

The All-Around

January 2020

RECREATIONAL SKILLS CHECKLIST

Starting this January, skills checklists will be posted for the recreational classes. This will allow our recreational gymnasts to see exactly how much they've gained from classes, while also providing goals for them to continue improving. As gymnasts attain a new skill, they will check it off on the checklist with a sticker of achievement at the end of each practice.



RECREATIONAL SHOWCASE

In addition to the skills checklist, recreational gymnasts will also begin learning routines on each apparatus. This spring we will bring back the Salute Showcase. The Showcase will be an opportunity for family and friends to come watch and cheer on their gymnasts. Gymnasts will perform the routines including the various skills they've learned in class, similar to what the team does at a competition. The Showcase will also be an excellent opportunity for gymnasts that want to join the competitive team to show off what they are capable of doing. More information on the Showcase will be coming.

TEAM COMPETITIONS

The competitive team had a great start to 2020 at the Cahoy's Cornhusker Classic in Council Bluffs January 4th. Salute's Silver, Gold, and Platinum Level teams each won 1st Place team awards, with the Bronze Level team taking 2nd Place. Their hard work is really starting to show. Good luck to all team members for the rest of this season!!

Upcoming Meets:

Jan. 17-19	Chow's Winter Classic, Des Moines, IA
Jan. 25-26	Blizzard Beach, Cedar Rapids, IA
Jan. 31-Feb. 2	River City, Council Bluffs, IA
Feb. 8-9	Dream of Spring, Storm Lake, IA
Feb. 14-16	Omaha Invite, Papillion, NE
Feb. 21-23	Winter Wonderland, Cedar Rapids, IA
Feb. 28-Mar. 1	Mardi Gras, Urbandale, IA
March 13-15	Gold & Platinum State Meet, Grimes, IA
March 20-22	Bronze & Silver State Meet, Waverly, IA
April 24-26	Xcel Regionals, Madison, WI



OPEN GYM SCHEDULE

We will only have one open gym on Saturday, January 11^h from 10:00-11:00, due to meet schedules for January. 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.

GYM REMINDERS

- Girls or boys with longer hair need to have their hair pulled back during practice for safety purposes. Even shoulder length needs to be pulled away from their face. Please remember to send your kids to practice with a hair tie or their hair already pulled back.
- When making a payment, please remember to write your child's name on the memo line of the check. This will help us make sure the correct account is credited. Also, if the check is different amount than a normal class tuition payment, please write on the memo line what the check is covering.

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