

The All-Around

April 2022

TEAM COMPETITIVE SEASON

The Competition Team is approaching the end of their season. The girls are preparing for the state meet that will take place in Sioux City April 8-10th. The gymnasts will have a chance to qualify for Regionals in Milwaukee, WI April 29-May 1st. The Regional Meet is open to Silver, Gold, Platinum, and Diamond level gymnasts this year. Wish them luck as they head to the State Meet! We are all so proud of our Xcel Team gymnasts and are happy to have them represent us in Sioux City.



TEAM TRYOUTS

We will be having competition team tryouts for new members after the conclusion of our season (last meet is April 29-May 1st). More information on exact dates will be in the next newsletter. We are looking at having tryouts in the May/June time frame. Anyone is welcome to try out for the team.

HOUSEKEEPING ITEMS

As you send your kiddos to classes at the gym, please remember that kids need to have a hair tie to keep their hair out of their face. We have had many kids showing up with their hair not pulled into a ponytail. ALL long hair needs to be pulled back. Even if hair is shorter, if it goes in their face while moving around, it needs to be pulled back.

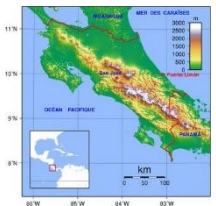
If you are planning on being absent from the gym (due to sickness, appointment, conflict of schedule, other sport, etc.), please notify the gym either in your Jackrabbit account or through email. Participants can make up their missed classes as long as we are notified prior to the missed class. If you are going to be gone longer than a class or two, please notify Teresa. We understand that schedules get busy, but we appreciate the advanced notice.

CANNED FOOD DRIVE HELP

We have been asked by the Atlantic High School group that will travel to Costa Rica this summer to help with their fundraising efforts. Starting on April 4th, a box will be at the front of the gym to collect canned food and nonperishable food items. We will help collect food items from April 4th through April 21st. All items will be delivered to the school on April 22nd for the high schoolers to be scanned in and then will be donated to the food pantry in Atlantic.



Any help would be greatly appreciated to help our high school students and the food pantry of Atlantic.



SQUAD LOCKER

As we draw closer to warmer temperatures, don't forget to rock Salute Gymnastics and check out squad locker for t-shirts, tank tops, and shorts for spring. There are also a selection of baseball caps and bucket hats available. If there is something you would like and don't see, let Teresa know to see about adding it to Squadlocker. Just go to www.squadlocker.com and search Salute Gymnastics. All items will ship directly to you and the store is open 24/7. A portion of your order will help to fundraise for our organization.

OPEN GYM SCHEDULE

We will have open gyms for the first time in a while, on **Sunday, April 3rd from 1-2pm** and on **Saturday, April 16th at 10-11am**. The cost is \$5 per person for members \$8 for non-members and anyone is welcome to attend.

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