



**Congratulations to Coach Jaelen
Now a Dance Team Member of the
Golden State Warriors GOLD SQUAD**

New Mask Protocol
Optional But Strongly Encouraged



Although we have changed our mask protocol to be "optional but encouraged", we ask that you remain vigilant concerning your child's health. If they are not feeling well, please do not bring them to class. We have a revised make-up policy outlined below. However if you find that your child has a prolonged illness which results in an extended absence, please call our front desk to make arrangements.



New Make-Up Policy

In order to more effectively and efficiently offer make-up classes for our students, we have created a new make-up policy effective August, 22, 2022.

- All missed classes must be made up within 30 days of the absence or they expire. Make-ups will be voided upon withdrawal from the program.
- To accommodate this timeline, we have increased the number of make-up classes offered per week (see chart on the "News" page of our website).
- Also, we have devoted one weekend day per month for make-ups (see dates below).
- All make-up classes can be canceled and rescheduled if the change is made more than one week prior to the scheduled make-up class.
- Students are allowed 10 make-ups per school year for each enrolled weekly class. (3 make-ups per summer session for each enrollment)
- Students in Teen and Cheer classes are able to schedule make-ups through the front desk in these specialty classes.
- Enroll in a make-up classes online through the Parent Portal of our website (goldstargym.com), in person, or over the phone (650) 694-7827.

Fall Pop-Up Make-Ups Are on the Parent Portal & Ready for You to Register!

- Saturday, September 17
- Sunday, October 23
- Sunday, November 20
- Saturday, December 17



September's Safety Issue:

General Safety Rules of the Gym
 Take Turns, Walk in Lines, Be Considerate,
 Never Practice on the Equipment without a Coach,
 When Performing a Skill Watch Out for Friends,
 Hair Back, No Jewelry, No Loose Clothing
 Wait Inside for Rides Home -- Do Not Wait in the Parking Lot

We are OPEN Every Day
in September & October



Safety First!!



We have been very focused this summer on staff development and continuing education. Our coaches gave their time to further their education in the following areas:

In-House Training Seminars: Our quarterly staff meetings always conclude with a clinic. This summer our Ninja Director, Nathan, spoke about coaching with kindness. More than 75 staff members attended this meeting.

CPR & First Aid Certification: On August 21st, we had an instructor come to the gym to lead a certification course for our staff members in CPR and First Aid. Forty-seven current and seasonal, full-time and part-time coaches were certified or re-certified at this clinic. Great work Albert, Amanda, Anika, Annelise, Ansel, Ayaka, Cameron, Christy, Crystal, Ellen, Erika, Eva, Hana, Hanako, Jaylene, Jennifer B, Julicea, Julie, Kaelyn, Kayla, Kaylee, Kendra, Kiana, Kim, Lichelle, Lili, Liran, Maria, Mimi, Misty, Nathan, Neal G, Neal K, Nils, Noa, Noor, Rettie, Rod, Roni, Ryan B, Saanika, Salma, Shelby, Sibylle, Siona, Sylvia, and Teresa!

Cheer Conferences: In June CC and Ryan traveled to the Bahamas for the Coaches Network Cheer Conference. Clinics taught techniques for stunts, jumps, and cheer skills, while also sparking new ideas for choreography and routines. Ryan and CC had an opportunity to connect with other gyms and event producers in the industry.

Erika and CC attended Varsity University in Dallas in July. This conference focused on the scoring systems and rubric that will be used this season as well as current competitive rules and regulation. CC and Erika also attended many clinics teaching progressions in stunts, tumbling, and jumps.

The USA Gymnastics Regional Convention was held in San Jose this year at the end of August. Ten staff members attended clinics on varying aspects of gymnastics coaching and management. A great thanks to Courtney, Ellen, Erika, Lana, Laura, Michelle S, Nathan, Neal, Owen, and Pearce for enhancing your education and sharing what you learned with our staff. Owner Pam Evans presented three sessions at this convention - her clinic topics focused on positive class management, enhanced communication with clients, and choreography & performance.

*At Gold Star we strive to always put
the welfare of our students first and foremost.
We are very proud of our staff's commitment to safety,
and their efforts to continue their education:
to question, to learn, and to be challenged.*