



THE VICTORS

"Lifting Kids Up To Excellence!"

News you can use!

April 2009



What: The Victors Spirit Elite Christian All-Star Cheer Team Tryouts

When: Saturday, April 11, 2009 from 2:00-4:30 p.m. or Thursday, April 14, 2009 from 6:00-8:30 p.m.

Where: The Victors Gym

Who: Girls and boys ages 6 to 16

What: Tryouts are an essential part of our program, but they are nothing to stress about! Everyone who auditions will make a squad. The purpose for the tryout is to assess each cheerleader's current skill level to ensure accurate placement within a team. Placement will be by skill level and age group. We will not place all the higher-skilled "talent" on one squad.

Price: Tryout package fees are \$65.00. Package includes t-shirt/tank top, skort, devotional, and judging fees.



Quote of the Month

"One man can be a crucial ingredient on a team, but one man cannot make a team." --Kareem Abdul-Jabbar, NBA Center

Victors 1st Annual Easter Egg Hunt!



Victors will be hosting its 1st annual Easter Egg Hunt during Open Gym on Friday April 10th. This event is open to all children ages 6 & up. For this special event, the cost of participation will be \$12 for members and \$15 for non-members. This will include participation in the Easter Egg Hunt as well as Open Gym. All participants are guaranteed to leave with plenty of goodies! Top prizes will be awarded to those who find the "special" eggs!

Schedule for Easter Egg Hunt Open Gym:

6:30-6:50 - Participants search for eggs

6:50-6:55 - Participants open eggs to uncover treats

6:55-7:00 - Special prizes are given out

7:00-8:00 - Regular Open Gym

Coming up...

On May 30-31, 2009 The Victors Gymnastics and Cheerleading Training Center will be hosting the New York State Level 6 Championships. This is a big event for our gym, as hundreds of gymnasts from all over New York State will be participating in this competition. There is a lot of planning involved when hosting a competition of this size, so we are looking for volunteers to become part of our planning committee! If you are interested, please let Mary Kaye or Sue know at the front desk. Thank you in advance for your help!

Reminder:

There are only a couple of weeks left to secure your child's spot in our April Break Camp. The camp will take place April 20-24, 2009 at The Victors Gym. We are offering a half-day option from 9:00 a.m.-12:00 p.m. or a full-day option from 9:00 a.m.-3:00 p.m. Children 3 years old and up (members and non-members) are welcome to participate. Mini-campers ages 3-4 are eligible for the half-day option only. Camp activities will include gymnastics, music, arts & crafts, organized games, movie time, open gym and more! Full-day campers are asked to bring a healthy lunch. Please inquire at the front desk if you would like more information about the camp!

Spring Break Camp
at
Victors Gymnastics

Competition Results

Lucky Stars Invitational

The Victors Gymnastics Team of Greece competed in the Lucky Stars Invitational hosted by Stroup's Gymnastics, March 13 – 15 in Jamestown, NY. **The Victors' Team placed first overall in the Level 4 team competition and third overall in the Level 5 and Level 7 team competitions.**

In the Level 4, 8 year old Age Division **Renee Vito** of Greece placed second on floor exercise. In the 10 year old Age Division **Megan Nugent** of Greece placed first on the uneven bars, first on balance beam, second on floor exercise, and first in the all-around. **Ariana DiNato** of Greece placed first on floor exercise and third on the uneven bars. In the 11 & older Age Division **Celia Forster** of Irondequoit placed first on vault, first on the uneven bars, second on floor exercise and second in the all-around. **Dana Cowley** of Greece placed first on the balance beam.

In the Level 5, 11 year old Age Division **Sydney Phelan** of Greece placed first on vault, first on the uneven bars, first on balance beam and first in the all-around.

Taylor Haude of Greece placed second on the balance beam. In the 12 & old Age Division **Taylor Hoehn** of Irondequoit placed first on the uneven bars, second on floor exercise, and second in the all-around. **Erica Mason** of Greece placed first on floor exercise. **Deanna May** of Greece placed second on balance beam and third in the all-around. **Talia Smith** of Gates placed third on floor exercise.

In the Level 6, 13 year old Age Division **Carly Willmes** of Webster placed second on vault. In the 14 & old Age Division **Allissa Carter** of Greece placed first on floor exercise and third in the all-around.

In the Level 7, 15 & old Age Division **Mariah Burkhard** of Churchville placed first on vault, first on the balance beam, second on floor exercise and second in the all-around. **Reginna Lombardo** of Greece placed third on vault.

In the Level 8 13 – 14 year old Age Division **Julia Perry** of Greece placed third on floor exercise.

In the Level 9 15 & older Age Division **Stasi Ozminkowski** of Greece placed second on the uneven bars.



New York State Level 9 Championships

The Victors Gymnastics Team of Greece competed in the 2009 USAG New York State Level 9 Championships hosted by the Sports, Fitness & Fun March 29 in Florida, NY.

Stasi Ozminkowski of Greece qualified to represent New York State on the Level 9 Regional Team and will compete at the Region VI Championships to be held on April 18-19 in Danvers, Massachusetts.

In the 17 and older Age Division Stasi placed fifth on the uneven bars and seventh on floor exercise.

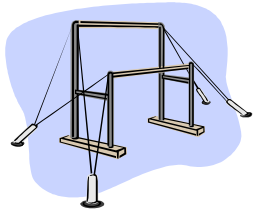
For complete results, scores, places and press release pictures from all of the team competitions, please visit www.thevictorsgym.com.

Learning the Events

Uneven Bars

Often a crowd favorite, the uneven bars demand excellent upper-body strength, split-second timing and an aggressive approach.

The entire routine should flow from one movement to the next without pauses, extra swings or additional supports. The most daring parts of the routine are often in the high-flying release moves and dismounts. Release moves can go from low bar to high bar, from high bar to low bar, or from releasing one bar and re-grasping the same bar. Many gymnasts also use pirouetting into release moves to earn a high difficulty value. Exact handstand positions are expected with large deductions for even minor deviations.



This event is difficult because:

It requires courage and precision to be able to release and re-grasp the bars. Perfect form, straight body lines in the vertical position and a stuck landing are essential to performing well.

Retrieved from www.usa-gymnastics.org

Important Dates to Remember:

1st Annual Easter Egg Hunt: April 11

The Victors Spirit Elite All-Star Tryouts: April 11 & 14

April Break Camp: April 20-24

Session 5 Begins: May 11

Memorial Day (NO CLASSES): May 25

Level 6 State Championship at Victors: May 30-31

Message from the Director:

What is the value of a Victors Gym membership?

Victors \$35 annual registration fee buys your child membership in The Victors Gymnastics program for one year, but what is it really worth? First, only members can participate in regularly scheduled classes throughout the year. It is true that a large portion of that fee pays the insurance coverage necessary for your child to participate in our program. But more than that, Victors' members get discounted rates for birthday parties, open gym and private lessons. Through our *Customer Loyalty Program* members can also earn up to \$75 towards their tuition fees by sponsoring a friend to become a new member. *(If you weren't aware of this benefit, please visit our website or talk to Mary Kaye or Sue at the front desk.)*

I can go on and on about the dollar value of our discounts, but as a gym owner my heart's desire is to offer so much more to our students and their parents. What is important to most parents is that their child is having fun! In addition, parents want their child to gain confidence, a positive self-image, and be disciplined or self controlled. They want their child to gain a sense of accomplishment and excitement towards being challenged and achieving goals. Finally, parents want their kids to be physically fit and develop strength, flexibility, grace, agility and speed. All these are essential to good gymnastics, but they also are great foundations for other supports like cheerleading, soccer, football, swimming, diving, track, volleyball and most other sports.

Over the past 10 years I've seen many children who started in our program with little or no confidence, reluctant to even try for fear of failure, and a poor self-image. A year or two later those same kids can't wait to get to gymnastics, they are trying and accomplishing skills they and their parents never dreamed they would be doing. These same kids are confident, but not cocky; they are disciplined, but not robots; and they are happy, healthy kids! As the old MasterCard commercial says: Victors registration fee – \$35, happy, healthy, confident kids – **PRICELESS!**

All of us at the Victors wish you and your family a happy and blessed Easter season.