

REMINDER: WE ARE CLOSED SATURDAY JANUARY 28TH AND FRIDAY FEBRUARY 10TH.

Adjustments to tuition for classes missed during this time have been made to accounts.

MEET Josie Hieno



Josie Hieno, a native of Taos, New Mexico, brings a great deal of gymnastics experience to our program. A former gymnast and coach from her hometown, Josie has worked with gymnast's ages 5-13. She also was an integral part of coaching the competitive team program in Taos, and has provided one-on-one coaching to a child with special needs.

Josie says that, "Gymnastics was a huge part of my life. Not only did it provide me with physical fitness and a fun time, but it improved my confidence, self-esteem, and ability to be part of a team. Gymnastics is a great basis for life!" She is wonderful at sharing her enthusiasm for gymnastics with those she coaches. Josie currently coaches within our Team, Pre-Team, Adv. Beg., and Junior levels.

Sometimes we have to tell Josie to take a break. She is often seen running from athlete to athlete at open gyms, trying to give them the best possible experience! We are very lucky to have Josie on the NGC staff!

Josie is currently studying Biology at St. Olaf. She aspires to go to medical or PT school.



NGC offers Birthday Parties on Saturday and Sunday afternoons. Take a look at the flyer above the display case in the lobby for more information.

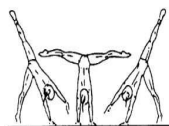
OPEN GYM

\$5

- Monday 10:30-11:30 a.m.
- Wednesday 8:00-9:00 p.m.
- Wednesday 9-10 p.m. (college)
- Friday 10:30-11:30 a.m.
- Friday 8:00-9:00 p.m.
- Saturday 12:30-1:30 p.m.
- Saturday 12:30-2 p.m.(team)

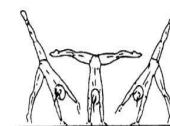
Get your open gym passes!!!

- Buy 5 punches get 1 free
- Buy 10 punches get 2 free



Volume 2
Issue 2

THE CARTWHEEL



Winter Session

NGC Mission:

The Northfield Gymnastics Club promotes fitness, self confidence, poise, and athletic skill among area youth through training in gymnastics.

A New Look!

Welcome back from the holiday season and welcome to our Winter session!

New Website

NGC has launched a new website! We are currently working on getting all of our information transferred over, thus you will notice that a few pages are still under construction. Much of what you need to know however, can be located on the site. Check it out!

New Online Registration

Registration for Spring 1 will be as easy as ever. Our new online process will be ready to take registrations by the 5th week of each session (week of Jan. 30th for Spring 1). We are set up as a web store. You simply "buy" the class you'd like to register for. First come first serve. Payment must be taken upon time of registration. We will continue with paper registrations as well.

Video Camera

Just installed is a video camera system that feeds into the lobby where you can view your child while they tumble through their stations on the back floor!

REMEMBER...

The Registration Deadline
Registration will **close** on the Saturday prior to the session start date. All registrations need to be turned in with payment by 12:30 p.m. Any late registrations will be assessed a \$25 late fee per child.

7TH WEEK THEMES

Theme Weeks!

The 7th week of each session will be full of extra fun and gymnastics! Be sure to check the instructional board in the entry for theme apparel your child should bring for their 7th week lesson.

THEME OF THE YEAR

NGC Theme of the Year

NGC's Theme of the Year is the Olympics. The summer Olympics will be held in London, England and will highlight the spectacular athleticism of top caliber gymnasts. Each session, a promising Olympic hopeful is highlighted in our curriculum. The Olympic board in the entry highlights each focus athlete for the year. Winter session highlights Jordyn Wieber. Ask your child what they learn about Jordyn each week. At the beginning of each practice your child will work together with their class to piece together a puzzle containing information about the focus athlete. A new piece is added each week. At the end of week 7, your child will bring home a completed puzzle.

While older instructional classes will hold "puzzle discussion" regarding positive character traits inherent of the focus Olympic hopeful, pre-school and beginner children will begin to build social confidence as they learn simple things about the focus athlete and have opportunity to verbally express their own specific topic "likes."

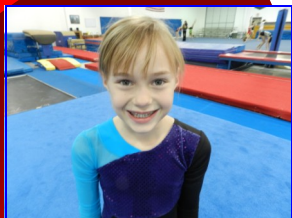


Trivia Question

The Soviet Union is the all-time Olympic leader in men's gymnastics golds. Which country ranks second?

Fill out form found on display case and drop in blue drop box by women's bathroom for a chance to win a free open gym pass! Drawing on Feb. 18th.





Adison Daack

UN-ATTENDED CHILDREN

Please do not leave your children un-attended in the lobby area for more than 10 min.

SPECIAL OLYMPICS

Special Olympic athletes practice twice a month on Sunday evenings from 5:30-7:30. Athletes will participate in one regional competition and one state competition. Athletes also have to opportunity to qualify for Nationals.

TESTING

Testing takes place during the 6th week of each session. If you are unable to attend that week, and you'd like your child to test, you must call ahead to reserve an open gym testing time during the 7th week of the session.

MAKE-UPS

Make-ups may be done by calling the office to reserve a spot. No make-ups allowed for holiday and meet closings as tuition for all affected classes will be adjusted at time of payment.

EMPLOYEES WANTED

The Northfield Gymnastics Club has openings for gymnastics instructors. Specifically looking for adults who would be trained to teach 1 or 2 classes a week. Apply in the office or download an application off of our website.

BOARD RUN FACILITY

NGC is operated with input from a parent board. Meetings are held at 5:15 on the second Monday of each month.

CONTACT US

Northfield Gymnastics Club
northfieldgymnastics@gmail.com
northfieldgymnastics.com
507-663-7772

Kristi DeRop: Board President
northfieldgymnastics@gmail.com
Melissa Bernhard: Program Coordinator
mcextremelife@hotmail.com
Brenda Davis: Accounts Specialist
northfieldgymnastics@gmail.com Attn. Brenda
Melanie Armstrong: Registration Specialist
northfieldgymnastics@gmail.com Attn. Melanie
KJ Wheeler: Competitive Head Coach
kjersten.i.wheeler@gmail.com
Zach Wareham: Boys Program
zachwareham@gmail.com

Look Who's Flippin' Around The Gym!

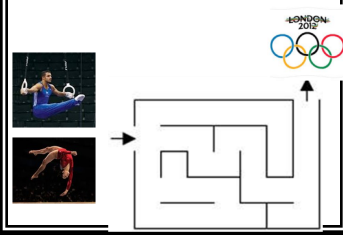
Adison is NGC's highlight athlete of the session. She is currently attending Sibley Elementary as a 3rd grader. Adison is 8 1/2 and is on Pre-Team.. When asked who her role model was, without hesitation she said, "Emma Johnson, she's my best friend." Emma is a member of NGC's competitive team. Adison likes gymnastics because of all the new tricks you can learn. Opposite is a picture of Adison performing her favorite trick, the back-walkover.



All athletes are chosen at random for this highlight section. You will see athletes from a variety of levels of our program highlighted here in the future.

Did your child receive this session's activity page from their coach?

Help Jordyn Weiber and Danell Leyva make their way to the Summer Olympics!



Team

The NGC Cyclones are at the half-way point of their competitive season. Not only are routines becoming more confident and consistent, we are adding difficulty every time we compete. On January 8th we closed out the first half of the season in Faribault where all three teams saw their season-high scores, a fantastic way to kick off a 3 week training period! Team 1 has earned an average score of 119.33, Team 2 a 100.85 and Team 3 an 80.78. We look to raise our average scores in the next few meets at the end of January and early February, which will help us qualify to the highest Divisions possible for the MAGA state meets. The team would also like to thank the Northfield High School team for being our gymnastics "Big Sisters." They have made us signs, cards, and have been there to support us and cheer us on at meets and even at practice. Thanks Raiders!

Boys

The Boys Gymnastics Team has started the New Year on a good note. New practice times were introduced and attendance is up. Also new, Seth Shuster has been assistant coaching and is doing a great job motivating the boys and keeping practice fun. Keep your eyes peeled on the boys in the gym. Our athletes have been making great improvements, lots of them are kipping and flipping and one gymnast even mastered the muscle-up on rings. The year is gearing up to be a good season.

Raiders

The Raider Gymnastics Team is full of talent and boisterous personalities. The Raider record is now 7-0, with wins at both the Faribault and Lakeville North Invitational's. The JV team had a great showing at Lakeville and placed 4th. Varsity and JV squads are improving a great deal and continue to raise their team scores. The girls know they have a lot of work to do, and have actually asked for more grueling conditioning. Keep an eye out for those bright red faces!!!
Home Meets
Saturday Jan. 28th 10:15
Tuesday Jan. 31st 6:15
Tuesday Feb. 10th 6:15
The Raiders are running the **Northfield City Dodge Ball Championships** on Feb. 18th. Start thinking about getting a team together. Registration takes place through the Northfield Resource Center. More info to come!

Program Highlight: Pre-Team

The Pre-Team program, a direct feed to the Competitive Team program is booming with talent this session. There are currently 32 girls enrolled in the program, all of who possess ability to progress into fine young athletes and girls. We have been working very hard to ensure that the Pre-Team program advance at an appropriate rate and that the girls have opportunity to get to know Team coaches before moving to Team. Almost every coach that coaches at the Team level is currently coaching the Pre-Team as well. This not only helps with transition, but also provides top notch coaching to all Pre-Team gymnasts on a consistent basis. We are very pleased with the overall excitement of the girls involved and are motivated to ensure the best possible quality experience for them all. Look for your opportunity to watch this great group perform! Pre-Team gymnasts will compete in one home competition in the spring.

Athletes at this level are working skills that will better prepare them for a successful Team experience. A few of these skills include: Round-off Back-handspring on floor, kips on bars, front-handsprings on vault, and handstands, cartwheel, and Team level mounts and jumps on beam. Skills of this sort are learned through consistent practice and through a variety of drill work over a long period of time. Great attention to proper technique and form are very integral at this point in a gymnast's career, thus lots of time is also being spent working toward the forming of good habits. This may cause a gymnast to have to take a step back every once in a while so that they do not repeat poor technique. Mastery of skill comes when all aspects of the move are incorporated to make for a fluid movement. Thank you parents for all of your support. This is a wonderful group of girls!