gold star gymnastics

the gazette

October - 2016

Girls Level 3 Team Win GOLD in their First Meet

On September 10-11 the Girls Artistic Level 3 Team had their first competition of the season, for many of these athletes this was their very first gymnastics competition. The team was split between two sessions and were grouped with some of the most established gyms in the area. Twelve of our gymnasts performed alongside Airborne and Gymtowne and WON! Nine other GSG gymnasts were up against Santa Rosa and three other teams and brought home SECOND!

In the first session Ananya was practically unstoppable winning gold on four events: Vault with an unheard-of 9.7, Floor with a 9.55, Bars with a 9.425, and All-Around, plus tying for silver on Beam with a 9.125. Natalie brought home three silver medals on Bars with a 9.3, Beam with a 9.125 and All-Around beside Ananya. Elsa completed the 1-2-3 sweep winning third All-Around, and leaping into gold on Beam with a 9.2. In her age group Allison had a spectacular day claiming gold on Bars with a 9.525, Vault with a 9.425 and All-Around, plus a silver medal on Beam with a 9.2 and bronze on Floor with a 9.3. Sylvia tumbled into first on Floor with a 9.475, third on Bars with a 9.4 and stood beside Allison, winning second in All-Around. Maya with a 9.4, and Ava with a 9.325 both ran away with second on Vault. Amanda stuck second on Floor with a 9.425, and Catherine a bronze medal on Beam with a 9.15. Sia shared the podium twice as she tied Teresa for 5th on Floor with a 9.15, and also tied Giulia for 5th on Beam with a 9.0.

In the second session Kira and Millie both took home three gold medals winning All-Around in their age groups. Millie landed in first on Vault with a 9.2 and Beam with a 9.075, plus claimed a bronze medal on Bars. Kira also won Beam and tied Anika on both Bars and Floor -- first on Bars with a 9.2, and second on Floor with a 9.05. Anika and Lacy both finished in third All-Around in their respective age groups. Lacy also brought home a gold medal on Vault with a 9.35, and silver on Floor with a 9.1. Maya spun into second on Beam while Charlotte won two bronze medals, tying on Vault with a 9.2 and landing third on Beam. Zoe held strong ending with fourth place on Bars and Beam. Rowan grabbed three sixth places on Bars, Beam and Floor, while Cara had her highest finish tying for seventh on Beam.

In the spirit of the Olympics, if we were to tally the medals, the numbers are … 16 individual gold, 13 silver, 9 bronze, plus a team gold and team silver … totaling 40 top three finishes! We are so proud of our Level 3's and their success in their first meet of the season.

Welcome Baby Cameron!

Our billing coordinator, Weini, one of our longest standing employees – with GSG for over 15 years and worn the hat of camp director, preschool coach, and front desk lead – has now added a new little one to our Gold Star family and the title of mommy to her list of jobs. Cameron Georgeo was born on September 15th weighing 6.5 lbs and measuring 18.5 inches. We are so thrilled for both baby and mama, and cannot wait to have Cameron come play in the gym!

Star Week

Our first Star Week of the new school year will happen this month. If you do not receive a flier explaining Star Week, please ask a coach for one. Remember that the star sheets are simply a progress report. Usually children have mastered many of the stars during the first few months, but it may take a year or more to learn those last few skills. Therefore, we feel it is more motivational to receive a few stars every Star Week instead of 2/3 of the stars in the first assessment and possibly only one each Star Week following. Also assessments may span over two weeks to allow the students to rotate through every event. If you would like your child to be checked for the next level outside of Star Week, please schedule an evaluation at the front desk.

Every school-age student will receive a poster for their level. Please take the poster home. In future star weeks, a copy of the skill sheet and the appropriate sticker stars will be sent home for your child to put on his or her poster. MiniStar students will receive a copy of their star sheet and a ribbon.

We understand that Star Week might involve more waiting and watching than what you are used to seeing at Gold Star, but we feel it is important every few months to evaluate, track, document, and report each child's progress. Furthermore it is an opportunity for the children to truly master and perform their skills.

TOW ZONE

Please do not park in the lot directly north of Gold Star's Main Gym (the building that houses iCharts as the front business). The owner of that property has informed us that he will begin to tow cars not associated with his tenants.

In September we hosted training for the more than 10 teams from the Mountain View fire department practicing safely removing a injured person from the foam pit. Our focus at Gold Star continues to be concentrated squarely on safety.

October's Safety Issue: Fire Safety

During October, classes will participate in fire drills. The coach will line up his or her class, count heads, and proceed to the nearest exit. Classes will incorporate fire safety concepts such as *Stop, Drop, and Roll* and *Stay Low and Go*.

In the event of an actual emergency the classes will evacuate the building with their coach and then move to our congregation spot in the parking lot next to the trash enclosure. Parents in the lobby will be asked to leave by the nearest exit - either accompanying their child's class or meeting up with their child outside the building. Coaches are responsible for making sure all of their students exit the building together. It is imperative that you not separate your child from his or her coach.

Sunday Make-Up Classes October 30th

Our next Sunday make-up class is October 30, 2016. Classes are offered from 10:00 - 3:30. You can even sign-up for multiple classes to make up for more of your child's missed practices (provided your child has the stamina). Enroll now at the front desk.