

# Junior Olympic Team Newsletter

AUGUST 2011

## Important Dates:

Aug 26 End of the Season Party  
6:30 -9:00 pm at Jill McFall's House

Aug 31 Tuition Due

Sept 5 Gym Closed - Labor Day

## Congratulations on another Great Season!! You are all SUPERSTARS!!

### Let's get to know the coaches...

This month we are going to hear a little more about our wonderful coaching staff at Junior Olympic. Let's meet our

#### Optional Coaches:



**Josie** - I really enjoying coaching gymnastics and seeing the girls improve and learn new skills. I have been a competitive coach for 4 years and have taught everything from Level 4 to Optionals. In my spare time, I like to read and spend time with my family.

**Dana** - I like seeing the girls get so excited when they learn new tricks and seeing that smile from ear to ear. I have been in that spot and knowing first hand what they feel when they get those tricks. I coach for the girls to find the love of this wonderful sport. I have been coaching for 11 years and for 1 year at JO.

**Ingrid** - I have been doing gymnastics for 32 years and coaching for 12. I love everything about coaching gymnastics! If I had to pick my favorite thing, I think it would be the challenge of getting gymnast new skills - trying to find the method best for each gymnast to work at their potential. I also love the impact we have on young girls growing up. It is my goal to manifest positive self image, confidence and self worth in every practice. I am ever so proud when our gymnasts walk out of the gym feeling like super women! I believe that level of confidence will serve them well in every aspect of life. I have many interests outside of the gym such as, traveling, scuba diving, racing of any kind, water sports, snow sports (I could go on



forever) :) One tidbit you may not know about me: I love to fly - I am halfway done with my pilots license.

**Scott** - I've done gymnastics for 11 years and competed as an elite gymnast for 4 years. I was also a 5 time national team member. This is my first year coaching at an all girls CARA program. My daughter Isabella, who is currently practicing with the level 4 team, convinced me to come back to the gym. I have 3 kids: Cole 15, Isabella 9 and Alana 9 months. I am looking forward to bringing my gymnastics experience into the JO optional program.



**AnaMarie** - I have been coaching for 10 years and also competed as a USAG gymnast. My favorite event was beam. I love to choreograph routines. My favorite events to watch and coach are beam and bars. I love to watch the girls grow and become successful not only in their skill level but also in their personal development. In our society, everything is fast paced and it is expected for everything to happen quickly. However, modern technology has not changed the fact that in order to be successful at something, we must push past all the obstacles that get in our way. And this sport truly teaches our students that success is not instant. It happens over time. Being good at gymnastics requires discipline, courage, respect, and perseverance. Gymnastics is a great way to teach our students important values and life lessons. Gymnastics is rewarding in so many more ways than just the medals and physical agility that our girls receive. Because they grow to become amazing young ladies. With great qualities and attributes that stay with them forever. That is why I love gymnastics!

#### Level 5 Coaches:

**Tori**: I have been teaching gymnastics at JO for the last 6 years. I started teaching rec classes and now coach team. I was the level 5 coach this year, but I am training to be an Optional coach next year. I just graduated from the Aveda Institute in Denver, so if you're looking for a great new do just let me know!!



**Devon** - I have been coaching many levels and age groups for over 25 years. I love kids. Gymnastics boosts self image and self confidence and I love to see that in action as I work with the students. Spare time? What's that? I home school my 2 sons, coach at JO and work another job too. In my spare time I do house work as fast as I can. Yes I do it to myself. Even when I can afford it, I can't stand not to teach gymnastics for long. It's just part of me.



#### Level 4 Coaches:

**Sarah** - I have been coaching gymnastics on and off for 13 years. I have coached team for the last 5 years at JO! I love coaching because I love to see girls learn new skills, grow their knowledge of the sport and reach their individual potential. I am also the JO Rec Coordinator. Next year, I will not be coaching and will miss the girls a lot!

**Jill** - This was my first year to coach team. Previously, I coached rec classes at JO. I am currently the Team Coordinator. My favorite part about coaching are the girls. Getting to know them and spending countless hours training was a blast for me! In my spare time, I teach fitness classes, ski and hang out with my amazing family! I am also not coaching next year and will miss the girls tremendously!

### State Medals

#### Level 4

Maraya - 2nd beam  
Emily - 5th bars

#### Level 5

Heather - 3rd AA, 2nd vault & 6th bars  
Brooklynn - 5th vault & 6th bars

#### Optionals

Ella - 1st vault  
Shannon - 1st beam & 6th vault  
Halle - 1st floor, 6th beam & 3rd AA  
Maddy - 2nd beam  
Allie - 2nd beam & 4th AA

Courtne - 3rd bars, 4th beam, 6th floor & 3rd AA  
Tianna - 4th floor  
Macee - 5th floor  
Laura - 6th bars & 6th AA  
Mary - 6th floor  
Kinlee - 6th floor

