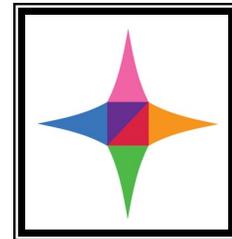


Dynamic Dailies



Volume 2, Issue 6

March 2016

We're on the web!
dynamicathleticcenter
.org

Inside this issue:

Year End Show	1
St. Patrick's Cheer	1
Friendly Reminders	1
Recreational Gymnastics	2
Team Gymnastics— Hotshots & XCEL	2
Fitness	3
Cheer	3
Dance	3
A.L.L. Preschool	3
Recreational Preschool	3
"In The Spotlight"— XCEL	4

Year End Show Sign-Up

MARCH 12th is the **LAST DAY TO SIGN UP** for the Year End Show! Held in June, the Year End Show is an amazing time for your athlete to shine and show their skills to friends and family members! The cost \$25. Part of the show is also buying an amazing leo that fits with the show's theme! A \$25 leo deposit needs to be paid at the time of sign-up as well, with the balance being paid in full by March 31st. Year after year, this event is a highlight for our gymnasts, dancers, and cheerleaders. Don't miss out!

Dynamic Athletic Center's Cheer Program will be marching in **Spokane's St. Patrick's Day Parade THIS SATURDAY, March 12th.**



shutterstock-125714282

Friendly Reminders



- Bleachers are up, which allows for more seating, **BUT ADULT SUPERVISION IS REQUIRED AT ALL TIMES** in the viewing area, and **ABSOLUTLEY NO PLAYING, RUNNING, JUMPING** on or around the bleachers is allowed. Failure to comply will result in removal from the gym.
- Parents, **PLEASE** drive the speed limit and be careful around intersections surrounding the gym. Also, a reminder that the parking lot is not a highway, so please slow down, and the area by the front doors is drop off/pick up only. No parking allowed there.
- Lots of colds and flus are making their way into the community. If your child is sick, please keep them home, knowing you can schedule a make-up day with their coach!

IMPORTANT DATES TO NOTE

- Spring Break—April 4th-9th— Gym is closed, no classes except for team.
- Picture Week— May 2nd—6th— Be on the lookout for information from coaches.
 - Memorial Day— May 30th— No Class (m/u Dec. 18th)
- Rehearsal Week— June 6th -10th (Last week of regular classes is 5/31— 6/3)
 - Year End Show Week— June 13th-17th
 - Team Camp and Team Try-Out Camp— June 20th-24th
 - Summer Session and Camps— July



TAKE NOTE:

- * **NEW FITNESS ROOM OPEN for adults!**
- * **Spring is just around the corner! Stay out of the mud and celebrate your Spring Babies' Birthday with us!**
- * **Coming Next Month— Year End Show & Picture information, Senior Spotlights, and Summer Information!**

Recreational Gymnastics

- Your athletes will begin practicing their Year End show routines this month in class.
- Have you signed your athlete up for the Year End Show yet? See page 1 for more information.. This is a great FREE event for friends and family members to come see all the skills your athlete has been working on all year!
- Do you need to make up a class? If so, sign up with your coach Make-ups are 1st Saturday/month.
- Athlete's, please continue to wear proper attire during class that will help coaches properly spot you on

DON'T FORGET:
OPEN GYM is every Saturday
 at:
9:30 a.m. - 11:30 p.m.
AND
12:30 - 2:30 p.m.
Cost is \$10 per session

- This is a great way to let your kids have extra practice time on their skills!

events. A leotard and tight fitting shorts are recommended, with hair pulled back prior to class.

- Please arrive promptly for class time. Athletes need to properly warm up & stretch before participating. Arriving late will make them miss out on skill time.

March's Flash Mob is the **CHA-CHA SLIDE!**



Our boys had a busy month traveling to Las Vegas and Portland. We had good showings at both meets all around with some personal bests being had! This month was also when we had our Senior, Will Bughi, travel to New Jersey, to represent our regional team at the American Cup. He had a great experience and the team was able to rotate and hang out with Olympian John Orozco.

Team Gymnastics— Hotshots & Xcel

UPCOMING MEETS:

- **Boys**— State (Bainbridge Island) 3/19-20, Regionals (Bozeman, MT) 4/2-3, and Nationals (Michigan) 5/4-

Girls— State (Auburn)- 3/18-20, Regionals— April, Sectionals— April.



- Our girls teams, both Hotshots and Xcel, are doing amazing gymnastics at their meets! They competed in CDA, Tri-Cities, and Portland and we had so many great performances! Make sure to check out the last page to see our XCEL girls highlighted!



 **YEAR END SHOW** is a requirement for all team members. Sign up **TODAY** at the front desk. The cost is \$25. Also, deposit for Show Leo must be paid at the time of sign-up.



OPEN FITNESS ROOM!

Ages 16 and up can now use our fitness room whenever we are open for only \$20/month. Located upstairs, get a workout in while you wait for your kids!

Fitness



The fitness room is now up and running and people are signing up! With treadmills, an elliptical machine, bikes, and weights, the room is excellent for those wishing to workout especially while their child is in class! For only \$20 a month you get access to the room whenever Dynamic is open! Inquire at the front desk for more details or to see the room! Keep your eyes peeled for a workout open house coming soon!

Cheer

Dynamic Athletic Center's Cheer Program will be marching in **Spokane's St. Patrick's Day Parade THIS SATURDAY, March 12th.** Head downtown for the parade at noon, enjoy the fun, and support DAC's cheerleaders while they're performing and marching.

SHOW ANNOUNCEMENT:

Cheer will be participating in the Year End Show and will be getting a cheer outfit complete with poms this year. **Sign up at the front desk by Marh 12th** to reserve our spot! More info on page one. We would love to have everyone participate!

Make-ups will be held on the 1st Saturday of the month. Please sign-up at the front desk.

Dance

SHOW ANNOUNCEMENT:

Recreational dance classes will be participating in the Year End Show! Costume announcements and measuring will be taking place over the next few weeks. See the calendar for rehearsal and Show week dates. We would love to watch all of our dancers tap, twirl, and leap in Show this June! See your dance coach for more information.

If you've not yet signed up your dancer, please do so ASAP!

- **Makeups on the 1st Saturday of the month are from 10-11a.m. for dancers ages 7+ and from 11 a.m.-12 p.m. ages 3-6.**

Active Life Learning Preschool



- In our preschool we have a marble jar. Whenever a student shows an exemplary character trait, such as kindness, going the extra mile, or shows focus in their school work, they get to put a marble in the jar. When the jar is full, the whole class gets to do something special! We're so close!
- Parent/teacher conferences are coming up. We've been busy working on art projects to show our parents!



Jungle Jim Jelly Fish



Pre-School Gymnastics

- In the preschool gym, we've been working hard on our superhero skills with:



High and Mighty Dive Rolls, and

Perfecting our backward rolls down a cheese mat!





XCEL Gymnasts



Xcel League (formerly Rec Opt) is a competitive girl's league that's not quite as intense as JO Levels 4-10, but still allows girls with amazing skills to compete in an environment that pushes them to continually grow. Practice is typically two times per week and meets are often more locally based so costs to compete are reduced. We are so proud of how well our XCEL girls have done this season and how their coaches, Rachael and Holly, have encouraged, challenged, and trained them! What an amazing team all around!



DYNAMIC ATHLETIC CENTER CONTACT INFORMATION

Phone: 509-489-JUMP

E-mail: frontdesk@dynamicathleticcenter.com

Website: dynamicathleticcenter.com