

Unlimited Potential

Gymnastics Unlimited, Inc. Newsletter

January-March 2014

Happy New Year!

*Thank you for a
Great Holiday!*

THANK YOU so much for making this past holiday season such a special one for us. So many of you participated in our many holiday activities - from the Holiday Show to the Santa party - it made it a very busy season for us!

THANK YOU for all of you who gave us cards, gifts and holiday goodies this past December. They brought real delight to our Christmas and we appreciate your thoughtfulness.

Now that we've rested up over our Holiday Break, we're ready for a very busy start to the New Year as classes, activities and meets get underway this January. We hope you are ready too!

Pat and Kay and GU Staff

Policy Review:

Snow Days: Gymnastics Unlimited has students attending from many different school districts. Sometimes the weather in the morning is bad and schools are closed due to weather— but as you all know Colorado weather is very changeable and the afternoon weather could be fine. Because of this we do **NOT** tie weather closings at Gymnastics Unlimited to any school district closings. It is our policy to hold regular classes every day. We will close only due to **EXTREME** weather conditions. In the event of a storm or bad weather, please call the Gymnastics Unlimited office at 303-452-4075. Our recording will inform you if we are closed, or visit our web site @ www.gucolorado.com. Make-ups may be scheduled for bad weather closing or if we hold class but you are unable to attend due to bad weather or road conditions.



**Congratulations
Compulsory Gymnasts
Level 3-4-5
for a GREAT
SEASON
and
Success at State
Championships**

**Great Job Girls!
We are very proud of
you!**



SPRING BREAK

Team Practices, Adventure Camp Planned

No Classes March 24 - 29

We will not have regularly scheduled classes during our Spring Break, March 24-29. This week is NOT a week that you pay for classes. This session is nine calendar weeks so there will still be eight FULL weeks of classes.

Team Practices

Our Eagles, Boys and Optional Girls Teams will be “in season” during our Spring Break and they will continue to have practice during Spring Break. Practices will be at night (since not all of our gymnasts will have the same week off for Spring Break) We will let you know exact days and times at a later date. There is no additional charge for this week - because these teams will have their “Spring Break” and take a week off after their competition seasons are completed.

Spring Break Camp Scheduled

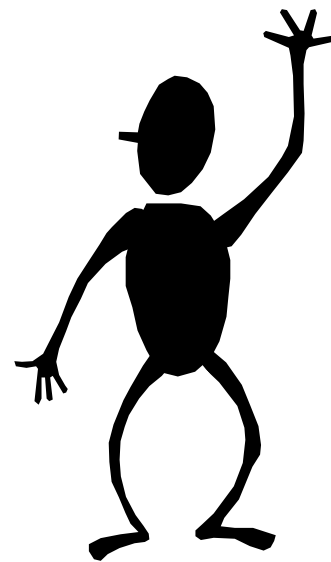
A Spring Break Adventure Camp will be offered Monday through Friday on March 24-29. Spring Break Camp runs from 8 AM to 5 PM, although arrangements may be made for early drop off (beginning at 7 AM) or late pick-up.

We will have a variety of activities to keep your child busy while you are at work. Field Trips will include activities such as skating, bowling, swimming, movies, etc. A schedule of activities per day may be picked up at our office and will be sent out to all those signed up to participate. Participants must bring a sack lunch and snack items for a morning and afternoon snack.

Camp is \$45 per day or \$160 for the entire week. **DO NOT WAIT TO SIGN UP! Registration deadline is Friday, March 7th but space may be filled up prior to the deadline. You must pre-register to attend.** After March 7th, we will assign staff to work the Camp. There will only be additional spaces available IF there are openings left based on how many staff members have been assigned. Sign ups will **begin** February 8th.

Open Gym Punch Cards Available

If you need extra practice on all the new gymnastics skills you are trying to learn, come and participate in our Saturday Open Work-outs from 10 AM to 12 noon. Our Open Gyms are \$4 payable at the door. You may purchase an Open Gym punch card for \$20. This way you pay for five Open Gyms and receive the 6th one free. This 6th time free is ONLY good for punch card holders. Sorry we cannot be responsible for lost punch cards. Punch cards may be purchased at the front desk.



Did Santa bring you everything you wanted for Christmas? If not - check out our pro shop for leos, grips, t-shirts and gift items to please your little gymnast!



Upcoming Events at GU in January, February, and March

Days at G.U. Scheduled

We will be having our Day at G.U. program many days throughout the winter months. We have Days at GU when Adams 12 School District does not have classes. Upcoming dates include Martin Luther King Day (Monday) 1/20, Thursday 2/13, Friday 2/14, and Presidents Day (Monday) 2/17.

Days at G.U. run from 8 A.M. to 4 P.M. although arrangements may be made for drop off as early as 7 A.M. and late pick-up. Activities vary depending on the desires of the participants for the day. Gymnasts must be 6 years old and in Beginner classes or higher.

Participants must bring a sack lunch and a few snack items. Cost for the day is \$25 for members and \$30 for non-members.

Bring A Friend to Open Gym on March 15th

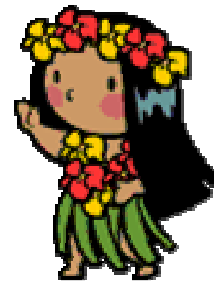
On Saturday, March 15th come to Open Gym and bring your friends along! They can try out all the fun gymnastics events at Gymnastics Unlimited. Open Gyms are from 10 AM—12 noon. The cost for Open Gym is \$4. On this day, your friends can join you for **FREE**. Sorry, but friends **MUST** be at least 6 years old to participate in Open Gym (members, too!). Everyone who attends will be entered into our drawing for a cool prize. See you and your friends there!

SPECIAL EVENT SIGN UP POLICY!

Many of our Special Events can only take a limited number of participants. In order to make it fair to all and accommodate as many as possible we need to enforce our policies for Special Events.

PAYMENT IS REQUIRED WHEN SIGNING UP FOR A SPECIAL EVENT. If an event (such as camps) requires a card or form filled out—you must bring that in to the office and you cannot register over the phone. If the event is simply one where you sign up to participate in our special events book, you may sign up at the front desk or call our office to sign up. **You may not sign up with a note that you'll "pay later". If you are calling to sign up for an event, you need to have a credit card ready for us to process in order to pay for your spots.**

Once you have signed up for the special event, we expect you to attend and we staff the event accordingly. **Some activities, such as camps have NON REFUNDABLE deposits.** Others (such as Days at GU and Nights Out) allow you to cancel your participation. **HOWEVER you will receive a credit to your account ONLY if you cancel by the CANCELLATION DATE listed on the Event Sheet in our book.**



Saturday Night Life! January 25th and February 15th

We will have a “Luau” themed All-Gym Night Out on Saturday January 25th and a “Cupid” themed All-gym night out on February 15th! Our All-gym night outs are for all students—in pre-school (ages 3 and up) and instructional level classes as well as team level.

Nights Out are from 6-9 PM. They include games, snack, movie and gymnastics. Nights Out are always “Lots of Fun!”

Cost is \$18 for members and \$20 for non-members. You **MUST** sign up and pay at the front desk in advance. Space is limited. - You **MUST** pre-register!



**Space is LIMITED
for ALL these activities!
Be sure to sign up EARLY
to participate!**

Sign Up To Be Evaluated for the Next Class Level

Although our staff tries to let students know whenever they think they are ready to move to a new level, sometimes they may miss telling your student. If at ANY time, you or your student thinks that it is time to move from Beginner to Advanced Beginner (or Intermediate or Advanced Intermediate) or from Beginner to Intermediate in the Boys Program, please schedule an evaluation at our front desk. Evaluations are conducted at a variety of times throughout the week by our senior staff members. Even if you do not pass your current evaluation, by being evaluated, you will know what you still need to work on in order to pass the test on your next try! If you do pass your evaluation, **you need to stop by the front desk to change to a new class at your new level.**

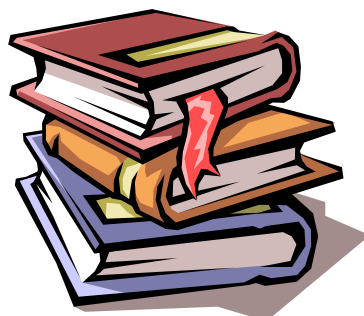
Book Swap in Lobby

The book swap shelf is located on the coffee cabinet in the front lobby. We've been rather light on book donations lately! Please check it out—bring in extra books you have lying around the house and help yourself to any books that look good for you to read!

"If you look and see a book
That you would like to read
Help yourself - Don't feel bad
There really is no need

These books are here
to pass around
With anyone and share
So if you find one catch your eye
Then that is why it's there

But if you have a book at home
That you no longer need
Put it here upon the shelf
For someone else to read"



Home Meets Scheduled

Gymnastics Unlimited will be hosting two meets during the winter competitive seasons. On Saturday and Sunday January 18-19 we will host the Rocky Invitational where gyms from throughout Colorado will be competing with our Girls' Optional team levels 7, 8, 9, and 10. On Sunday, March 8th we will host the Gymnastics Unlimited Boys Invitational. Come and cheer on our teams as we enjoy "home field advantage" from the crowd!

Weather Brings Exercise Inside Come use our Fitness Machines while students are in class

As the weather gets cold, remember that you can continue your exercise program while your children are in gymnastics classes. You may pay by the visit or purchase a package to save money.



Mental Training Tip:

“I Can’t” is an incomplete sentence used by Losers as an excuse to give up. “I Can’t Yet” is a complete sentence used by Winners to admit that they still have a lot of work to do.

The words we choose to express ourselves say a lot about the way we think. When we say “I can’t” we are telling ourselves two things.

1. That we have not yet done the things necessary to learn what we can’t yet do.
2. That we have no intention of doing the things necessary to learn whatever it is we can’t do.

That is not the talk of a winner. A winner may choose not to do something or may be in the process of learning how to do something, but, he or she rarely uses the word “can’t”.

JANUARY 2014 SCHEDULE OF EVENTS

12/23-1/ 5 Wed. 1/1	WINTER BREAK—NO CLASSES OR OPEN GYM! <u>Happy New Year!</u>
Mon. 1/6 Sat. 1/11 1/11 1/10-12	CLASSES RESUME Open Gym 10am-12 noon <i>Girls Optionals @ Adrenaline—Centennial</i> <i>Boy's Team @ Jr.Rocky Mtn. Open—Colorado Springs</i>
1/13-18 1/18-19 Sat. 1/18	SESSION F TUITION DUE (Teams) ROCKY INVITATIONAL—Girls Optional Home Meet NO Open Gym
Mon. 1/20	<u>Martin Luther King Day—YES! We do have classes!</u> Day @ GU 8am-4 pm
Mon. 1/21 1/24-26 Sat. 1/25 Sat. 1/25	SESSION F BEGINS (Teams) <i>Girls Optionals @ Winterfest—University of Denver</i> Open Gym 10am-12 noon Saturday Night Life! -"Luau" Night @ GU 6-9pm



Birthdays Parties
Being Scheduled
for January — March

We are now scheduling birthday parties into the 2014 year.—Ask for information at the front desk—January times are filling up fast!

**Coming up
in the
Next
Edition of
Unlimited Potential:**

Summer Camp Info
Adventure Camps
Training Camp
Mini-Camps
Eagles Season Info
Spring Show Info

FEBRUARY 2014 SCHEDULE OF EVENTS

Sat. 2/1	Open Gym 10 am—12 noon
2/7-9 2/8 Sat. 2/8	<i>Girls Optional Team @ Pikes Peak Cup—Broadmoor, Colo Spgs</i> <i>Boys Team @Stiletto—Boulder</i> Open Gym 10 am—12 noon
2/10-15 Thurs.2/13 Fri. 2/14 Fri. 2/14 2/15 2/15-16 Sat. 2/15 Sat. 2/15	SESSION 4 & G TUITION DUE (ALL Classes and Team) Day @ GU 8am-4pm Day @ GU 8am-4pm <u>Happy Valentines Day</u> <i>Girls Optional Team @ GK "Show me the Money"-Ft. Collins</i> <i>Boy's Team @ 5280—Wheat Ridge</i> Open Gym 10am—12 noon Saturday Night Life! -"Cupid" Night @ GU 6-9pm
Mon. 2/17	<u>Presidents Day—YES! We DO have classes</u> Day @ GU 8am-4pm
Mon. 2/17 Sat. 2/22	SESSION 4 & G BEGINS (All Classes & Team) Open Gym 10am—12 noon
2/27-3/3 2/28-3/1	<i>Girls Optional @ Heart of a Champion—PASADENA, CA</i> <i>Boys Team @ Colorado Open—Colorado Springs USOTC</i>



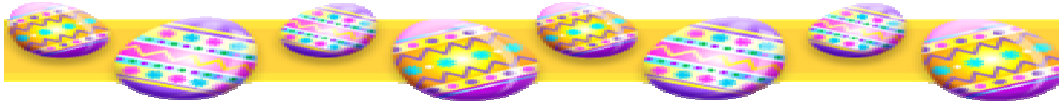
MARCH 2014 SCHEDULE OF EVENTS

Sat. 3/1	Open Gym 10 am—12 noon
Sun. 3/8	<i>Boy's Team @ HOME –GU Boys Invitational</i>
Sat. 3/15	Bring a Friend to Open Gym 10am-12noon
3/10-15	SESSION H TUITION DUE (Teams)
3/14-16	<i>Levels 8 State @ CGI</i>
3/15	<i>Boys Team State @ Excel—Steamboat Springs</i>
3/17-22	Wear Green to Class! - Special Treats!
Mon. 3/17	<u>Happy St. Patrick's Day!</u>
Mon. 3/18	SESSION H BEGINS (Team)
3/21-23	<i>Levels 9 & 10 State @ 5280 North</i>
Sat. 3/23	Open Gym 10 am—12 noon
3/24-29	SPRING BREAK—NO CLASSES
3/24-29	SPRING BREAK ADVENTURE CAMP 7 AM—5 PM Daily
Sat. 3/29-30	<i>Girl's Optional Level 7 State @ Xtreme</i>
3/31	CLASSES RESUME

Girls Optional and Boys Teams Post Season Meets



**Wear GREEN to class
on the week of
March 17-22
in honor of
St. Patrick's Day!
Special treats for all wearing
green this week.**



Annual Easter Egg Hunt Planned for April 19th

Our annual Easter Egg Hunt is always great fun for both the children participating as well as the adults attending the event. So... bring your Easter basket and come find some special eggs that the Easter Bunny left at GU! This year's Egg Hunt will be Saturday April 19th.

The Easter Egg Hunt is for gymnasts, sisters, brothers, and friends from preschool age through eight years old. Children will be divided by age groups and hunt for eggs in the Pre-School room. There will be time for children to play on equipment in the "big gym" - and parents can come into the gym to watch them!. The Easter Bunny makes his Annual visit to Gymnastics Unlimited during our hunt.

There is no charge for the Easter Egg Hunt, but **we gladly accept donations of eggs and candy!** Additional information will be handed out in classes.



**GYMNASTICS UNLIMITED
2014 GIRLS OPTIONAL SCHEDULE**

Date	Meet
1/11	Adrenaline—Centennial
1/18-19	Rocky Invitational (GU Home Meet)
1/24-26	Winterfest—University of Denver
2/7-9	Pikes Peak Cup—Colorado Springs
2/15	GK's Gymnastics—Ft. Collins
2/27-3/28	Heart of a Champion—Pasadena, CA

POST SEASON

3/14-16	Level 8 State Championships @ CGI
3/22-23	Level 9 and 10 State Championships @ 5280 North
3/29-30	Level 7 State Championships @Xtreme Altitude
4/4-6	Level 8 Regionals @ Loveland HS
4/10-13	Level 9/10 Regionals @ TX
4/25-27	Level 7 Regionals @ TX
5/7-12	Level 10 Nationals @ Jackson, Miss.



Some thoughts from the book, GOING FOR IT:

“Great gymnastics is not the result of a million repetitions, great gymnastics is the result of a million corrections.”

“The kind of gymnast you are today is the result of how you trained yesterday. The kind of gymnast you will be tomorrow will be the result of how you train today.”

“At every workout you are either building future dreams or future disappointments.”

**Good Luck!
Boys and Optional Girls
USAG Teams
on your upcoming Seasons**



**GYMNASTICS UNLIMITED
2013-2014 BOYS SCHEDULE**

Date	Meet
12/14	Ryan Keller Memorial —Lakewood
1/10-12	Jr. Rocky Mnt Open— AFA Colo. Springs
2/8	Stiletto Invitational - Boulder
2/15-16	5280 Gymnastics—Wheat Ridge
2/28-3/1	Colorado Open—USOTC Colo. Springs
3/8	Gymnastics Unlimited Boys Invitational

POST SEASON

3/15-16	State Championships
4/4-6	Regional Championships



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*Tell Your Friends
About Us!*

Unlimited Potential

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www.gucolorado.com

**Happy New Year!
Welcome 2014!**