



THE VICTORS

"Lifting Kids Up To Excellence!"

News you can use!

March 2009

Message from the Director:

Making a Difference!

Some who have surfed through the pages of our website may have come across our Teaching Principles. These principles are what I believe in and are what I have learned work best in making a positive difference. During staff orientation and training we discuss and impress upon our staff the importance of following these principles. This month I thought that it would be worth taking a moment to share them with you.

- **Unconditional Respect** for others; respect begets respect.
- **Keep the Kids Safe**; expect the unexpected. Anticipate and take action to prevent potential accidents before, during and after class. You are responsible for the well-being of your students from the time parents drop them off, till the time they are picked up.
- **Clearly Communicate Expectations**; don't make assumptions. Repeat everything as many times as needed. Verify students are not only hearing, but also listening and comprehending.
- **Catch Kids Doing Something Right**; everyone likes to be praised!
- **Discipline with Natural Consequences**; be firm and consistent. Make kids accountable for their actions. Never discipline a child out of anger.
- **Be Enthusiastic**; enthusiasm must be who you are! It's not a function of how you feel or the circumstances you face at any given time. Students who are enthusiastic have enthusiastic instructors.

- **Daily Challenges**; design challenges into our daily lesson plans.
- **Daily Successes**; design successes into our daily lesson plans.
- **Perpetual Motion**; kids like to keep moving. Parents like to see their kids active and moving.
- **Creativity, Variety & Fun**; most of all kids want to have fun! Fun is why they come to our gym. Design creativity and variety into our lesson plans and fun will be the bi-product. Use others as resources to get new and different ideas.
- **Love, Empathy & Compassion**; remember the student you are teaching is someone's precious daughter or son.

Everyone wants to make a difference. Very few would argue that at Victors our goal is to make a positive difference for the kids we teach. But what about your daughter or son? Are these or similar teaching principles being reinforced in other aspects of their lives? What about at school? How about the other activities or sports they are involved in? Although we may not have control over all these activities; most importantly, as parents we are responsible for the way we teach our children at home. And that can make all the difference!



Spring Break Camp

at
Victors Gymnastics

When: April 20-24, 2009
Half-day Option: 9 am-12 pm; Full-day Option:
9 am-3 pm

Where: The Victors Gym

Who: Children 3 years old and up. Members and non-members are welcome. No previous experience is required. Mini-campers ages 3-4 are eligible for the ½ day option only.

What: This 5-day event is guaranteed to be a fun and active way for your child to spend their April break. Camp activities include gymnastics, music, arts & crafts, organized games, movie time, open gym and more! Full-day campers are asked to bring a healthy lunch.

Prices:

Half-day Option: \$110 per week or \$25 per day
Full-day Option: \$175 per week or \$40 per day
Early drop-off (starting at 8:00 am): \$25 per week or \$5 per day
Late pick-up (until 5:00): \$50 per week or \$10 per day



Important Dates to Remember:

Spring 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

Competition Results

New York Early State Championships:

The Victors Gymnastics Team of Greece competed in the New York Early Season State Championships hosted by Valley Gymnastics, January 31 – February 1 in New Hartford, New York. **Team Victors crowned 11 new state champions in levels 4, 5, 6 and 7.**

In the Level 4, 7 - 8 year old Age Division **Renee Vito** of Greece placed first on vault, second on uneven bars, and third in the all-around. In the 9 - 10 year old Age Division **Megan Nugent** of Greece placed first on floor exercise and all-around, and second on balance beam. In the 11 & older Age Division **Celia Forster** of Irondequoit placed first on vault, and third on the uneven bars, balance beam and all-around.

In the Level 5, 11 - 12 year old Age Division **Sydney Phelan** of Greece placed third on vault. In the 13 and old Age Division **Taylor Hoehn** of Irondequoit placed first on the uneven bars and balance beam, and second in the all-around. **Erica Mason** of Greece placed first on floor exercise. **Miranda Morris** of Irondequoit placed second on vault and balance beam, and third in the all-around. **Deanna May** of Greece placed third on vault.

In the Level 6, 12 and old Age Division **Carly Willmes** of Webster placed first on vault. **Allissa Carter** of Greece placed third on floor exercise.

In the Level 7, 13 and old Age Division **Mariah Burkhard** of Churchville placed first on the balance beam, floor exercise and all-around. **Reginna Lombardo** of Greece placed third in the all-around.

I Love NY Cup Invitational:

The Victors Gymnastics Team of Greece competed in the I Love New York Cup hosted by Southern Tier Gymnastics, February 6 – 8 in Binghamton, NY. **The Victors' Team placed second overall in the Level 4 large team competition and third overall in the Level 8 large team competition.**

In the Level 4, 8 year old Age Division **Renee Vito** of Greece placed first on balance beam and all-around, and second on uneven bars.

In the 10 - 11 year old Age Division **Megan Nugent** of Greece placed first in the all-around, second on vault and balance beam, and third on floor exercise. **Ariana DiNato** of Greece placed first on the uneven bars and second on floor exercise. **Dana Cowley** of Greece placed first on vault.

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

In the 12 and old Age Division **Talia Smith** of Gates placed first on vault.

In the Level 6, 12 and older Age Division **Carly Willmes** of Webster placed first on vault.

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

In the Level 8, 13 – 14 year old Age Division **Julia Perry** of Greece placed first on vault, floor exercise and all-around, and second on the uneven bars. **Rachael Marinaccio** of Webster placed first on the uneven bars and second on floor exercise.

Coaches Classic:

The Victors Gymnastics Team of Greece competed in the New York State Coaches Classic hosted by Gymnastics Connection 2, March 1 in East Syracuse, NY. **The Victors' Team placed first overall in the Level 8 team competition.**

In the Level 8, 13 – 14 year old Age Division **Julia Perry** of Greece placed first on the balance beam, floor exercise and all-around. **Rachael Marinaccio** of Webster placed first on the uneven bars, third on floor exercise, and third in the all-around. **Andrea Barberia** of Greece placed second on the uneven bars. In the 15 and older Age Division **Brittany Curreri** of Greece placed second on the uneven bars, floor exercise and all-around, and third on the balance beam and vault. **Valerie Newland** of Geneva placed second on the balance beam.

In the Level 9, Senior Age Division **Stasi Ozminkowski** of Greece placed first on floor exercise, second on the uneven bars and all-around, and third on vault. **Emily Hoogesteger** of Ontario placed third on the uneven bars.

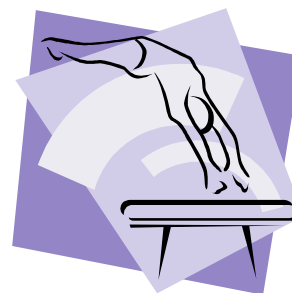


Learning the Events...

Vault

Gymnasts perform complicated vaults in different body positions, such as tucked, piked or stretched. The best vaulters are explosive off the springboard, as well as when pushing off the table.

Judges watch for proper body alignment, form, quick repulsion, the height and distance traveled, as well as the number of saltos and twists. Generally, the more saltos and twists, the higher the difficulty value of the vault. In addition, gymnasts should "stick" their landings by taking no extra steps.



This event is difficult because:

The entire performance happens very quickly. The gymnast must stay intensely focused and be prepared for the ground when it is time to land. Speed, power and spatial awareness are essential to performing high-level vaults correctly.

Retrieved from www.usa-gymnastics.org

Quote of the Month:

"There is no glory in practice, but without practice there is no glory."