



# Dynamic Dailies



Volume 1, Issue 5

January 2015

We're on the web!  
dynamicathleticcenter  
.org



## Inside this issue:

Flip Fest 2015	1
Flip Fest—Schedule	1
Year-End Show	2
Dates to Note	2
Recreational Classes	2
Life-Skills from Gym	2
Hot Shots/Xcel Team Talk	3
Preschool Gym and A.L.L. Preschool News	3
“DYNA” MITE	4
Martin Luther King, Jr. Trivia	4

This weekend, we have the amazing opportunity to host teams from 4 different states from January 16-18th at our annual home meet, FLIP FEST! Whether you have a child in gymnastics, dance, cheer, or on team, you can get involved in this amazing event! Due to unexpected construction delays at the new gym, this year, Flip Fest will be held at the Spokane County Fair and Expo Center, which is a fantastic venue for us: centrally located, huge space, and free parking! This is also shaping up to be our largest meet yet with over 500 athletes!

We are excited, and **we need your help!** There are many ways to help with this event: set up or tear down equipment, time events, ticket sales, flower and raffle sales, pro-shop, assist with hospitality, run music, donate raffle baskets, or sign your sports oriented or family friendly business up to be represented as a vendor. If you know of a group of strong athletes (not competing that weekend) who can help unload and load the trucks, that would also be helpful! All volunteers also get free admission for the weekend! It's a win-win: serve the Dynamic Community AND watch amazing gymnastics for free! There will be a **volunteer notebook at the front desk to sign up in**, so do so quickly as it is first-come first-serve. You can contact our meet director, Kelly Conley, at [kellyconley@comcast.net](mailto:kellyconley@comcast.net) if you have specific meet questions, or you can contact the volunteer coordinator, Abby Leman, at [jamabbys@gmail.com](mailto:jamabbys@gmail.com) if you have volunteering questions. Find more info at [www.flipfest.org](http://www.flipfest.org).

## TAKE NOTE:

- \* 4th and Final TEAM Payment is due today- January 15th!
- \* Don't forget to book your Winter Birthday Parties with us!
- \* OPEN GYM is on Saturdays!
- \* Coming Next Month— Meet Results from our Boys, Girls, and Xcel teams!

Session	Day	Level	Warm Up	March In	Awards
1	Friday	Boys L4-5	4:00pm	4:20pm	6:00pm
2	Friday	Boys L6-10	6:00pm	6:20pm	9:00pm
3	Saturday	Level 4	8:00am	8:20am	12:00pm
4	Saturday	Levels 5, 6, 7	12:00pm	12:20pm	4:00pm
5	Saturday	Levels 8, 9, 10	4:00pm	4:20pm	6:00pm
6	Saturday	Gold, Platinum, Diamond Xcel	6:00pm	6:20pm	8:30pm
7	Sunday	Level 3	8:00am	8:20am	12:00pm
8	Sunday	Pre-Team Exhibition	11:30pm	12:00pm	12:30pm
9	Sunday	Bronze & Silver Xcel	12:30pm	12:50pm	4:30pm

# YEAR-END Show

At the end of every school year, we celebrate the hard work and accomplishments of ALL our athletes by putting on a year-end show! All athletes are invited to participate and have a chance to show their families all they've worked on throughout the year! It is a high-energy show filled with amazing gymnastics, dance, and cheer! Every show is

themed, and your gymnast, dancer, and cheerleader get to buy a new uniform just for the show, which they will also take their pictures in during photo week, and have a great uniform that fits for next year! You WON'T want to miss it!

For planning purposes, the final week of normal classes is June 1-5, rehearsal week is June 8-12, and the Year End shows run June 15-19.

Please remember to sign up for the show if you haven't already. You can pay the \$20 Performance fee deposit and the \$25 Leo Deposit now, and the balances will be due between February 20 and March 31st.

## Dates to Note

- There is NO Open Gym, and the office will be closed Saturday, January 17th due to Flip Fest. Come support our athletes!
- Classes as usual on Monday, January 19th, MLK day.

**FLASH MOB in January is "The Macarena!"**

## Recreational Gymnastics

- The 1st Saturday of the month is MAKE-UP Saturday. If you miss a class throughout the month, and you want to make it up, you need to sign up on the make-up clipboard. Ask your coach!
- Coaches will start working skills to be highlighted for end of year show and are supposed to be focusing on weak areas from the evaluations for each class/ athlete.
- The athletes did great on their evaluations! Coaches were excited to see the progress since September!

## 10 Life-Skills learned from Gymnastics— by Keri Monstrola

- 1) **Discipline-** Discipline is taught very early within the sport of gymnastics. A gymnast needs to be able to have discipline in order to have success. Young gymnasts will miss out on many events outside of the gym if they are serious about the sport. Many boys and girls will miss birthday parties, sleepovers, school functions, etc. in order to be in the gym training. This requires the discipline to be able to stay focused on the goal and understanding it will pay off in the long run.
- 2) **Toughness-** Many gymnasts experience injuries throughout their career. We learn as a gymnast how to be tough and push through pain, soreness, injury and defeat to develop toughness. Gymnasts will experience pain from small injuries, rips, learning new skills, conditioning, to serious injuries throughout their career.
- 3) **Balance-** Balance is key to having success within the sport of gymnastics. Balance and control within your body is important especially on the balance beam. However gymnastics teaches girls and boys how to have balance in their life. With many gymnasts putting in 20+ hours in the gym each week, balance with school, sleep, recovery and nutrition is important.
- 4) **Determination-** This sport requires gymnasts to learn how to be determined within the training. Gymnasts will need to be determined to learn new skills, face fears, accomplish goals, compete fearlessly, and stay positive.
- 5) **Consistency-** In order to be a successful gymnast, consistency is key. This is a life skill that will provide success within the real world no matter a gymnast's career path. Consistency is learned from trying over and over and never giving up. Gymnasts strive to become a consistent competitor through hard work and training.
- 6) **Nutritional Values-** Nutrition, diet and strength are all very important in the sport of gymnastics, and gymnasts learn how important it is to have a balanced diet in order to reach their highest potential. Many coaches and clubs often 'coach' their gymnasts on how to eat and drink to stay healthy throughout their career. Gymnasts also learn the importance of strength training and conditioning, which builds muscle and helps prevent injury to the body. Nutrition is also important during an injury to minimize the off time and regain strength quickly.
- 7) **Respect-** Respect is a life skill that is taught each and every time a gymnast is in the gym. The relationship between a gymnast and a coach is built strongly off of respect. With respect, comes trust from a coach to a gymnast. Gymnasts also learn respect from other competitors, judges, and gymnasts throughout their career.
- 8) **Dedication-** Gymnastics is a sport that takes a lot of dedication from the athlete. This sport is very tough and demanding which takes a lot of hard work. This sport sees a lot of gymnastics quitting at times due to the dedication it takes. Gymnasts who succeed in this sport are 110% dedicated to gymnastics and their success.
- 9) **Friendship-** As a young child enters the sport of gymnastics, they quickly become part of a team. Many gymnasts will train together for over 10 years throughout their gymnastics career. This time spent together gives gymnasts lots of time to build strong friendships and relationships with each other. Gymnastics is also a sport where gymnasts from other clubs, teams, and even countries will build strong friendships. These gymnasts will compete together and train together for years, leading to lifelong friendships.
- 10) **Teamwork-** Although gymnastics at times can be an individual sport, you learn great teamwork skills. Gymnasts often have a group of gymnasts that they train with and compete with to make up a team. NCAA gymnasts learn this very well as they become an important member of a team, where teamwork is necessary for success.

**Meet Season is Upon us!**

- Boys team showed up at their official season opener, the Washington Open at UW! We had three boys place 2nd, one place 3rd, one place 5th, two place 7th, and two place 10th. Way to go boys!
- Our Girls also had a great showing at the in-house meet!

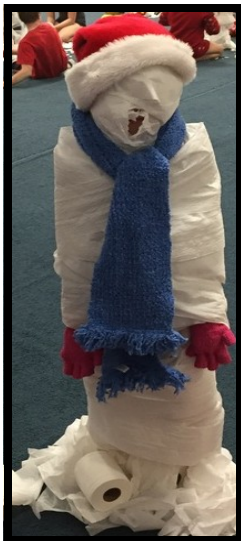
**Hot Shots/Xcel  
"Team Talk"**

**4th and FINAL Hot Shot Meet Fee Payment is due TODAY, January 15th!**

**Upcoming Meets**

- **Boys**
  - Jan. 16 (Flip Fest- Home)
  - Jan. 30-Feb.1 (Gem State)
  - Feb. 6-8 (Charity Choice)
  - Feb. 20-22 (Black Jack, Vegas)
- **Girls**
  - Jan. 17-18 (Flip Fest- Home)
  - Jan. 23-25 (Palouse Invtnl.)
  - Jan. 30-Feb.1 (Gem State)
  - Feb. 6-8 (Charity Choice)
  - Feb. 13-16 (IGI Chicago Style)

- Team Parents- don't forget to sign up for meet goody bags! Sign ups are located next to the lower viewing window on clipboards. Goody bags are small bags of treats put together by the parents and given to the boys and girls before their meets. This is optional, but a fun way to let our athletes know how proud we are of them!
- **Option A Team Members** need to be sure to schedule their **monthly** private lessons with their coaches. This is a requirement for **ALL OPTION A** team members, and failure to follow through on your private lessons will result in losing the ability of Option A.



**"Do you want to build a snowman?"**  
A couple of our adorable snowmen from the Team Christmas party!



Ethan and JJ took 2nd and 3rd for Level 5, ages 7-8 at the Washington Open! Awesome job boys!



**Pre-School Gymnastics**

Be on the lookout for all the animals taking over our preschool gym this month!



Kamir is all ready for Flip Fest! Don't forget to come support all her amazing athletes! She has been known to make an appearance!



**Coach Alysse is passionate about serving children and youth in our community and all over the world!**

# DYNA”MITE

This month, we are highlighting one of our very own, Coach Alysse! Alysse began coaching dance and gymnastics with us this summer, and is going to take the next semester to study and travel abroad to grow her in her skills and abilities for her future. Here are a few words from Alysse:

“I will be attending ‘Gateways Beyond’ in Cyprus. This is a discipleship school that equips young leaders for ministry. I’ll be doing a bit of traveling and be in Israel for a month. At the end of the schooling, we’ll take a month for an outreach trip where we will minister and serve the communities we’re in. I’ll be serving in orphanages, helping with building projects, and supporting other ministries around the area, as well as being taught by preachers from all over the world.

I am so excited to be going to Cyprus these next few months. I am going to be missing my classes at Dynamic so much, but I know Bridget & Kate (the coaches taking over) will do such a wonderful job with my athletes! I am going to this school because I feel led to minister to the youth of Spokane. I am thrilled to have an opportunity to visit & be involved in another culture for a time. I definitely know it will launch me into what is next for my future and I will learn so much from the experience. I will be back next fall!” We’ll miss you Alysse!

Here at Dynamic, we like to find ways to highlight students and staff who make a difference in our gym, community, and world. If you know of someone who is doing this, please contact Abby at:  
frontdesk@dynamicathleticcenter.com  
or  
489-JUMP (5867)  
and let her know! Also, if you have pictures from meets you would like to possibly have included in an upcoming newsletter, send them over, attn: Abby

## Martin Luther King Jr. Trivia

- 1) What was MLK’s given birth name?
- 2) What was the name of MLK’s most famous speech?
- 3) What year did MLK die?
- 4) What year did America first celebrate MLK day?
- 5) What was MLK fighting peacefully for?
- 6) Why do we celebrate MLK day in January?
- 7) What leader did MLK respect for his non-violent principles?
- 8) What was MLK’s wife’s name?
- 9) What state did MLK live in?
- 10) What state did MLK die in?

Answers: 1– Michael King, Jr., 2- “I Have a Dream”, 3– 1968, 4– 1986, 5– Racial equality, 6– MLK was born in January, 7– Gandhi, 8– Coretta Scott King, 9– Alabama, 10– Tennessee

**“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do keep moving forward.”** — Martin Luther King, Jr.

## DYNAMIC ATHLETIC CENTER CONTACT INFORMATION

**Phone:** 509-489-JUMP

**E-mail:** frontdesk@dynamicathleticcenter.com

**Website:** dynamicathleticcenter.com