

TWISTERS GYMNASTICS

January/February
2012



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Hiawatha, IA 5233

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Visit us online at:

www.iowatwisters.com

Upcoming Events

- ◆ Jan. 25 Open Gym
2:00-4:00
- ◆ Jan 27-29
Wisconsin Dells
Meet, Optionals
- ◆ Feb. 8 Open Gym
2:00-4:00
- ◆ Feb. 9-12 Chicago
Style Meet,
Optionals
- ◆ Feb. 17-19 Harley
Davidson Meet,
Milwaukee;
Optionals
- ◆ Feb. 25-26 IGN
Excel Meet,
Coralville
- ◆ March 10-11 Leap
Into Spring Excel
& Corridor Classics
Meets, Twisters

Happy New Year!

We hope everyone had a wonderful holiday season! Though we were closed for classes between Christmas and the New Year, there was no shortage of activities around the gym. We had a great turnout for our winter break camp and open gyms, and the kids sure seemed to enjoy themselves! Be on the lookout for similar activities coming this spring!

Winter Weather Policy

Twisters follows the Cedar Rapids School District for winter weather closings. When CR schools are delayed due to weather, morning classes will not be held. When there is a weather-related closing for the day, we will assess the weather and make a decision by 2 pm as to whether or not evening classes will be held. The voicemail will be updated at the time indicating whether classes will be held, so please call us at 393-5818 before heading to the gym! We will also post closings on KCRG TV9, and on our Facebook page:

<https://www.facebook.com/pages/Twisters-Gymnastics-Inc/119079238116015>

We do not prorate tuition for weather-related closings. Makeup classes are offered about once per month on Saturday afternoons for ages 3 and up. For Diaper Dynamos and Twist'n Tots classes, please check with the office.

Iowa State Meet Results

The Iowa State Compulsory Championships were held in December at Blackhawk Gymnastics in Waterloo. Twisters Level 4-6 teams had an impressive showing at the meet. The Level 4 team placed fourth, Level 5 placed fifth, and Level 6 placed second!

Many of the girls turned in top-three finishes in their age groups. State champions include:

Level 4

Hannah Maus, bars
Taylor Peterson, all-around
Leah Hendrickson, beam and floor
Bree Lewis, beam

Level 5

Tatum Burnhardt, vault
Emilee McGowan, bars, floor, and all-around
Natalie Averkamp, beam

Level 6

Allyson Steffensmeier, bars
Maddy Schuchmann, bars
Jenna Schwach, vault, bars, and all-around
Alexis Peterson, vault

Congratulations to all of our Level 4-6 girls on a great season!!

LEAP INTO SPRING MEETS

Twisters will hold its' annual Leap into Spring Invitational on March 10-11th. This promises to be a fun-filled weekend! The Xcel Competition Team will compete Saturday. Level 3 XCel gymnasts will compete in their first Corridor Classic meet on Sunday morning. We will hold our annual Mini Meet this weekend as well. The Mini Meet is open to all gymnasts in the Mini Twisters, Rising Stars, and Mighty Twisters classes, and gives the kids a chance to show off what they have been working on. More complete information will be sent home with the kids soon!

NEW EQUIPMENT!

You may not have noticed all the new fun equipment around the gym, but the kids sure have! We have recently purchased several new sets of bars to make our bar work more efficient and to allow for some new stations for working bar drills. We have also picked up quite a few new mats, both large and small, as well as a back handspring trainer (that's the red & yellow thing that is shaped a bit like a lemon). Best of all, we have finally received a new set of equipment for our toddler and preschool classes!

GYM NOTES

Gymnastics is a very active sport. For reasons involving the safety of both the athlete and instructor, as well as ease in participation, we have several rules regarding attire and grooming. Girls ages 5 and up are required to wear one-piece leotards. Skirts are discouraged because they can interfere with movement and make spotting difficult. Tights are allowed as long as they are footless. Boys and children under 5 years of age are to wear well-fitting (not baggy) shorts/pants and t-shirts. Clothing with snaps and zippers are not allowed as they can damage equipment. Jewelry, other than stud earrings, is also not to be worn in class. Girls whose hair is shoulder length or longer are REQUIRED to pull it back off the face and neck. If you should forget a ponytail holder, we usually keep some up in the office. Last but not least, BARE FEET are required. We appreciate your efforts in helping us ensure both the safety and comfort of your children!

THE IMPORTANCE OF STRENGTH TRAINING

Did you know that pound for pound gymnasts are the strongest athletes in the world? Strength is the most important aspect in becoming a successful gymnast. Our Twist'n Tornado, Mini Twisters, and Rising Stars classes are designed to keep the kids active with drills and stations which, along with introducing gymnastics skills, also build the strength necessary to accomplish more advanced skills in the future. As they progress through the levels, you may notice more time devoted to strength training. Spotting countless cartwheels is an exercise in futility if a child does not have the strength needed to hold up their own body weight to attempt the cartwheel in the first place! Our goal is to help build this strength so that the kids can reach their goals in the sport, along with having a good time doing it!

CHEER UPDATE

Congratulations to the Twisters Xtreme Cheerleaders on a 1st Place finish at CSG in Springfield, IL; 2nd Place at the Hawkeye Challenge in Des Moines, IA; and 1st Place at Stack the Stands in Cedar Rapids; IA. Great job ladies!!

**We will offer a recreational cheerleading class from February 2- March 8 (6 weeks) for girls ages 6-12 who are interested in learning the basics of cheerleading. This class will be offered Thursdays from 6:15-7:10. Sign up today! **

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.

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.

