

The All-Around

April 2019

USA XCEL STATE CHAMPIONSHIPS



Congratulations to the team for competing in the State Championships in Cedar Rapids this month. Salute gymnasts brought home 21 top three awards highlighted by Kaitlyn Hickman winning the all-around state championship for her age group. The Bronze Level Team also tied for 6th place as a team amongst 22 teams competing.



Thirty-five gymnasts also achieved a qualifying score at the state meet to qualify for the Region 4 Championships. Twenty-two have elected to compete in the Region 4 Championships held in Minneapolis, MN April 26th-28th. These gymnasts will compete against the top Xcel gymnasts from Iowa, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, and Wisconsin. Please wish your fellow gymnasts good luck in this exciting event.

CHANGE OF SCHEDULE – CLOSED THURSDAY, APRIL 25TH

The competitive team will be heading to the Region 4 Championship meet in Minneapolis, MN from April 26-28. Due to competition beginning on Friday, April 26th, Salute will be closed on Thursday, April 25th. If your class is normally scheduled on this day, please email Teresa about rescheduling your child. The Parent-n-Tot class will be held on Monday from 4:30pm-5:00pm. The Tumble Kids class will only be on Tuesday from 4:30-5:30pm. Sorry for any inconvenience, but this is a great opportunity for these team kids. Cheer them on and wish them luck as they travel to Regionals!

NEW TEAM MEMBERS

With the competition season winding down at the end of April, Salute Gymnastics is beginning the process of finding new members for next year's competitive team. If your child is interested in being on the team, please let Teresa or Jeremy know to get them on the watch list. You can notify us in person or via email. Please let us know which class they normally attend as well. We will be looking for kids to join the team that display the right characteristics for the team including a good work ethic, positive attitude, coachable, and ability to complete needed skills.

NOTICE – NEW POLICY ON USE OF HAIR TIES

Children with long hair must have their hair pulled back to take part in gymnastics classes. This is a safety issue as the gymnast must have their hair out of their face. Previously we have given out hair ties to children that did not have their hair pulled back. We were giving out multiple hair ties on a daily basis and many were to the same children each week.

Effective April 1st, **WE WILL NO LONGER PROVIDE FREE HAIR TIES.** If your child shows up to classes without their hair pulled up, they will be charged \$1.00 for a hair tie to keep their hair up. Thank you for understanding.

OPEN GYM SCHEDULE

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. Dates for April will be April 6th & 13th.

ADVOCARE PRODUCTS

As we get to the spring and summer months, don't forget you can get your AdvoCare products through Salute Gymnastics. AdvoCare offers five lines of safe and effective products that support weight loss, sports nutrition, and energy. Each line is tailored to fit the needs of customers based on nutrition and wellness goals. Contact Teresa or visit www.advocare.com/180813081 for more information.

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