




# Casey's Corner



Session 2 November 1- December 22nd

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Wow.... Can you believe that Session 1 is over and we are about to begin Session 2. I want to thank all of you that have spread the word about Culpeper Gymnastic. Enrollment is starting to pick up. Remember that if you refer a friend that signs up you will get a \$10 credit for your next session or towards any merchandise. This session we have many more new and exciting skills to learn. We will continue progressing with the skills your child learned last session while we continue building your children's strength and confidence. Classes are filling quickly so if you have not yet registered please do so.

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## **Shop Till You Drop**

With the holiday season right around the corner I will be having a parents SHOP TILL YOU DROP day. You may drop your child off at the gym while you go shop. We will keep the children glee-fully busy with movement-packed activities, crafts, and food for HOURS! The minimum age for this class will be 3 years old. Pre-registration is required. More information later! We also offer Open Gyms, Parent's Night Out's and NEW this year we will have Gymnastics Sleep Overs! Watch out for handouts for these activities.

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## **STOCKING STUFFERS**

It is time to start thinking about the holidays. We have many great stocking stuffers in our Pro-Shop. Some of you have shown interest in buying equipment for your gymnast to use at home. We will be working with Resilite again this season to buy mats, balance beams etc. These items make great gifts for you child. All orders need to be placed through the office by December 1. Orders will be delivered to the gym by December 21. Checks should be made out to Culpeper Gymnastic.

## **Side Line Coaching**

At our gym we use many new apparatus. We explore being inverted, weightless, heights, balance, depth perceptions and much more. Each child is unique. Through repetition the children become familiar and comfortable with different skills. Please do not be discouraged by what you think is slow progress. Certain skills are easier to master than other. We really discourage side line coaching (parents coaching.) It is very confusing for the child. We ask the children in our class to do age appropriate activities that sometimes look much easier to do than it actually is. The child may get confused trying to listen to mom or dad and the coach all at once which could result in injuries.

## **REMINDERS**

**We will be CLOSED November 23-25 & December 23-31.  
We do not follow the Culpeper County Schools Closing Policies. I will leave a message on our answering machine by 8:00 a.m. for any gym closing.  
540-727-0399**

*At Culpeper Gymnastics, your child will not spend a lot of time standing in line waiting. Your child will have tasks to perform in-between their turns that will reinforce the skill that is currently being taught. There will be times when your child will be watching; however, this is a valuable part of learning too! We strive to keep your child moving. Hopefully, if we can encourage an active lifestyle in the gym, your child will want to remain active outside the gym and stay healthy and fit.*