



# THE VICTORS

"Lifting Kids Up To Excellence!"

## News you can use!

May 2009

## 8th Annual Kids Classic

**Where:** Victors Gymnastics  
675 Ling Rd. in Greece

**When:** Saturday, June 20, 2009

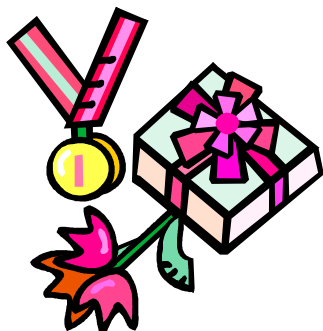
**Time:** 2:30-5:30 p.m.

**What:** A gymnastics meet for up and coming gymnastics class kids

**Who:** Girls Recreational and Developmental class levels (Pre-level 1 through Level 3)

**Registration:** \$30.00 per gymnast includes participation, certificate, awards, and a goody bag! Registration forms are available at the front desk.

**Deadline:** Saturday, May 23



## Victors Gym Top 10

Reasons why you should sign up for summer classes and camps!



1. We offer summer camps that will coincide with soccer/softball schedules!
2. Anyone who signs up for a summer camp or class will receive half off Open Gyms for the ENTIRE summer! (A \$32 value)
3. Special prizes will be given out every week for the entire summer. Prizes will include free t-shirts, free open gyms, tickets to special events & more!
4. Summer classes are typically smaller in size; therefore, your child will receive even more one-on-one attention!
5. Attending classes/camps over the summer helps kids to maintain their gymnastics skills.
6. Kids who attend gymnastics classes year-long are more likely to advance to higher levels than kids who take a break over the summer.
7. Attending camps over the summer is an excellent opportunity to make new friends!
8. Camps will include activities other than gymnastics such as games, crafts, dancing, movies, and outdoor fun!
9. All three of our camps will be Disney theme...and who doesn't love Disney?!
10. We offer both full and half day camps!

## Competition Results

### Spring Fling Invitational

The Victors Gymnastics Team of Greece competed in the Spring Fling Invitational hosted by Elmira Gymnastics, April 4 – 5 in Elmira, NY. **The Victors' Team placed first overall in the Level 4 team competition.**

#### Level 4

In the 9 year old Age Division **McKenzie Schultz** of Spencerport placed second on vault, balance beam, and in the all-around. **Chloe Ciravola** of Greece placed second on the uneven bars. In the 10 year old Age Division **Megan Nugent** of Greece placed first on floor exercise and the all-around, second on vault and uneven bars, and third on balance beam. **Ariana DiNato** of Greece placed first on the uneven bars, second on floor exercise and third in the all-around. In the 11 & older Age Division **Dana Cowley** of Greece placed first on the balance beam and third in the all-around. **Kelly Urban** of Greece placed second on the uneven bars and third on balance beam.

#### Level 5

In the 13 & older Age Division **Miranda Morris** of Irondequoit placed second in the all-around, and third on vault, uneven bars and balance beam. **Talia Smith** of Gates placed second on vault. **Taylor Hoehn** of Irondequoit placed second on the uneven bars. **Erica Mason** of Greece placed second on floor exercise.

#### Level 6

In the 13 year & older old Age Division **Carly Willmes** of Webster placed first on vault. **Allissa Carter** of Greece placed second on floor exercise.

#### Level 7

In the 15 & older Age Division **Mariah Burkhard** of Churchville placed first the balance beam and first in the all-around.

### New York State Level 7 Championships

The Victors Gymnastics Team of Greece competed in the New York Level 7 State Championships hosted by Galaxy Gymnastics, April 25 – 26 in Orangeburg, New York.

In the 15 and older Age Division **Mariah Burkhard** of Churchville placed second on vault and was crowned the State Champion on the floor exercise for the seventh time in four years. Mariah's streak dates back to 2006, when she won both the early and late season state championships on floor exercise as a level 5 gymnast. In 2007, she won the level 6 early season states. In 2008 and 2009, Mariah won both early and late season states as a level 7. Congratulations Mariah!



### Coming up...

As of February 2009, The Victors Gymnastics and Cheerleading Training Center has been open and running for 10 years! To celebrate, the Victors' staff would like to invite all current members to join us on Saturday July 11, 2009 for a picnic and Red Wings game at Frontier Field! Mark your calendars now; more information will follow shortly!



## Learning the Events

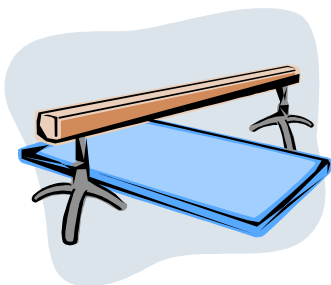
### **Balance Beam**

Just four inches wide, the balance beam challenges gymnasts because they must execute routines that give the impression that they are performing on the floor. The world's best seem to "attack" the beam and are very confident while demonstrating excellent height, flexibility and power.

The beam routine may not exceed 90 seconds and must cover the entire length of the beam. Gymnasts must use acrobatic and dance movements to create high points or peaks in the exercise, consisting of two or more elements performed in a series.

An example of an acrobatic series is a back handspring to a back salto. A gymnastics series might consist of a turn followed by a split jump.

Gymnasts also complete several requirements other than the acrobatic and gymnastics series. For example, she must complete a turn of at least 360 degrees on one foot and she also must perform a leap or jump with 180 degrees forward split of the legs. If a gymnast does not successfully complete one of the several requirements, a deduction is taken.



### **This event is difficult because:**

It takes courage and concentration to perform difficult tumbling and dance skills on the thin beam. Gymnasts often dread the event because a fall off the apparatus means a 1.00 deduction.

Retrieved from [www.usa-gymnastics.org](http://www.usa-gymnastics.org)

## Message from the Director:

I would like to simply say thank you to all our great customers, their kids and families, our staff and the many people it takes to make a program this size work. Thank you for your continued support and for sharing your kids with us. It is our pleasure to serve you and to make your experience at Victors positive, and the time and money you spend the best value possible. If there is anything we can do to make it better, thanks in advance for letting us know!

The word "Thanks" is written in a colorful, bubbly font. The letter 'h' is brown and shaped like a hand holding a pencil, with green lines indicating motion. The other letters are purple and pink.

The word "Gracias" is written in a blue, serif font. The letter 'G' is large and contains a small globe of the Earth. The text is framed by green decorative flourishes.

The word "Merci" is written in a blue, elegant cursive script.

The word "Grazie" is written in a blue, cursive script. Above the text is a pink rose with green leaves on a stem.

The words "Thank You!" are written in a green, cursive script. To the right of the text is a bouquet of white flowers with green leaves.