



# THE VICTORS

"Lifting Kids Up To Excellence!"

## News you can use!

February 2009

### Message from the Director

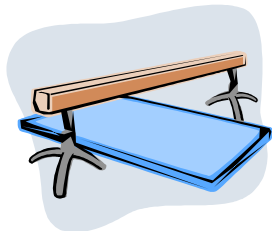
#### Are gymnastics classes a good value?

In February 2009 Victors Gymnastics will celebrate its 10th year in business. Looking back on the years, and all that has been accomplished, I asked myself, "are gymnastics classes a good value?" If I choose to consider price alone, a comparison of some basic items that we are all familiar with shows price increases of 41% up to 150% over the past 10 years. During the same time, a basic 8-week session of gymnastics instruction at Victors has increased less than half as much as these and many of the items we purchase. But that is only a small part of the story!

	1999	2009	Increase
Medical Insurance Premiums	\$6K	\$15K	150%
Dozen eggs	\$0.90	\$1.80	100%
Gallon of gas	\$1.15	\$1.90	65%
Loaf of bread	\$0.88	\$1.40	59%
Gallon of milk	\$2.69	\$3.79	41%
Basic 8-week gymnastics class (at Victors Gymnastics)	\$75	\$90	20%

Data based on U.S average prices.

The Victors Gymnastics is committed to providing an opportunity for all children to receive sound physical, mental and moral development through professional gymnastics and cheerleading instruction. What this means to us is, your child is cared for in a safe, positive, and encouraging environment; where learning respect and patience are as important as learning a cartwheel or a back handspring. Where honesty, integrity and teamwork are the way we learn to succeed, and are never compromised in order to win. Victors will continue to strive to provide our customers the best programs, facilities and instruction available; in doing so it is our hope that we also provide an even greater value; peace of mind knowing that the values we instill in your child are good for life and a lifetime. Now that's good value! May God's favor be and remain with you and your family.



### Advancing Through the Levels

Would you like to see your child advance through the levels at Victors? Does your child have aspirations to be a competitive gymnast someday? If you answered "yes" to either of these questions, then we would like to help make that happen! The more days and classes your child attends, the quicker he/she will advance through the recreational levels. Think of it this way; if you wanted to get in shape or lose weight, the best way to do that would be to work out more than once a week. Right? Well in order to master gymnastics skills and progress more quickly, it is best to attend gymnastics classes more than once a week. Victors offers several options for your child to attend multiple classes each week! For more information regarding multiple classes, please inquire at the front desk.

## February Break Camp

**When:** February 16-20, 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 February 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.

**Price:** 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

**\*\*Registration deadline is Thursday, February 12. All registrations will be accepted on a first-come, first-serve basis and will be limited to the first 30 paid students. A minimum of 10 students per day is required for Victors to provide this camp program.**

## Important Dates to Remember

Valentine's Classic: February 7

February Break Camps: February 16-20

Info for Summer classes available: March 1

Session 4 begins: March 9

Bring-A-Friend Week: March 23-28



## Competition Results

### *Leatherstocking Invitational:*

The Victors Gymnastics Team of Greece competed in the Leatherstocking Invitational hosted by Valley Gymnastics, January 17-18 in Utica, NY. The Victors' Team placed second overall in the Level 8 team competition and third overall in the Level 4, Level 5 and Level 6 team competitions.

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

In the Level 5, 7 - 9 year old Age Division **Shannon Coffaro** of Rochester placed second on the uneven bars and tied for second on vault. In the 10 - 11 year old Age Division **Sydney Phelan** of Greece placed first on vault. In the 12 and old Age Division **Taylor Hoehn** of Irondequoit placed first on the uneven bars, second on balance beam, and first in the all-around. **Erica Mason** of Greece tied for first on floor exercise.

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

In the Level 7, 13 and old Age Division **Sarah ten Broeke** of Greece placed first on the balance beam.

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

In the Level 9, Senior Age Division **Stasi Ozminkowski** of Greece placed third on vault.

For complete results, scores, places and press release pictures from all of the team competitions, please visit [www.thevictorsgym.com](http://www.thevictorsgym.com).



## Bring-A-Friend Week

During Week 3 of Session 4; March 23-28, 2009, Victors Gymnastics will be offering all members in recreational and developmental gymnastics classes an opportunity to bring a friend to their gymnastics class...for free! Any student who brings a friend will receive a free open gym coupon; an \$8 value! If your child's friend signs up for an 8-week session at Victors, they will receive \$10 off the annual registration fee and an open gym coupon. Your child will receive a \$10 referral credit towards their next session's tuition! If your child is interested in participating in our first annual Bring-A-Friend week, please register at the front desk by March 16<sup>th</sup>.

## Quote of the Month

*"A coach is someone who always makes you do what you don't want to do, so you can be who you've always wanted to be."*



## Girls, you know you're a Gymnast when...

1. You are on your hands as much as your feet.
2. You hear football players complaining of "turf toe" and laugh at the simplicity of their foot problems.
3. You call your dad "Coach" and your coach "Dad" on a regular basis.
4. You use your swing set to practice your bar routine.
5. You use chalk more often than soap.
6. You start counting in school, "And one and two and three and four."
7. You can beat all the boys doing chin-ups, push-ups and sit-ups.