

TWISTERS GYMNASTICS

November/December
2011



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Visit us online at:
www.iowatwisters.com

Welcome!

Welcome to the first issue of our Twisters newsletter! We have created this newsletter in order to help us communicate more effectively with you, our Twisters family. We hope to use this format to keep you informed about important and exciting events, information, and news in the field of gymnastics, cheer, and dance.

Meet our Staff

JOHN MANGOLD, OWNER/COACH

John started out as a gymnast at Twisters, and began coaching in 1992. In 2001 he bought the gym from its founder, Dennis Johnson.

John has had a hand in developing some of Twisters top gymnasts, and has also coached many of our current staff in the past.

John and his wife Heidi have a son, Darren, who is a senior at Washington High School.

JESUS VASQUEZ, TEAM COACH

Mr. V, as he is called by the girls, came to Twisters in 2010 to help further develop our optional gymnastics program. Mr. V. brings a wealth of experience in the field, from coaching, to program development, to gym management. He holds a degree from UNI in physical education & health, and was formerly an assistant coach at The University of Iowa.

Mr. V. lives with his family in Iowa City.

Upcoming Events

- ◆ Dec. 7 Open Gym 2:00-4:00
- ◆ Dec. 3-4 Jingle Bell Gymboree Meet @ CRAG-Hiawatha
- ◆ Dec. 9-11 State Compulsory Meet @ Blackhawk-Waterloo
- ◆ Dec. 10 Makeup classes 12:30 & 1:30
- ◆ Dec. 10 & 16 Parents Night Out
- ◆ Dec. 27-29 Winter Break Camps & Open Gym

New shirts available!

Just in time for the holidays! We will be placing an order for our new Twisters t-shirts and hoodies. All are available in both child & adult sizes. T-shirts are available in either gray or black, and are \$14, and hoodies in black are \$21. Orders must be prepaid, and are due by November 30th.

Holiday Schedule

Twisters will be closed for Thanksgiving on November 24-25th. All Saturday and Sunday classes will be held as scheduled.

We will also be closed from December 24th-January 1st. Classes will resume on Monday, January 2nd. Be sure to check out our fun camps and open gyms over the holiday break!

Holiday Break Activities

Tired of hearing "I'm bored!" over the long holiday break? Head to the gym for some fun & fitness! We will be holding winter break camps and open gyms on December 27th - 29th.

Need time to shop, run errands, or just enjoy a night out without your child? We will be hosting two Parent's Night Out activities on December 10th and December 16th.

Check the website or signs at the gym for details on all of these activities!

Benefits of Participation in Gymnastics Programs

ALL children benefit from classes and participation in gymnastics. The areas listed below are a small sampling of the actual benefits from gymnastics activities. You have done a terrific job of parenting by getting your child interested in this educational sport. Many of the benefits of gymnastics are NOT related to learning gymnastics skills, but more important developmental areas that will help your child become a better student and young adult. Gymnastics programs are not solely about creating gymnasts. There are so many more important areas to consider. ALL children, regardless of ability, should stay in gymnastics for 3 - 5 years, if not longer, to get the full benefit of what gymnastics teaches.

Self Confidence

Through the challenge of learning gymnastics skills, the students gain confidence with each step that they take. Doing skills on the beams and bars helps them gain confidence in their own abilities. This improved self confidence will transfer to other areas of their lives including school.

Coordination

Gymnastics instruction helps develop better coordination and body movement. For the young child, a great deal of their self confidence comes from how coordinated they are because their "world" is so physical rather than mental. Gymnastics improves coordination.

Non "Star" Athletes

Some children do not have the skills to be a "star" athlete in any sport. But in gymnastics we can control their progress and challenges. Children who are a little weaker, a little overweight and/or a little less flexible can all find success with our terrific, caring gymnastics teachers. EVERY child can benefit from gymnastics.

Hard Work Ethic

Gymnastics is a tough sport. The best thing about it is that the kids have to earn the skills, we just can't give them to them. This hard work shows them that the more they work the more they learn. What a great lesson. You want your children to have a "hard work ethic," don't you?

Flexibility

Participation in gymnastics helps the athletes become more flexible. Baseball players, basketball players, football players and all other sports need more flexible athletes. Gymnastics builds flexibility better than any other sport. Flexibility also helps limit injuries.

Social Skills

Especially for the younger ones, gymnastics gives the little ones a weekly chance to learn about social skills like listening and following directions, taking turns, being quiet, respecting others and a lot more. The gymnastics teachers work hard to build social skills with their students because they are so important in other aspects of the lives of the little ones.

Discipline

So, so important today. We do have rules in gymnastics classes and the teachers treat these rules as being very important. The more discipline the children get today the better off they will be. Gymnastics classes are a very controlled environment. Very helpful for the child.

LOOKING FOR A DIFFERENT PARTY EXPERIENCE? CONSIDER A BIRTHDAY PARTY AT TWISTERS! PARTIES ARE HELD EVERY SATURDAY. CONSULT OUR WEBSITE, OR CONTACT THE OFFICE FOR MORE INFORMATION.

Politeness

Yes, we stress politeness in classes as the way to treat others. The teacher is polite to the students and the students are expected to do the same to the teachers and to their class mates. The more the kids are exposed to “politeness” the better.

Fitness

In this world of a lot of obese children, fitness is CRITICAL to the current and future health of our children. Gymnastics classes are full of activities that will make your child more fit and help keep them healthy. You have them in the right place if fitness is important to you and your family.

Overcoming Fears

Some parts of gymnastics are very challenging. We think that this is good training for all kids. They need to be challenged. The key is that we challenge them with “attainable challenges” so that they are successful the majority of the time. To face a challenge, maybe with a little fear, and then to accomplish the challenge is a wonderful part of gymnastics classes and it happens all of the time. We want confident, aggressive children.

Learning To Perform In Front Of People

What a terrific, sometimes overlooked, benefit of gymnastics. Gymnastics classes have the students perform their skills in front of other students which helps teach “performance” and makes performing in front of others easier. Gymnastics students tend to be the 1st ones at school to volunteer to do things in front of the class as they have learned to “perform” which is going to help them throughout their lives.

Determination

Gymnastics builds determination. Some gymnastics skills are hard to master so the children learn determination in continuing to work hard even when things are tough. Such an important lesson.

Strength Development

Moving and lifting their bodies during gymnastics activities helps build upper body strength as well as leg strength. This helps the gymnast as well as the students who are also in other sports. Do you want a strong child? You have them in the right place.

Caring Teachers

Our gymnastics teachers care about EVERY student regardless of their potential. We KNOW that every child can learn a great deal by being involved in this incredible sport. Every child is important in our gymnastics classes.

DID YOU KNOW WE ALSO OFFER FIELD TRIPS? SCHOOL GROUPS, SCOUTING, CHURCH GROUPS, MOM'S CLUBS, ETC. BRING YOUR GROUP TO TWISTERS FOR AN HOUR OF FUN AND FITNESS!

CONTACT THE OFFICE FOR MORE INFORMATION AND TO SCHEDULE A FIELD TRIP FOR YOUR GROUP.

