



Dynamic Dailies



Volume 1, Issue 6

February 2015

We're on the web!
dynamicathleticcenter
.org



YEAR END SHOW



Inside this issue:

Year End Show	1
Important Dates	1
New Gym Progress	2
Recreational Classes	2
Preschool Power	2
FitRanX	2
Hot Shots/Xcel Team Talk	3
Thank You	3
"DYNA" MITE- a story of resilience	4

Have you signed your athlete up for the Year End Show yet? What is the Year End Show you ask? It is the culmination of a whole year's worth of hard work and the pinochle of your athlete's season! This is the opportunity to show grandparents, aunts, uncles, cousins, and neighbors all the amazing skills your athlete has been working on throughout the entire year. Every athlete, boys and girls, gymnastics, cheer, and dance, will be featured on every one of their events, and their entire class will be highlighted with a special floor routine. These routines are so fun to watch, and you'll be amazed at how much your athlete has learned since September! In addition, the athletes all get brand new uniforms, specially designed for their level to match the theme of the show! These uniforms are also what they will get their photos taken in during picture week. The kids LOVE everything about this experience, so don't miss out on the opportunity to sign them up. As a bonus, the team will make an appearance with a spectacular show-stopping performance that you will NOT want to miss!

See below for important dates and pricing information:

- There is a **\$45 deposit** that is due to hold your child's spot for the show. The \$45 includes a \$20 show performance fee and a \$25 leo deposit with **the remaining balance to be due in March.**
- Initial signs-ups are until 2/13, which has already passed. If you missed the deadline, still check by the front desk to see if there is room in your child's class or get on the waiting list.
 - Balance of show/leo's due **March 13th.**
 - Show leo's/costumes will be handed out the week of **April 13-18th.**
 - Picture week will be **April 20th-25th.**
- Gym Show Dress Rehearsals (on your child's normal day), week of **June 8th-12th.**
- The show will be the week of **June 15th-19th** (schedules TBD).

TAKE NOTE:

- * Don't forget to book your Winter Birthday Parties with us!
- * OPEN GYM is on Saturdays!
- * Spring Break Schedule
- * Coming Next Month- Show balances due and more meet results.

FLASH MOB in February is "Cupid Shuffle"

Important Dates to Note

- February 16th- President's Day- Classes as usual
- Boys' Team State Competition. Date has been changed to March 27-28th

New Gym Progress



If you haven't driven by the new gym site recently, you have missed some fun progress that has been made! Siding and windows are in process, parking lot is in, and interior work that is important and behind the scenes is getting done! We're so excited with each passing day, as it is one day closer to our new home as a Dynamic Family! Thank you for your patience, and we trust that everyone will be pleased with all the space we'll be able to offer all our families as soon as we're able! If you haven't driven by the new building yet, you should come check it out!

- **Going east on Francis, turn south on Florida, turn east on Nebraska, turn south on Havana.**
- **Going east on Wellesley, turn north on Florida, turn east on Nebraska, turn south on Havana.**

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!
- Athletes will begin learning their routines for year end show, so ask them how they're doing with that!
- Don't forget! **YEAR END SHOW!!!!** Sign up, and show off your kiddo to the whole family! This is for boys and girls gymnastics!

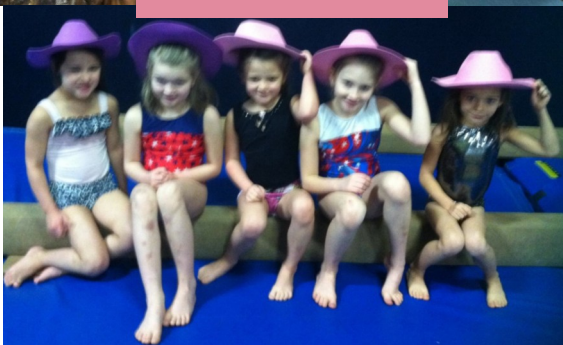
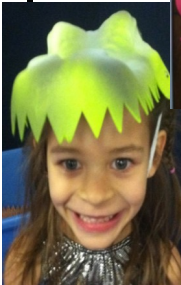
Dance and Cheer:

Year End Show is for you too, so don't forget to SIGN UP!!!

Preschool Power



Happy Valentine's Day from all our Preschool Sweethearts!



FitRanX

Don't forget, we have a nationally ranked fitness program here at Dynamic for both youth AND adults! Currently, we have class on Monday nights at 8:00 pm. Once we move to the new gym, more times will be offered. Right before Christmas, we tested our athletes to see if they were ready to rank up. This consists of a timed test of specific strength, cardio, and circuit elements that are very demanding, and we're proud to announce that Coach Rachael tested as level 2, and Justice tested as level 1! **WAY TO GO!**

:Dynamics' Current FitRanX Levels:

Rank Level One

- David B.
- Coach Melissa
- Abby L.
- Justice H.

Rank Level Two

- Coach Dani
- Coach James
- Coach Rachael

Meet Season is Upon us!

- Boys continue to compete well, and have now competed in 5 meets this season. They have 2 more meets, then embark on State, Regionals, and Nationals. In our last meet, Charity Choice in Tacoma, four placed 1st, three placed 2nd, one placed 3rd, two placed 5th, one placed 7th, and one placed 11th! We're so proud of them all!
- Our Girls also had a great showing in Tacoma! They have now had 4 meets, and at our last meet, Charity Choice, three placed 1st, one placed 2nd, two placed 3rd, and one placed 4th! Special mention to Lilly Rosier who scored a 9.7 out of 10 on floor and received a judges choice award, as well as Gina Twenge and Scout Bos who received one on beam, and

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

Charity Choice Results:

1st place: Will, Brody, Keegan, Porter, Gina, Lilly, and Estelle!

2nd place: Gianni, Sam, Ethan, and Cierra!

3rd place: JJ, Brooklynn, and Scout!

**** Due to Dynamic's Team efforts, Dynamic Gymnastics won the 2015 Charity Choice Award of \$500! This money will be donated to the Northwest Autism Center! Way to go athletes!! ****

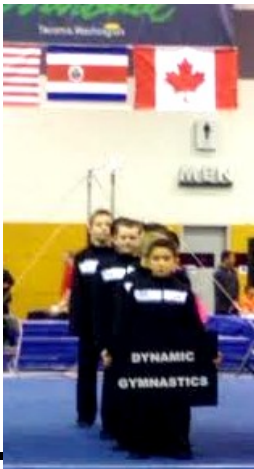
Estelle who received one on bars!! Way to go all of our girls!

- Both our boys and girls are placing well for all-around team scores as well as their individual! Way to represent Dynamic and Spokane!
- Good luck next weekend boys as you compete in Vegas, and girls, we can't wait to hear how you did in Chicago over the weekend!

Upcoming Meets

- Boys**
 - Feb. 20-22 (Black Jack, Vegas)
 - Feb. 27- March 1 (Rose City)
 - *** March 27-28 (State/UW)
 - April 10-13 (Regionals/Vancouver)
- Girls**
 - Feb. 13-15 (IGI Chicago Style)
 - March 13-14 (Ranier Cup)
 - March 27-29 (Metropolitan)

***** NOTE DATE CHANGE**



Another HUGE thank you to all our volunteers last month who helped make Flip Fest such a fun and successful meet!! We have the best families at our gym, hands down! Here's a few shots of our awesome volunteers!





Maddi Bughi- a picture of resilience!

“DYNA”MITE

This month, we are highlighting an athlete that is a living example of “resilience”. There’s a saying in competitive gymnastics: it’s not if you get hurt, but when. This sport is not only physically demanding, but also mentally, and on September 20th, Maddi Bughi discovered this first-hand. During a private lesson, Maddi was finishing up on vault, and was vaulting into the pit, did a crooked round-off, which caused her leg to catch the edge of the pit. Both her fibula and tibia were broken. Dynamic Staff responded immediately, and after an ambulance ride to Sacred Heart Children’s Hospital, she eventually had surgery to place two flexible rods inside of the tibia. Whether she would compete this year was a very real question mark in both her, her parents, and her coaches’ minds.

With great determination, Maddi endured a full leg cast for a month, crutches for six long weeks, and was finally able to take off her boot in December. Two months after the break, Maddi began PT and made the decision to begin training again. Her first month of regular practice was January, and she did her first full beam routine, including dismount, last week right before Charity Choice, a meet in Tacoma. Maddi’s original goal was to be able to compete Valentine’s weekend in Chicago. She exceeded her goal of competing in Chicago with already having the Tacoma meet under her belt. Next month, Maddi will have another surgery to remove the rods in her leg.

We are so proud to have athletes of Maddi’s caliber at our gym, who are committed to the sport, strong in the body, and mentally tougher than most! Maddi’s story of courage and resilience is an example to all who know her, and we’re proud to call her one of our own! Way to go Maddi!!

Maddi’s family credits a big reason she was able to come back as quickly as she did, was because of the love and support of her coaches and teammates! They are a huge reason as to why she loves gymnastics!

Our girls came back from the Judges Cup in Chicago and had a great showing! We’ll be sure to post all the results from that meet, along with Vegas for the boys and Rose City for both next month! Be on the lookout!

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

DYNAMIC ATHLETIC CENTER

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