



Casey's Corner

Session 3 January 2 - February 28



Progress in Gymnastics

Gymnastics is a very demanding and difficult sport. Progress is often slow. It requires strength and flexibility. This is a repetition sport, mastering the beginning elements take time. For instance, you will see us work handstands every practice. This will continue throughout your child's gymnastic career. There are many ways to do a handstand; once one is mastered another can be attempted. As gymnasts we do handstands on floor, balance beam, bars, and vault. Boys will use them on floor, rings, vault, parallel and high bars. This is an example of a seemingly easy skill with a long line of more difficult ones behind it. So please be patient and understand that we are teaching progressional gymnastics in a fun and safe way. We look at your students as in it for the "long haul" so we want to insure that they learn things correctly. If you have any questions regarding your child's progress please let us know. We will be more than happy to discuss this with you. Thank you again for trusting us with your children's fitness needs.

Adult Gymnastics

Come try out our adult gymnastics class on Wednesday evenings from 8-9 p.m. We will work on flexibility, basic gymnastics and ending with strength work. It will be a great way to shake up your exercise routine! It is \$15 a class so come every week or only when you can. (\$40 annual reg. fee still required)

Shooting Stars

Our Shooting Stars class will be having its first gymnastics meet on January 17th from 6:30-8:00 p.m. For those of you that are not familiar with this class, these are children who want to compete without the commitment of a traditional team. They are working hard to memorize their routines. Come out and support these hardworking children.

Pro Shop

We have added to our pro shop, we now carry grips, hats, charms and ornaments. Check out the new leotards that are in as well. We will be getting new leotards in every six week so check back often. If you are looking for something specific ask the front desk.



Bad Weather Closing

Winter is officially here! Let me remind you that we do not follow the Culpeper County School closing policy. In case of inclement weather call the gym (540) 727-0399 to listen to our recorded message. We will try to make a decision by 8:00 a.m. If we are open please use your discretion about coming out, a make up class can be done when the weather is better.

Orange County High School

As some of you may know I am the head coach for the Orange County High School gymnastics team this year. As a team we compete 6 regular meets a season two of such meets are at home (Orange County HS). I think your children would like to see these meets it will hopefully inspire them to work hard. The at home meets are on Wednesday January 9th at 6 pm and the second is on Saturday January 26th at 12 pm. Just so you are prepared these meets can last a few hours. The school will charge as an admission fee which will go towards any new gymnastics equipment the school needs. Hope to see you all there supporting the team!!

