

The All-Around

November, 2018

FESTIVAL OF TREES

Salute Gymnastics will be participating in the Festival of Trees again this year. Over the next couple of weeks, I will be taking pictures of each gymnast and putting them on their own ornament to display on the tree. I will also be taking a class picture of each group. The tree will be on display at Catholic Parish Center, 105 East 5th St, Atlantic, at the following times from Thursday, November 29th through Sunday, December 2nd (Thursday 10am-7pm, Friday 10am-6pm, Saturday 10am-7pm, and Sunday 10am-3pm). Admission is a free will donation and the Festival benefits the American Cancer Society.



GOOD LUCK TO OUR COMPETITIVE TEAM

The competitive team kicks off their meet season on November 17-18th at the Games in Ames meet. The 46 members of the team have been working really hard on their routines and finally get to show off what they have been working on since August. Wish the team luck and cheer them on this season! Upcoming meets include Chow's Winter Classic Jan. 18-20th in Des Moines; Blizzard Beach in Cedar Rapids Jan. 25-27.

NEW SHIRT OPTIONS COMING SOON

We are soon going to have new shirt, long sleeved t's, and sweatshirt options for you to purchase, especially for the upcoming holiday season. I am working with Christa Wessling with shirt options that you will be able to pick the style of shirt, design you want with color options, and will be made to order. Prices will vary depending on shirt and designs. Check out the pro-shop for details soon!



THANKSGIVING: The gym will be closed Thursday, November 22nd for Thanksgiving. If your class meets at this time, you will need to contact Teresa to reschedule your class.

OPEN GYM SCHEDULE

Open gyms this month will be on November 3rd and 17th from 10:00-11:00 AM. Open gyms are available to all kids and will give your gymnasts time to work on their gymnastics skills or have fun for an hour. There is a \$5.00 fee for Salute gymnasts and \$8.00 for non-members.

ADVOCARE

Check out www.advocare.com/180813081 or talk with Teresa for your health and fitness needs. If you are looking to properly rehydrate after a workout, need an energy boost, wanting to trim a few pounds, build muscle, or just generally feel better and develop a healthier lifestyle, Advocare has what you need. Teresa can verify Advocare's effectiveness as it has helped her become more fit, lose weight, and feel better. If you would like a free sample of Spark or Rehydrate, please let us know.

Contact us now about a birthday party at Salute Gymnastics!
Salutegymnastics@gmail.com or 712-254-9011