please include your contact information. We truly appreciate you taking the time to help our staff improve, and to pass along those wonderful compliments!

Lots of Activity over the Break ...



On Saturday, December 19th, one of USA Gymnastics National Instructors came to Gold Star to conduct a seminar on Safety and Risk Management resulting in 12 coaches re-newing or receiving for the first time their USA Gymnastics Safety Certification. Congratulations to coaches: Amelia, Jessica, Joy, Katy, Kayla Chee, Laura, Madee, Megan, Quynn, Sarah, Sheila, and Owner Pam.

We have replaced the lights in the parking lot of the Main Gym for better visibility and increased safety at night. The vending machine in the Main Gym was moved to allow for an ease in the traffic flow into the MiniStar area in the afternoons. Plus an exciting new piece of equipment arrived from Tumbl Trak--an air port-a-pit for vaulting drills.

In the Annex we have built a platform to fill in the space between the Cheer Floor and the Rhythmic Floor, and then covered it with foam to create a safer surface. Two new strips of green carpet bonded foam arrived to widen the practice space for multiple cheer and hip hop teams. And the property management continues to work on the leaks in the roof, although they are by no means eliminated yet.

Please Note . . .



There will be no administrative charges added to January tuition unless fees are still outstanding after January 10th. We understand with the frenzy of the holidays paying your child's gymnastics tuition may have been overlooked, and we are happy to offer an extra week this month to catch your breath.