

MAT CHAT

January 2012



TEXAS EAST
GYMNASTICS

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Happy New Year!!!

Happy New Year to all our terrific TEG gymnasts and cheerleaders. We coaches certainly enjoyed our break and hope you did as well. A new year always encourages fresh starts and new goals and gymnastics can offer both! A healthy, active lifestyle at every age is the best thing everyone can do for their present and future. Gymnastics and cheerleading increase strength, flexibility, awareness, coordination and problem solving skills; not to mention its just plain fun to do! We have plenty of skills still to teach you and are raring to go. See you in class!

Cheer Prep Class at TEG

Trying out for your school's cheer squad? Need help with jumps, cheer motions, or just performance and facials? Our esteemed cheer leader coach, Lana Cain, is announcing an "INTENSE" Cheer Prep program on Wednesdays from 7pm to 9 pm starting January 18th. There will be ten 2-hour sessions for girls wanting to try out for their school's cheer teams! All of last year's participants made their school squad!! Get in touch with Lana for more information!

Junior Olympics is coming

The Junior Olympics for 2012 is not far off and this year we are going to London, England to celebrate the Olympic Games. We have begun making plans for our end of the year program and know it will be a success as long as all of you are in it. There will be plenty of notes as time draws near, but for now just keep coming to class and take advantage of every learning opportunity.

Thank You from St. Paul's

St. Paul's Children Foundation was very thankful for the generous donation of new and used toys for Christmas. We know everyone has a choice when it comes to supporting charitable causes both locally and nationwide and TEG certainly is proud to have so many of you choose to give through us. You made many children's eyes sparkle and lips smile when they received your gift. That is the true gift.

Notice anything different?

TEG is always mindful of safety and it begins with equipment. Martin drove to Kentucky and came home with a trailer full of new mats. We have also replaced the foam under the entire beam area. Equipment at TEG is checked regularly for safety and replaced immediately when necessary. We are proud to offer you a safe place to tumble and flip.

Safety First Always and Last

TEG takes great care to keep its students and families safe. Rules help everyone know what is expected. Parents and kids please know the rules and follow them.

- Park in a designated space
- Wear correct uniforms to class
- Use equipment safely
- Remain seated while upstairs
- Allow gymnasts to concentrate fully on their work while in class
- Monitor siblings in observation area
- Walk up and down stairs
- Take great precaution around the Deerbrook/Paluxy intersection
- Remind siblings that the upstairs chairs are for sitting NOT for playing with

Important Dates

Friday Fun Night – January 13th

Skills Clinic – January 14th

Cheer Prep Begins – January 18th

Level Testing – February 4th

Spring break Gymnastics-Mania

Parents, hard as it may be to think about, Spring Break is just around the corner! Yikes! TEG is offering a week packed full of gymnastics, games and free time everyday from 9:00am-12:00pm. This will be a great, active outlet for your kids.

Clinics at TEG

Purpose: To give our students an opportunity to learn several advanced gymnastics skills. The students will be totally immersed in that one skill for the entire clinic to ensure cognitive understanding, recognize his/her strengths & weaknesses during that skill and to develop a plan to master the skill.

Skills sign up for: Cartwheels, Back walkovers, Back handsprings, Pullovers & Back Hip Circles.

Date: January 14th – 12:30

Ho Ho Ho

We had a Merry Christmas at our annual Christmas Break Camp. A record number of students came out and did some "crazy" gymnastics, played games and enjoyed free time in our gym. This was our biggest group ever and Spring Break Camp is just a few months away so come and join us!!!

College Athletes Compete

Storey(Sr.at Univ. of Kentucky), Alaina(Soph. at Univ. of Florida), and Ciara(Soph. at Centenary College) all competed in their first meet of the season this past weekend. All three had a great meet especially on Bars, where each scored their teams highest score on that event.