

GYM NATION NEWS

The Gym-Nation staff would like to welcome you to Session 2, 2009. We are excited to see so many familiar faces, as well as welcoming many new faces.

Excuse our dust! We are very excited that in the next several weeks, Gym-Nation will be installing new flooring in the front lobby as well as replacing the tables.

We want your comments! We are always interested in your feedback. If you have a suggestion on how to improve on something, we want to know! We have comment cards available at the front desk for your input.

GN Referral Program

We are always happy to welcome new members to the gym. For each new member that registers that you referred you get a \$20.00 credit on your Gym-Nation account. If your referral has a sibling who signs up at the same time, you will be credited an additional \$10.00.



The Pro-shop is available for your holiday shopping. New Leotards will be arriving soon the first week of Nov..

Mancino Holiday Sales Event

Mats • Bars • Beams

See attached order form for more details.

Orders must be submitted by Dec. 4th.

Go Play Cafe under New Management



NEW HOURS!!

Open for Play

9:30-7:30 M-F

9:30-4:00 Sat

Food Service hours

11:00-1:30 4:00-7:30 M-F

9:30-4:00 Sat

Closed Sun. for Parties

\$2 Play for Gym-Nation Students!

Gym-Nation is excited to announce that Go Play Café for a limited time is offering all currently enrolled students and their siblings a special discount rate of only \$2! This price is good for the entire session anytime during Play Hours! Please pay at Gym-Nations front desk to receive this special pricing.

Impact Kickboxing

Begins Nov. 2nd

Gym-Nation is excited to offer a NEW, no contact Kickboxing class to it's fall schedule. This class will be a fun way for everyone 12 yrs old and up to improve their cardio, strength, and agility, while at the same time learning self defense skills.

What is Impact Kickboxing? Unlike the cardio kickboxing classes you may have seen or taken in the past, Impact Kickboxing will follow a curriculum that teaches real boxing and kickboxing techniques that you could apply out in the real world.

CARDIO. The class will follow a fast paced curriculum that will keep your heart rate up to help burn fat as well as increase your stamina.

STRENGTH. Build strength by punching and kicking with rapid motion and repetitive movements. The class will also contain multiple conditioning exercises for the body.

SELF-DEFENSE. Learn proper kicking and punching techniques that can be used to defend your self without injury.

Mondays 7-8 • Thursdays 11-12

\$30.00 Will get you started • Flexible payment schedules!

No Long Term Obligations!

STOP AT THE FRONT DESK FOR MORE INFORMATION!

Important DATE!

IMPACT KICKBOXING

Begins Nov. 3rd

Lv. 4 - 6 MEET

City Light Invitational
Nov. 7-8th

Registration for
Session 3 begins

MONDAY NOV. 9TH

GYM N JAMS

Sat., Nov. 14
6pm -9 pm

Lv. 4 - 6 MEET

Gem City
Nov. 20-22nd

Cheer Competition

GMCE, Fairfield
November 22nd

Gym-Nation closed For Thanksgiving Thurs, Nov. 26TH*

SESSION 3 Begins

November 30th

Rec. Meet December 5th Twigs Kids

"The R5 CUP"

Our 8TH Annual
Women's Competitive
Gymnastic Meet
hosted by Gym-Nation
at the Cincinnati Duke
Energy Convention Center
December 18TH - 21ST

Gym Nation

Session 2 2009

836 Reading Road, Mason, OH 45040 • (513) 229-7315 • www.gym-nation.com • gymnation@fuse.net

Gym Cubs What's New with Preschool

We are super excited about this session in Preschool!!

Theme Weeks:

Week 6: Wear a super silly hat

Week 7: Is give thanks week. We will have a tree on the wall and everyone gets to write what they are thankful for and place it upon the tree.



LUNCH TIME SPECIAL

We are now offering a new lunch time special to help relieve your budget. This class is for ages 3 to 5 years old. It is a 60 minute class and will cover all the skills of our Bears and Leopards classes.

Lunch Time Special
Tuesdays 12:00 - 1:00
Only \$80.00

Due to the popularity of our Lunch Time Special, GN is adding another class on Thursday beginning Session 3!

Open Gym

for your preschoolers
Every Monday Morning

10:00 - 11:30

\$5 per preschooler

** Price includes
admittance to Go Play Café!

Checking out Cheer

NEW CHEER TIMES!

Lil Gems

Mondays 5:00 p.m.

Sideline Cheer

Thursdays 5:00 p.m.

Cheer Competition Schedule:

December 20th

Cincinnati, Ohio

January 30th

Kettering, Ohio

February 6th

Dayton, Ohio

March 28th

Trent, Ohio



Velocity Tumbling Tidbits

The Velocity Tumbling Performance Team had a great time performing at St. Susanna's Festival Sunday, September 13th. This was the first official performance of many to come. It consisted of a combination of Gym-Nation members ranging from tumbling students, cheerleaders, & gymnasts. This high energy performance with great music showed the progressions of tumbling from forward rolls on the floor mats all the way to Round Off Back Handspring Full Twists on the Air Track! We look forward to performing again next year at their festival!

The Velocity Tumbling Performance Team is a new addition to the Tumbling Program here at Gym-Nation. It is a laid back team that looks to

show off tumbling skills every few months at a different public venue. If you are a member of Gym-Nation and have a minimum of a Round Off Back Handspring with a light spot on the floor, you are more than welcome to join us for our next performance. Please contact Velocity Tumbling Director, Patrick Clark, for more information. 229-7315.

It's A Bird! It's A Plane! It's...

GYM N JAMS

SATURDAY,

NOVEMBER 14th

6:00 - 9:00

Ages Kindergarten and Up
Pre-Register for Only \$15.00
(Pre-registration ends Nov. 12th)

Flip N' Fun Educational Facts

Flip N' Fun Educational Classes are offering Home School Classes on Tuesdays and Wednesdays

12:00 - 1:00

FLIP N' FUN THEME WEEKS

Give Thanks Week

November 16th - September 21st

This week we will be building our Give Thanks tree on the wall in the gym. The kids will get to fill out a leaf saying all that they are grateful for.



What is Flip N' Fun Educational?

The Educational Program consist of gymnastics classes for your school-aged boys and girls teaching gymnastics skills on the Olympic events.

The Boys will go on the rings, bars, floor, vault, parallel bars and learn pommel drills and skills.

The girls will focus on the bars, beam, floor, and vault. They will follow a preset skill progression that will lead them through advanced levels with the opportunity to participate on our competitive recreational team.

This program is great for all school aged children. They will learn flexibility, strength, hand and eye coordination, as well as enhancing their motor skills. More importantly, the kids will have a great time learning the sport of gymnastics.



Recreational Team

Recreational Team is excited to be moving into the 2009-2010 competition season. Our first meet will be December 5th at Twigs Kids Gymnastics in Centerville, Ohio. We have new competitors this year as well as some return competitors. We wish everyone good luck at the upcoming meets.

Gym-Nation Team Talk

Congratulations to all the level 4's and 5's who competed in their first meet of the season on Saturday, October 3. These gymnasts traveled to Kent State University for the Ohio Judges Cup. The girls had a great showing and will continue to progress throughout the season.

First place finishes went to Clara Russell (Vault), Donna Soltis (Vault, Beam, Floor, AA), Kennedy Hogan (Floor), Colby Miller (Vault), Rachel Hardin (Beam) and Alisha Patel (Vault). Commendation also goes to Grace Menke who competed just days after getting her stitches out.

The level 4's and 5's look forward to their upcoming November meets. On November 7-8, the teams will travel to

Columbus to compete the City Lights Invitational. Then on November 21-22, they will be in Tipp City of the Teddy Bear Invitational. Best of luck to all the girls!

Be Sure to Reserve Your Room For the Chicago Meet

Chicago Meet

February 13th

Embassy Suites Chicago
Downtown/Lakefront

Tel: 1-312-836-5900

\$109 a night

Jeffery Davis Sales Rep

Tell the Operator you are with Gym-Nation!



TEAM PHOTO TIME!

Mark Your Calendars!

Level 4-10 and Cheer Team Photos

Sunday January 17th

Level 1-3 and Rec. Team Photos

Sunday February 28th

Time and Prices to be Announced!

We are excited to announce that Jack Photo's will be taking our pictures this year. He will be taking standard portrait and team shots as well as action shots.

Level 4 - 5 Team Calendar

November 7th-8th	City Light Invit. Columbus, OH
November 21st - 22nd	Gem City Columbus, OH
November 24th	Tues. Lv. 4/5 Practice 4:30 - 8:30
November 26th	CLOSED THANKSGIVING
November 28th	Sat. Normal Lv. 4/5 Practice 8-12
November 29th	Sun. Lv. 4/5 Practice 2:00 - 6:00
December 3rd	Thurs. Lv. 4/5 Practice 4:30 - 6:30
December 4th - 6th	Fall State Meet
December 18th - 20th	The Cup
December 21st	Normal Practice for all levels
December 22nd	Lv. 4/5 Practice 5:00 - 8:00
December 23rd	Lv. 4/5 Practice 4:30 - 8:30
December 24th	Christmas Eve NO Lv. 4/5 Practice
December 25th	Christmas Day Gym Closed
December 26th	Lv. 4/5 Practice 8:00 - 12:00
December 26th	Lv. 4/5 Practice 8:00 - 12:00
December 28th	Saturday Schedule
December 29th	Lv. 4/5 Practice 4:00 - 8:00 Team Overnight
December 31st	NO Lv. 4/5 Practice

Level 6-10 Team Calendar

November 7th—8th	City Light Invit. Level 4-6
November 25th	Lv. 6-10 8-12 Practice
November 26th	CLOSED THANKSGIVING
November 27th	Normal Practice
December 4th - 6th	Fall State Meet Lv. 4-6
December 18th - 20th	The Cup
December 21st	Normal Practice for all levels
December 24th	Christmas Eve Lv. 6-10 Practice 8-12
December 25th	CLOSED CHRISTMAS
December 31st	Lv. 6-10 Practice 8-12

Level 3 Team Calendar

November 26th	CLOSED THANKSGIVING
November 28th	Practice 11:00 - 1:30
December 23rd	Practice 1:00 - 3:30
December 24th	CLOSED CHRISTMAS EVE
December 25th	CLOSED CHRISTMAS
December 31st	Practice 9:30—12:00

THANKSGIVING PUMPKIN COOKIES

Ingredients :

- 1 stick butter or margarine
- 1/2 c. sugar
- 1 egg
- 1/2 c. cooked pumpkin or pie filling
- 1/2 tsp. vanilla
- 1 c. all-purpose flour
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 tsp. cinnamon

Preparation :

Preheat oven to 375 degrees. Cream the butter and sugar together in bowl. Add egg, pumpkin and vanilla. Sift dry ingredients together and add to bowl. Mix. Drop by table-spoon onto greased cookie sheet. Bake for about 15 minutes or until lightly browned.

Thanksgiving

1. A spooked turkey can run...
- A. 50 miles an hour
 - B. 5 miles an hour
 - C. 20 miles an hour
 - D. 60 miles an hour



COACH TRIVIA

Which coach used to be on their College Cheer Team? Patrick Jordan, Gym-Nation Owner and Optional Coach, was on his collegiate cheer team.

Do you know which coach helped with the Katrina relief after the hurricane? Ben Meyer, Team Coach, traveled to New Orleans to help rebuild with Katrina Relief.

Which Gym-Nation coach was married at last years The Cup Gymnastics meet? Kara Hignite, Team Coach, had a surprise wedding at last years The Cup meet at the Duke Energy Center.

Which coach recently passed their gymnastic judging accreditation test? Jen Cox, Team Coach, recently has decided to obtain her judging certification.

Inclement Weather Policy

In the case of inclement weather Gym-Nation will follow Mason School closings as follows:

- If Mason City Schools are closed:
- We are closed until noon
- At noon we will re-assess the weather situation and make a decision

If we are closed for the day we will post our closing in the following ways:

- Channel 5 or 12 television Or Visit WKRC.COM
- Gym-Nation Answering Service Message
- Website Posting